

The Greenwich Journal

Of Southern Washington County, Est. 1842



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Letters to the Editor

Early Oct. 2024
Vol. 183; Issue 19

Focus on Greenwich's Town Justice Race

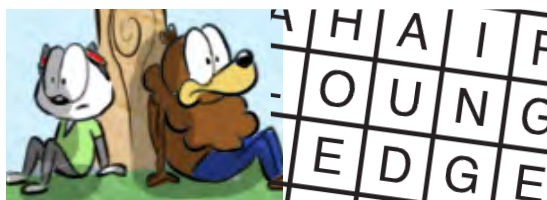
Political season is in full swing, and local letter writers offer hundreds of words of support for one candidate or the other for Greenwich Town Justice. Feel free to send us a letter under 400 words in support of your preferred candidate – email it to editor@journalandpress.com.

We're also holding a candidate event on Monday, Oct. 14 at 2 p.m. at the Greenwich Free Library. Please attend.

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Remembering Leo

Amanda Hurley
Mayor of the Village of Greenwich
Special to Journal & Press

On Sept. 21, the Greenwich community came together to honor the life and legacy of Leo Flynn, a man whose dedication to our village was unmatched. The dedication ceremony was a beautiful tribute, and it was heartwarming to see so many people turn



out to celebrate his memory. Friends, family, fellow firefighters, and members of the community gathered to reflect on the incredible impact Leo had on all of us.

We were fortunate to be

joined by previous Mayor David Doonan and Assemblywoman Carrie Woerner, who came to show their support and to honor Leo's lasting contributions to the community.

Leo was a constant presence in our town, always showing up and caring deeply about the people and places that make Greenwich so special. His commitment to our community was an inspiration, and now the newly dedicated building will serve as a permanent reminder of his love for Greenwich. Ken Charron, a relative and a colleague of Leo from the Department of Public Works, captured the sentiment of the day perfectly when he called Leo "Mr. Greenwich." It's a title that couldn't be more fitting, and one we can all aspire to as we work together to make our town even better. It all starts



right here at home, with each of us doing our part.

As mayor, it was a privilege to take part in this special dedication and witness the outpouring of love and respect for Leo. His legacy will continue to inspire us, reminding us that community, kindness, and service are the heart of what makes Greenwich such a wonderful place to live.

Thank you to everyone who attended and shared in this tribute. Leo's memory will always be a part of our village.

GOP taps Patrick for Town Justice

In a previous issue, we ran a Democratic Party press release announcing the candidacy of Rachel Clothier for Greenwich Town Justice. Likewise, here is a press release recently issued by the local GOP:

Steve Patrick was selected by the Town/Village Greenwich Republican Committee to run for Town of Greenwich Justice. Steve was the unanimous choice at the recently held Republican Caucus. Also, Steve has a second line on the November ballot, The Fair Justice Party.

Steve has a long history of being a dedicated public servant and active community member. Steve is a life long Greenwich resident. He graduated from Greenwich High School in 1973 and went on to Plattsburg State for undergraduate degree and Albany State for his Masters Degree in mathematics. Steve taught at Greenwich High School for 27 years. Steve coached Track and Field and Cross Country teams for 40 years. Steve

has an excellent connection with the youth of our community an attribute that will make him a fair and compassionate Town Judge.

Steve served on the Greenwich Town Board for 28 years and provided leadership while serving on several committees: Highway, Youth and Senior Citizens, Public Safety, Planning and Zoning and Town of Greenwich Planning Board for 3 years. Also, Steve is a member of the Centenary United Methodist Church.

Steve's community involvement as a teacher, coach and public official gives Steve the Common Sense and experience to be a thoughtful and fair Town Justice. Steve's life and community experience is in line with many of Greenwich's past Town Justices. Knowing the fabric of Greenwich community and applying common sense are the hallmark traits of an outstanding Town Justice. Steve possesses all qualities that will make him an excellent Town Justice in



the tradition past Town Judges.

This paper will interview both candidates for print before the election.



The Greenwich Justice Must Really Know The Judge's Job

It's a large job with responsibility to manage the 4th busiest
Town Court in Washington County:

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- Conduct Arraignments
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 - Levy Fines
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 - Manage Court Budget and Reporting to NY State

Elect Judge Rachel Clothier

The Candidate Who Is DOING THE JOB!

Paid for by Committee to Elect Judge Rachel Clothier

VOTE
NOVEMBER 5

Town, village workshop their future

The Town and Village of Greenwich are hosting a public workshop on Tuesday, October 1st, 2024, from 6:00 PM to 7:30 PM at the Greenwich Free Library. This joint workshop will provide an opportunity for community members to learn about the Downtown Revitalization Initiative (DRI) and New York Forward (NYF) programs, both of which the Town and Village are pursuing through a joint application. Attendees will also have the opportunity to provide feedback on the future vision for the community's downtown revitalization efforts.

The Town and Village of Greenwich, designated pro-housing communities, are applying for funding to support public and private projects that will enhance the Main Street corridor and catalyze sustainable economic development. The community completed a Revitalization Plan in 2022 and adopted a joint Comprehensive Plan in

2023, which serve as the foundation for the revitalization efforts. The DRI and NYF programs will help realize the vision outlined in these plans by transforming the downtown into a vibrant activity center that improves the quality of life and drives economic growth and investment.

Applications for the New York Forward and Downtown Revitalization Initiative are due on October 18th, 2024. This workshop will offer residents and business owners the chance to share their input and ensure the application reflects the community's priorities. Members of the consulting team working on the application will be present to answer questions about the programs and assist property owners who have projects they would like to propose for inclusion in the application.



For more information about the workshop or Greenwich's downtown revitalization initiatives, please contact Norabelle Greenberger at ngreenberger@labellapc.com or 518-824-1933 or visit the pan website: www.greenwichforward.com.

Greenwich planters a group effort

Debbie Anderson

Special to Journal & Press

Hopefully you have noticed the new and rejuvenated planters and gardens in Greenwich this past season! What began as the hope of a few enthusiastic volunteers, grew into a truly green movement in our community. And this may be just the beginning.

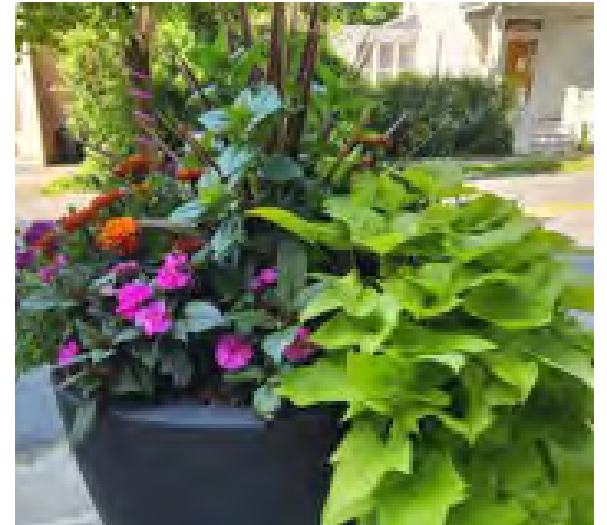
No one can deny the power of transforming outdoor spaces with the beauty of colorful flowers and well-designed gardens to set off public parks and nearby buildings. Greenwich is a town full of beautiful architecture and thankfully, a generous amount of established public parks. Our existing gardens, many of them started by the late

Colleen Mason, were beautifully situated but in need of some renovations. The handful of dedicated volunteers keeping them going all these years needed some additional help. With the well-attended initial call for interested gardeners at the library in March, the Growing Greenwich Gardeners began. What an exciting season it has been!

The planters on Main Street were a new addition this year. Inspired by planters in the village of Saranac Lake, the group asked the Village trustees to purchase the self-watering (meaning once a week) planters that could be used for years, put in storage for the winter, and requiring minimal maintenance. The village purchased the planters and with the support of the Town Council, the Greenwich Chamber of Commerce, local businesses and individual donors, the planters were in place at the beginning of May and have made a striking addition to our downtown this summer. Thanks to the Village DPW crew for the weekly watering and the Planter Team for the top fertilizing and pruning. The team made notes on which plants were most successful in their locations, direct sun being a prime factor, and will use these notes when planning for next summer.

Forty-eight volunteers made up the garden and planter teams this first year. With a wide range of gardening experience, from beginners to Master Gardeners, the teams took on thinning, transplanting, moving, mulching, composting, enlarging, watering, weeding and all the multitudes of tasks needed to make beautiful gardens. Gardens don't transform overnight but are always "works in progress," part of which is the joy and challenge in the process. But in addition to the garden transformations, perhaps one of the most important benefits of the Greenwich Gardeners is the formation of a community group, working together on their own time, to make our town and village a more beautiful and welcoming place.

Plans are underway for what



comes next, not just next year, but looking to the future. We are working with a garden designer/forester to help us make wise choices for trees and plants. We hope to have educational programs this winter on gardening topics, possible spring/summer garden field trips, and revive the Greenwich garden tour.

Beautiful gardens and trees are not free, or even low cost, even when the labor is mostly volunteer. We are looking at ways to fund these efforts well beyond what the village and town budgets can allocate. Looking ahead to the upcoming year, we hope you will consider how you can join us in the effort to continue growing Greenwich gardens and planters, as a volunteer or donor or both.

Thank you to following:

- Village of Greenwich
- Town of Greenwich
- Greenwich Chamber of Commerce
- Greenwich Democratic Committee
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- Golde Engineering
- Surya Polo Club
- Judy Klingbiel
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- Kelly & Sellars Ryan
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- Donna Frank Moore

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Now that's a great pumpkin!



Laural Keys knows her pumpkins! In fact, she grew a Giant Pumpkin in her Salem fields that took 3rd Place in the Colchester, Vermont Annual Giant Pumpkin Weigh-Off, sponsored by the Vermont State Pumpkin Growers, on Saturday, September 19. Her award-winning giant pumpkin, shown in the photos, weighed in at a whopping 1,335.5 pounds.

Growing a giant pumpkin is no easy undertaking. Keys regularly tended the giant pumpkin while still in the fields, moving the vines away from the growing pumpkin to avoid any rot. As the pumpkin matured into a giant pumpkin, Mrs. Keys carefully

covered the pumpkin with blankets to avoid the soft rind from being damaged by being bumped or scratched. Once the blossom side vine had been cut away, she routinely dried the large stem with a blower to assure no water rot would occur that could damage or weaken the giant pumpkin. Ten years ago Keys was awarded second place in the same competition for a Giant Pumpkin weighing in at 1,439 pounds.

Congratulations to Keys who is shown at her home in Salem with the beautiful ribbon she was awarded by the Vermont State Pumpkin Growers and standing next to her winning 1,335.5-pound Giant Pumpkin.

Whiting Studio Art & Gallery Open Studio & Plein Air opportunity

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Plein air artists are welcome to set up to paint.**

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Whiting Studio Art and Gallery



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Photoperiod and buck deer

Bob Henke
Journal & Press

I have all manner of reading materials at hand.

It seems as if every horizontal surface in the house is covered with piles of magazines threatening to avalanche onto the floor, or at least the next available horizontal surface. Each book and magazine holds an item of two that interests me and I would hate to miss something. However, I never seem to get to them because my reading veers in wildly unpredictable directions. Just today, I eschewed the Hedgehog Review (a publication I enjoy greatly,) a socialist political magazine I read to keep tabs on idiots, a New Yorker (for whom I harbor considerable pique at their callous rejection of a manuscript years ago,) magazines offering wonderful farm equipment I could build, plans for wonderful woodworking projects I could undertake, and dog training tips I could put into practice immediately. Instead, I find myself once again immersed in “Great Expectations” by Charles Dickens. He wrote it in 1861. The well-worn book whose yellowed pages I peruse was printed in the early 1900s, and at some point, if I am to believe the name written in elegant cursive on the flyleaf, it belonged to one Bettie VanCleave. Through some sort of vile circumstance, it wound up in a bin at the recycling station, destined to be chopped to flinders, thoroughly bleached, and reprocessed into toilet tissue. Sucker that I am for the written word and all vessels containing it, I rescued the old volume and now my other reading materials will languish as I deal with Pip again.

I liked reading some of the classics in High School, although I was far more taken with the style of writing and the stories themselves than the structure and symbolism the teachers wished I would embrace. I read the stories and let others work out the snooty stuff.

Nowadays, I wish my writing could take on some of the marvelous turns of phrase
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that attends the tribulations of Pip. I work hard at it, trying always to find an unusual word or phrase to brighten a topic but, darned if I can ever manage the likes of, “...with those obscure corners of pork of which the pig, when living, had had the least reason to be vain.”

This led me to think of bacon, which led me consider eggs, of which the hens are laying precious few nowadays, which made me remember I had to rewire the chicken coop, which made me turn back to Dickens in order to push such worries from my head.

The chickens are shutting down because the days are getting shorter. The amount of daylight that any portion of the earth receives during a 24-hour period is called its photoperiod. Decreasing photoperiod, a process beginning at the summer solstice (the longest day of the year), has a profound effect on nature throughout the temperate portions of the earth. As the photoperiod shortens, many species from whitetail deer to wild asters to domestic chickens begin making physical changes to get ready for impending cold weather. For many species, the vernal equinox (the period when the day and night are exactly the same length), which occurs around September in this latitude, signals a speeding up of this process.

Sightings

Unlike my own carefully reasoned and conservative mindset, my brother Guy is a master of hyperbole and magnificently illogical leaps of reasoning. Accordingly, I received this photo along with a note reading, “So Bob, this little guy is not real wooly, has no black, and is heading due north. He is telling you not to bother putting the plow on this winter.” Of course, the little caterpillar is not the familiar wooly bear at all but rather a Virginian tiger moth caterpillar and of no particular value interpreting the weather. The folklore regarding the amount of black on a wooly bear predicting the intensity of the winter is, however, not without some basis in fact. Wooly bear eggs, waiting for warm temperatures to hatch in the spring after remaining dormant for the winter, develop red color in accordance with the amount of daylight when they hatch. Thus the black band does not predict the next winter, but does reflect the weather last year. And it makes no difference which direction they are traveling.



The shortening of the photoperiod signals many changes in the bodies of our native deer species, particularly the males. The antlers, which have been growing all summer, die and become unfeeling, polished bone weapons. Corresponding to this, the body begins to squirt out increased amounts of testosterone causing the animal to become much more aggressive, as well as much more interested in the opposite sex. In many instances, this causes trouble—just ask the parents of any teenage boy.

The largest member of the deer family

Please read more on the next page

OUTDOORS TOMORROW

(cont.)

on this continent is the moose. Bull moose are famous for inappropriate belligerence. We once rented a car in Newfoundland and found a note taped to the dash that said, "Do not blow the horn at a bull moose." Seems this is usually interpreted as a challenge, causing an immediate charge. Each year many moose are killed at railroad crossings when they attack on-coming trains that have been so impertinent as to sound their warning whistles at the grade.

An electric company crew, stringing power line in Alaska, also discovered a thing or two about moose behavior. They had almost a half mile of wire draped through the poles and started pulling it tight from one end, using huge winches. They immediately realized something was wrong. Not only were these powerful machines having trouble pulling the wire, but there was some sort of extreme vibration in the line. They shut off the winch and drove back along the line where they were quite alarmed to find

an adult bull moose suspended 20 feet in the air between two poles. Seems the rutz-crazed Pleistocene holdover had noticed the wire draped through his territory and took that as something of a challenge. He had the wire looped around his antlers when his epic battle with the power line ended as the winching operations caused him to levitate.

Our local whitetail deer population is not immune from the effects of photoperiod either. The onset of the breeding season, called the rut, brings about a number of changes in behavior. The bucks, who have spent the summer in congenial "bachelor groups," eschewing any contact with the does, now cannot stand each other and become a real nuisance to the does, chasing them about most vigorously.

At the peak of the rut, some bucks appear to lose their minds entirely (I can relate to that). The manifestation we see first is a huge increase in the number of car-deer crashes. The anti-hunting crowd is always shrill about this, blaming hunters for chasing the deer out of the woods. They apparently fail to notice that over 95% of deer col-

lisions in the fall occur in the dead of night, when no one is in the woods hunting and that the statistics are exactly the same in non-hunting areas. The real culprit is the increased amount of travel and decreased alertness of the bucks. If there is any chasing to blame, it is the wildly running does attempting to evade amorous bucks.

The problems generated by the photoperiod changes are not something new. The most magnificent species of deer ever to exist to my way of thinking was called the Irish elk. The name was generated since the first preserved bones of the animal were found in peat bogs in Ireland, but the Irish elk was spread all across Europe and Asia at its peak. It first appeared about 400,000 years ago.

The Irish elk was a magnificent creature. Bucks stood over seven feet high at the shoulder but were dwarfed by their antlers which spread over 12 feet wide and weighed nearly 100 pounds. Unfortunately, we can only see these wondrous beasts in museums for global warming killed them off. At the end of the last ice age, when the earth rocked back on its eccentric orbit, there was a change in the photoperiod in the northern climes, causing a warming. Glaciers retreated, deciduous trees grew in areas formerly tundra, and the Irish elk's antlers grew even larger with the increased photoperiod. Apparently, four-yard antlers and dense woodland do not mix for the Irish elk's population crashed and disappeared in a relatively short time.

I, however, cannot worry about my favorite cervid. I must go get the timer and light working in the chicken coop so their photoperiod is long enough to make the start laying eggs again—a venture with about as much chance of success as saving Magwitch...

Contact Bob Henke with your sightings or questions by mail c/o *The Greenwich Journal & Salem Press*, by email at outdoors.tomorrow@gmail.com, on Twitter at @BobHenke, or on Facebook.



Tea time in Cambridge

It's time again for the annual Victorian Tea at the Cambridge Historical Society & Museum at 12 Broad Street in Cambridge, New York at 2:00 p.m. on Sunday, October 20. Included in the afternoon tea are delicious savories and sweets, endless tea and a "Stylish Times" fashion show presented by the well-known Phyllis Chapman of Vintage Visitors. For over 20

years Phyllis has presented live historic fashion shows drawing from her large collection of hand-made, period correct reproduction clothing worn by live models.

On Sunday you can see actors dressed up in the fashions of long ago at the "Stylish Times" historic fashion show.

\$30/\$15. Details: loissheaff@gmail.com.

Learn more about Medicare

The Olde Saratoga Seniors is hosting a Medicare Fair on Friday, Oct. 4 from 10-2 at the Town Hall, Spring St., Schuylerville.

If you are turning 65 or presently have medicare, this event is for you.

Licensed agents will be on hand to give you the most up to date information you need to make your medicare decisions.

For more information about this Fair call Linda at 518-505-5991.

A chat with actor Michael Nichols-Pate

Kathryn Zelkowitz
Journal & Press

Michael Nichols-Pate isn't a method actor. Despite countless TV and movie clichés that would make you believe it's the only way to go, Nichols-Pate believes it can often do an actor more harm than good. "[I]t can just weigh on you," he told a Writing and Reporting the News class at Massachusetts College of Liberal Arts recently via a Zoom interview. "You don't want to start embodying the negative aspects of your character, which is easier to do than embody[ing] the positives."

The 31-year-old actor and Glens Falls, NY, native speaks from experience, recounting the unease that would follow him home after the final bows of Sandy Hill Arts Center's production of "Cabaret" in June of 2024. Despite his upbeat demeanor, Nichols-Pate admits the car ride home from the theater was a struggle. "I'm still feeling everything...this is a heavy thing."

He's not a rookie, either. Nichols-Pate has been acting for nearly 20 years since landing his first role in a local production at age 11. His fascination with theater started long before that first show, when 5-year-old Michael was entranced by a high school production of "Willy Wonka and the Chocolate Factory." Minus a brief hiatus in LA where he wasn't acting, he has been in theaters ever since.

Nichols-Pate plays the dashing Robert Martin alongside "Chaperone" and Salem Theater visiting-guest-artist Rebecca Paige in Fort Salem Theater's production of "The Drowsy Chaperone". Catch him onstage September 27th-October 6th. Tickets are available for purchase at fortsaalem.com.

As an actor from New York working in theater, it would be natural to assume he aspires to Broadway and, like so many in his shoes, spends each day striving to make it to Manhattan. Natural, but incorrect.

He's much more excited about the theatrical work going on that's a little less visible

or mainstream. Some of the most thought-provoking productions, in his opinion, are happening on much smaller stages.

"We're seeing a lot of really interesting and creative pushes being done locally and regionally that [are] not necessarily translating to Broadway."

For one example, he points to the production of "Cabaret" he'd appeared in. The show's run was a smaller stage in both the literal and figurative sense: Sandy Hill is a regional theater, without the same reach as Broadway, but it was also a uniquely immersive venue. "Cabaret" is set in a nightclub in Berlin as the Nazi Party is rising to power.

"Utilizing this small, little hole-in-the-wall theater that wasn't even so much a theater as a banquet hall and allowing the show to be very immersive, I find that was really impactful," said Nichols-Pate. "I've actually become really interested and invested in creating immersive theatrical experiences as I feel it helps further the story along."

Building a world around audience members for them to react and interreact with is a frontier of theater that Nichols-Pate feels deeply connected to.

"You can go see Cabaret, or you can go and the minute you walk in the doors, you're in the nightclub, they're all around you, and then at the end when the characters are going through turmoil and the Nazis are stomping and marching around, you say to yourself: I could have stopped this at any point, but I, too, sat there. It creates an interesting, unique experience where each show is different."

Nichols-Pate says Broadway productions can't (or won't) take risks. With so many eyes on them, these nationally known productions push fewer boundaries, and tend to stick to the brief. On the local and re-



Michael Nichols-Pate, right, with Rebecca Paige.
Photo by Mike Hatzel.

gional levels, however, companies can be bold. In choosing atypical castings, unique stagings, and unconventional designs, local theaters are going outside a box Broadway can't afford to, with great success.

"You're seeing that more locally because you're not getting a list of folks, and you don't have to make up \$40 million to just break even. Broadway is not willing to take risks."

It's not just the capacity for bold choices that draws him to theater at the community, local, and regional levels. It's also the accessibility. Nichols-Pate is the Executive Director of Bunbury Players: a company of volunteer theatrical artists who present easily accessible theater, free of charge. Bunbury Players was started by Garrett West, Nichols-Pate's close friend, during the COVID-19 pandemic as a "Zoom The-

Please read more on page 14

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October
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Strawberry Limes
Maple Old Fashioned
Harvest Cosmo
Aperol Spritz



Tony's Polka Band
Saturday 10/5, 6-10:00pm

An event for animals and their owners

St. Stephen's Episcopal Church at 1 Grove St. in Schuylerville will be hosting a Blessing of the Animals on Saturday, Oct. 5, for an hour starting at 10 a.m.

The Journal & Press has signed on as a promotional sponsor. Recently we spoke with one of the organizers, Sarah Cartwright, a member of the congregation working with Deacon Helene Patterson on this project. The event is free. Donations accepted. Pet treats will also be available.

Cartwright said: "We are asking that pet parents please keep their animals leashed or crated for the safety of all attending. Please practice safe animal etiquette (for example, asking owners if it's okay to pet before touching, don't allow your dog to rush other dogs or people). Also, please pick-up after your pet.

"Our Deacon Helene Patterson will offer a prayer for the health and well-being

of the animals and for a loving, respectful relationship with their owners. Deacon Helene also will have a prayer for the healing of sick animals if requested. Deacon Helene will pray over the animals and then sprinkle the animals with Holy Water from the aspergillum, the wand-like instrument used to sprinkle the Holy Water. If any pet parent feels their animal would not like the water sprinkle they can opt out and still receive the verbal blessing. This is meant to be a relaxed event to honor God's love of our animals and engage with our community. We are happy to offer a blessing however participants feel comfortable!"

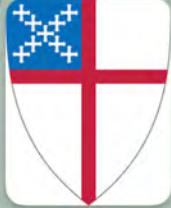

BLESSING OF THE ANIMALS

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Saturday, October 5th


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*donations encouraged but not required

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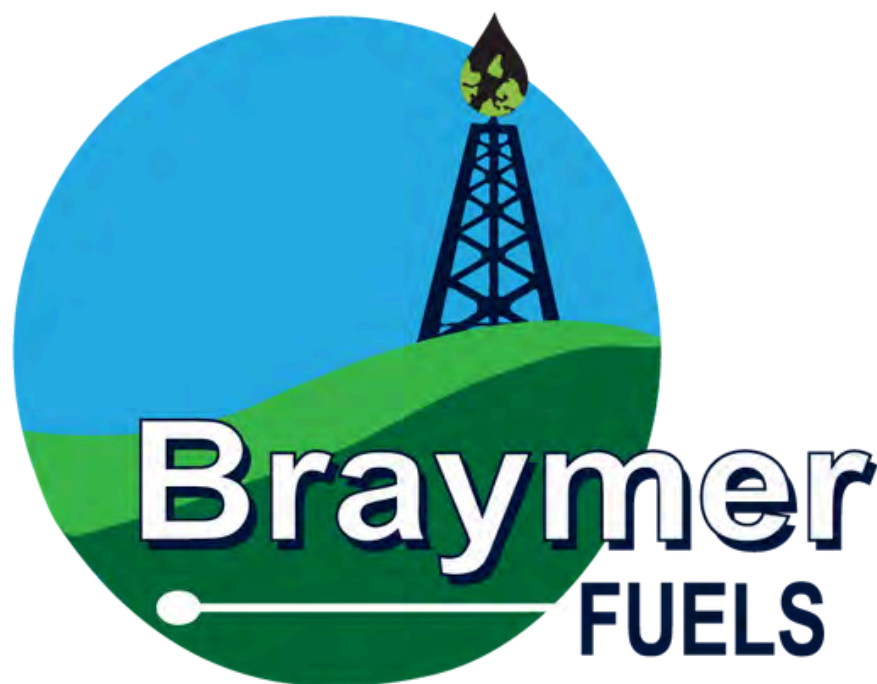


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The role of engineers during the Revolution

In honor of the 250th anniversary of the American Revolution, the Greenwich Easton Historical Association with the Cambridge Historical Society will host a presentation by Dr. Paul K. Walker, retired Chief Historian, US Army Corps of Engineers, entitled “From Ticonderoga and Saratoga to West Point: Army Engineer Thaddeus Kosciuszko and the American Revolution.” This event will take place 6:30 PM, Oct. 9, 2024 in the Community Room of the Greenwich Free Library located at the corner of Main and Academy Streets in Greenwich.

By 1776, lacking sufficiently trained military engineers, Congress turned for support to Europeans educated in France, the center of technical education. Several French engineers and others, including Poland’s Thaddeus Kosciuszko, joined the

patriot cause as recruits or volunteers.

Kosciuszko arrived in Philadelphia in August 1776. With a recommendation from Benjamin Franklin, Congress commissioned him as an Engineer colonel in October. He gained recognition for his work on Delaware River fortifications and soon after was assigned to the Northern Army on the staff of General Horatio Gates. This presentation will focus on Kosciuszko’s role at Ticonderoga, Saratoga, and West Point between 1777 and 1780. In each case, he displayed great skill at integrating defensive plans with the natural surroundings. For this reason in particular, Gates would credit Kosciuszko with a major role in the victory at Saratoga.

Paul Walker is a part-time resident of Cambridge. He received a Ph.D. in

American History from the University of North Carolina, Chapel Hill. After teaching at several Baltimore-area colleges, he joined the staff of the Office of History, Headquarters, U.S. Army Corps of Engineers. He served as the Corps’ Chief Historian for twenty years before retiring in 2008.



Paul K. Walker

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60 years already?

The Greenwich High School Class of 1964 celebrated its 60th anniversary at Wallie's on Sept. 21. **Pictured:** Front row (L-R): Becky Burts Ramsden, Delores Mullen, Judy McMorris, Linda Randall Faile, Carol Boehringer and Bob Miller. Back row (L-R): Buzz

Spiezio, Laura Coldwell, Beth Spiezio, Gail Saunders Dewey (who was also guest of honor!), Ron McMorris, Gayle Wilbur Corscadden, Dave Faile, Dave McDonald and Karl Butz.



Actor (cont.)

ater," with the goal of keeping theater alive in a safe and accessible way. Since then, the company has transitioned into in-person productions, but the mission has remained the same.

"Theater has gotten so expensive. Not just to create it, but to see it...I get it, theater is expensive. But also, you want an audience to come, and you don't just want a certain demographic. You want it to be accessible."

It's that desire to ensure that anyone who wants to see and engage with live theater can that keeps Nichols-Pate, and the Bunbury Players, going, he said. "Sometimes, the most important show is unable to be seen because there's a price wall. Suddenly, there

are children who might want to see 'Cinderella', and become inspired by it, who can't afford getting to see it...It blocks people off."

Bunbury Players aims to close that gap by making theater that is free to see and engage with. It's Nichols-Pate's way of giving back to the things that built him. "Community theater raised me. I stand by that."

See Nichols-Pate play the dashing Robert Martin in "The Drowsy Chaperone" this weekend and next at Fort Salem Theater. Again, you can get tickets at FortSalem.com.



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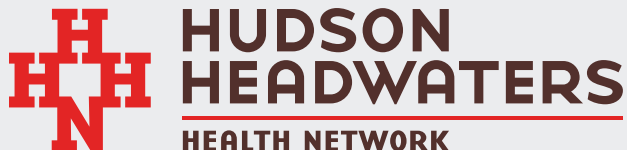
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Letting go

MaryAnne Brown
Journal & Press

Have you ever had to give up a cherished role, leave a close community, or change your way of thinking, believing, or feeling? Perhaps you left a job to escape a toxic environment or had to downsize from a beloved home. Maybe a move forced you to leave behind a treasured community, or you experienced the deep hurt of betrayal by someone you trusted. These experiences often leave us with painful wounds, filled with confusion and uncertainty.

Holding tightly to emotions, possessions, or people is a natural human response, but it can leave us troubled and stuck. When we cling to how we believe things “should be,” we halt our growth and prevent ourselves from moving forward. Our minds get trapped in a cycle of questions like, “What went wrong? How could they do this to me? Will I ever heal?”

Why do we hold on so tightly? Whether it is to the past, people, places, or things that no longer serve us, clinging feels safer than facing the uncertainty of letting go. At the core of this attachment is fear: fear of the unknown, of losing control, of being unprotected or alone. We convince ourselves that if we hold on a little longer, things will improve or that we can avoid upsetting the balance by not “rocking the boat.”

But this belief is an illusion. Holding on prolongs the suffering. When we fail to let go of past hurts or remain tied to harmful people, we allow the pain to continue. Clinging to control over every aspect of life blocks new opportunities and possibilities from emerging. We risk reliving the same toxic patterns over and over again, stuck in a painful cycle. Who would willingly choose this?

One of the most profound spiritual practices is learning to let go. “Autumn teaches us the beauty of letting go.” Though the author of this quote is unknown, the wisdom of this little Buddha or keen prophet offers great help to those of us navigating epic or subtle life changes. This season of falling leaves offers

the perfect metaphor for shedding old patterns and embracing change. Letting go is a core principle in many spiritual traditions. In Buddhism, the practice of non-attachment teaches that the root of suffering lies in clinging to impermanent things. Christianity encourages surrendering to God’s will and trusting in divine guidance. Taoism emphasizes flowing with life like water, remaining flexible and open to change.

These teachings share a common message: true freedom comes from releasing our need for control and allowing life to unfold naturally. Letting go doesn’t mean abandoning our dreams or hopes. Instead, it means trusting in a higher power or deeper wisdom that guides us toward greater possibilities than we could ever imagine. Through faith, we open ourselves to the gentle nudges of the Great Spirit, offering us di-

‘It doesn’t mean abandoning our dreams or hopes.’

rection through people, experiences, and new perspectives.

Recently I have been reflecting on a troubling situation and realized that letting go is not a one-time act, but an ongoing process. It begins with acceptance—not necessarily approval, but acknowledgment of reality. I have spent time reflecting on my emotional triggers, aiming to heal and grow rather than hold on to the way things “should be.” As part of this practice, I have chosen to distance myself from gatherings that place me in unsettling environments, giving myself space to breathe and heal.

Over time, I have found it easier to forgive others and release negative feelings. Recog-



nizing that some people are simply incapable of behaving differently frees me from carrying emotional baggage. As I surrender to the present moment, I find myself led to new, unexpected places, allowing my body, mind, and spirit to heal.

Letting go is both an art and a practice that requires courage, patience, and trust. It frees us from unnecessary suffering and opens us to life’s possibilities. My husband once told me during a difficult time, “We will get through this, but we will never be the same.” His words have anchored and comforted me as I navigate this new challenge, reminding me that change, though painful, leads to growth.

May this season of letting go bring you healing, freedom, and the courage to embrace what is next.

MaryAnne Brown, RN, BSN, MA is a music minister at St. Joseph’s Church and has a special interest in spirituality and health. She serves on the Retreat Team at Dominican Retreat and Conference Center in Niskayuna and provides grantwriting services.



News from local churches

St. Paul's Episcopal Church

St. Paul's Episcopal Church is located at 32 East Broadway, Salem, NY. The schedule for services at St. Paul's in Salem for October:

- Oct. 6, 10:30am Morning Prayer
- Oct. 13, 12noon Holy Eucharist with Mother Meaghan Keegan Celebrating
- Oct. 20, 12noon Holy Eucharist with Father Gary Strubel Celebrating
- Oct. 27, 10:30am Morning Prayer

All are welcome to St. Paul's Salem and all services. Morning Prayer is a short, contemplative service with hymns, chant, and readings. Holy Eucharist is a full service that includes Communion. Come celebrate with us!

Roman Catholic Churches

Mass at Holy Cross Catholic Church on Sunday is at 8:15 AM. The Holy Cross Pastoral Council will meet on September 10 at 7 p, in the Day Chapel. Mass at St. Patrick's is held at 11:30 AM. and at Immaculate Conception in Hoosick Falls on Saturday at 4 PM and Sunday at 10 AM. Weekday Masses are at 9 AM at Holy Cross on Tuesday, at St. Patrick's on Wednesday, and Immaculate Conception on Monday. Children's bulletins with Gospel activities are available near the doors of the church.

An adult Bible study has begun in the three churches. It is about Women in the Old Testament. Registration is available in Church or on the Parish Website at www.battencillcatholic.org.

The home visitation Statue of Our Lady of Fatima is available by calling St. Patrick's to schedule a one or two week visit.

Next week Birthright will be conducting their Baby Boomerang where baby a bottle may taken and returned the following week with coins, cash, or check.

The Diocesan Appeal has begun for this year, July 2024-June2025.

Please remember the Basket Bingo at Immaculate Conception on October 3. Tickets are available at Thorpe's Pharmacy and the Parish Office.

Please remember your local food pantry need your help.

Bottskill and Lakeville Baptist Churches

All are welcome to the Bottskill Baptist Church Sunday Services starting at 9:15 and the Lakeville Baptist Church starting at 11:00. You are invited to join us as we celebrate our Christian faith led by Pastor Lydia Widbin. Sunday School Classes will be held at Bottskill during the Sunday Services time with new



and exciting Curriculum. The Lakeville Church is located at 625 Co Rte 49, Cossayuna, NY and Bottskill's location is at 26 Church Street, Greenwich, NY

Our church's Men's Coffee Group will be meeting at 9 o'clock at the church on October 5th. Please come and join our always interesting and fun discussions.

The Bible Study Groups planned for the month of October are: The Study Group lead by Steve Morse will be held on the 12th and 26th starting at 9:00; Pastor Lydia's Study Group will meet every Tuesday morning at 10:30. Both groups will be meeting at the Bottskill Church.

Bottskill's FAMOUS Chicken and Biscuit Dinner will be held Oct 19 with Pick-up times between 4:00 and 6:00. The cost is only \$15.00 for the delicious dinner including dessert. Cythnia Meadows residence dinner cost will be \$13 and can have their dinners delivered. For Reservations call Amy @ 838-333-9123

Smith's "Great" Frozen Pies are once again being sold by the Bottskill Church just before the Holiday Season. (apple, apple crumb, blueberry, pecan, pumpkin and raspberry pies are being sold at \$15.00 each.) Call Carol to order your pies at 518-692-7396. Our pie sale is always sold out so call Carol soon for the best variety selection. Pick-up time is October 9th between 5-6PM.

Have a local church announcement? Send it to editor@journalandpress.com.

Ukraine, Gaza and war's future

Lance Allen Wang
Journal & Press

Practitioners of military science refer to changes in warfare as either revolutionary or evolutionary. For instance, the development of gunpowder would be considered revolutionary – it completely changed the concept of weaponry. On the other hand, the development of the jet engine was an evolutionary step for military aircraft. It took what we had and greatly improved it.

The Afghanistan War hadn't been going on even two years before I saw the first pamphlet coming out of the Army's "Center for Army Lessons Learned" stating that the first revolutionary tactic to emerge from the war was the use of armed Unmanned Aerial Vehicles (UAV). Indeed, two decades later, that appears to have been borne out as true. In Ukraine and the Middle East we now see the use of multiple types of UAVs, from small reconnaissance models to larger ones armed with "fire and forget" anti-tank missiles. In addition, we are now seeing the use of cheap UAVs for "kamikaze" tactics.

Its always interesting to look back at the predictions as to what the next generation of warfare would bring. When I was attending military staff colleges in the 2004-05 timeframe, we were studying what was being called "fourth-generation warfare" and "asymmetric warfare." Put simply we were being taught that war was migrating from a world where sovereign nations were the primary armed players in international affairs, to one where violent non-state actors are also common belligerents.

We do live in a world where violent, stateless groups have found their way into positions of civil authority – Hamas, an American-designated foreign terrorist group, now rules Gaza and has continued to since they banned elections in 2008. We see how that has played out. The Taliban, who ruled Afghanistan and provided safe haven to Al-Qaeda during the period of the 9/11 attacks, is back in power in the poverty-stricken nation. The legitimacy of that power is a sepa-



General Morgan

rate discussion.

The "asymmetric" aspect is that often, when laid out on a nice clean PowerPoint slide, one of the players clearly has more military power than the other. It is power against weakness. But what makes this warfare asymmetric is that the smaller power finds ways to leverage other advantages against the larger opponent's weakness. For instance, George Washington's army had to use very different tactics against the British to compensate for our lesser numbers and poorer state of supply and training. And the British and their Hessian allies, used to very conventional battles against conventional opponents were not prepared for Americans like General Daniel Morgan who ranged the woods with his troops, attacked, and melted away. Especially early in the war, Washington could not afford to face the British repeatedly in the kind of set-piece open-field battles that the British were trained for. He didn't have the experienced manpower to sustain that kind of

fight. On 9/11, our sense of invulnerability at home was turned against us when jetliners were used as weapons by Al-Qaeda terrorists.

Things that we would not think of as a weakness become one when viewed in this context. For instance, our expectation of quick success without large numbers of American casualties drives any enemy's tactics. Would-be adversaries know that any large casualty producing event becomes a domestic political issue in the United States. They know that any long war's patriotic unity, once the drums quiet and the yellow ribbons fade, will eventually devolve into an argument about spending American lives and treasure. They want to keep us tied down until, frustrated, we sue for peace. Variations of this recipe have played out in Vietnam, Iraq, and Afghanistan.

So, as you see, not all strengths and weaknesses are strictly based on firepower and weaponry and not everything an adver-

Please read more on next page

(cont.)

sary does makes sense when viewed strictly through a Western prism.

I bring all of this up as a lens, as I look at Israel's operations against Hamas in Gaza and also on their northern front against Hezbollah in Lebanon. From a military standpoint, I was impressed by the recent targeting of Hezbollah's command, control, and communications by the Israelis. The ability to penetrate Hezbollah demonstrated an ability to overcome a critical asymmetric advantage which Hezbollah's terrorist organization maintained – they melt into the population. The population was the sea, after all, as Mao Zedong wrote, in which the revolutionary swam. Israel's approach was adaptive, wary of the criticism they have faced for their operations against Hamas in Gaza. Israeli operations against Hezbollah in Lebanon leaves Hezbollah's ability to execute complex military operations crippled for the foreseeable future, barring a significant effort on the part of Iran to plug leaks in the organization, and reconstitute them with both trusted people and secure communications. It was telling that the Iranian ambassador to Lebanon was among Hezbollah's casualties.

Israel's operation was targeted specifically against Hezbollah's communications, operatives and command structure. It is a legitimate target. However, turning commonly recognized devices into an explosive in this case could be a violation of the inter-

nationally recognized Laws of Land Warfare. In this generation of warfare, we are now dealing with unaccountable trans-national terrorist organizations whose daily actions are illegal. The Laws of Land Warfare are still adapting.

I find the Israeli action particularly discreet compared to the operations taking place in Gaza. In the case of Gaza, the territory is being governed, at least in name, by an unaccountable trans-national terrorist organization, Hamas. This same organization executed the 10/7 attacks on civilian targets in Israel. Was this done in the name of the people of Gaza? This sort of sadistic, brutal, and murderous behavior demonstrated on 10/7 is hardly a legitimate means of protest. Hamas is an illegitimate body; they cancelled Gaza's elections 15 years ago and thwarted the Palestinian Authority's attempts to conduct elections in 2021 and 2022. In the meantime, Hamas' willingness to use the Palestinian people as human shields to retreat behind after attacking Israelis and foreigners in Israel demonstrates a murderous lack of concern and responsibility for the population they claim to govern.

But without the ability to directly target Hamas personnel, who have chosen to use Israeli and foreign hostages plus the population of Gaza as human shields, the Israelis have been presented with three options, none of which are appealing. The first is to do nothing, leaving Hamas in a position of responsibility in Gaza. This would never pass muster in the shadow of 10/7. Second is the type of grinding urban battle to root out Hamas from within the population which no army chooses to enter if there's another way. Last is the type of combined operations we've been seeing, which means hitting them where they hide with artillery and bombing, among the population.



We've seen numerous intricate tunnel systems unearthed in Gaza, one which places command posts and logistics points beneath schools and hospitals, and other junctions where tunnels meet.

There is no joy in war, least of all the one in Gaza. I recently talked with an Israeli woman whose brother was mobilized to Gaza, and who in other times would be considered a "peacenik," a supporter of Rabin's peace initiatives of the early 1990s. She now says with sadness, "It has come down to their kids or mine, and I have to choose my own." And according to a very recent report by Reuters, more than half of residents of Gaza and the West Bank think that Hamas' decision to launch the 10/7 terrorist attacks was wrong. And even though there are no elections in Gaza, only a little over a third of Gazans now support Hamas.

It is not encouraging to know that this new generation of warfare just means that the roads to peace continue to get more complex and congested. New players appear with new motives, age-old hatreds manifest themselves, and new technologies are weaponized, yet one thing remains remarkably consistent. The spilled blood of combatant and non-combatant alike pools just the same.

Lance Allen Wang is an Iraq Veteran and retired Army Infantry officer who lives in Eagle Bridge, NY, with his wife Hatti.



Do I have enough pillows to fall asleep?

Greg Schwem

*Tribune Content Agency
Special to The Journal & Press*

I am struggling to keep my eyes open as I write this column, having just completed an overnight stay in North Carolina, which included a night of restful sleep.

That's correct; I slept great. The exhaustion occurred the following morning as I was preparing to leave the spare bedroom in my relatives' home. Always striving to be the perfect houseguest, I made every attempt to leave the bed in its former condition. I pulled up the sheets, tucked the blanket's corners under the mattress and made sure the spread was free of wrinkles.

Then came the pillows. All 10 of them. The one I slept on and nine more.

It was a queen-sized bed, so it made sense that two rested at the mattress's head. Covered in gray pillowcases that matched the sheets, they awaited one, or two occupants to close their eyes and comfortably drift off to dreamland.

Two more identical pillows were stacked on top of these, in case a higher sleeping position was preferred. Personally, I've always been a one pillow type of guy. Unless that pillow was manufactured by Mike Lindell. Then I'd rather rest my head on bare concrete.

The others, a mix of square, oval and skinny rectangular shapes, were covered in mismatched fabrics. An interior decorator would likely describe them as "throw pillows" and suggest they be "thrown" on top of the spread, accentuating its appearance.

I believe they should all be "thrown" away.

Seriously, how many pillows, of any variety, does one need on a bed? Beds are for sleeping, nothing more. I don't care if the mattress is filled with foam, feathers or water; I should be able to collapse onto it without first eliminating everything on top of it.

I feel the same way about those bowlfuls of colorful bathroom soaps, which may as well contain a "Do Not Touch" label. Even if my hands were covered in tar, I would wipe them on white pants before touching these babies. No need to incur my host's wrath.

In Charlotte, when I retired for the evening, I took each decorative pillow and haphazardly threw it on the floor. That was easy. The next morning, as I reassembled the bed, I had to stoop down and pick up each one individually. Not an easy task for a guy with an aching back.

Furthermore, I had to return each one to its rightful position. Which was... where, exactly?

Did the beige oval pillow go on top of the striped rectangular ones? Or beneath? Or between? I didn't return home the night before until nearly 1 a.m., so I wasn't exactly paying attention to the layout. Maybe I should have snapped a picture of



the configuration the moment I entered the room. My back would still ache, but I'd leave knowing that, as a model tenant, my bed would be available for return trips. My relatives aren't that anal, but I've stayed with some hosts who would probably need therapy sessions if their throw pillows were misplaced. Haven't we all?

For the record, the number of pillows on a bed should be two. The number of soaps in a bathroom? One. Mismatched coffee mugs in your pantry? Four. Candles in a living room? Three. Are you purposely trying to burn down your house?


I am now back home, in my bedroom, completing this column. I need to go to sleep — on my one pillow — because I'm hosting a football watch party tomorrow.

Which one of my 47 Chicago Bears shirts should I wear?

Greg Schwem is a corporate stand-up comedian and author of "The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian," available on Amazon. Visit Greg on at www.gregschwem.com.



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But you can enhance that experience by signing up for our Facebook, Instagram and, especially, Substack accounts.

Lately, we've enlisted excellent photographer Michael Tamburri to take postcard-quality photos of Greenwich's Main St. We'll have him visit other towns soon.

We have Dan Pemrick's excellent sports photography and capsules.

And we have more casual insights into local news than you'd find here. We can unwind a bit.

Join us online, too!



Postcards from our region by Michael Tamburri

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P ₃	H ₄	O ₁	N ₁	E ₁	M ₃	E ₁	RACK 3 = 64
D ₂	O ₁	G ₂	W ₄	O ₁	O ₁	D ₂	RACK 4 = 63
B ₃	I ₁	L ₁	E ₁	V ₄	E ₁	L ₁	RACK 5 = 86

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Protecting what matters most

Michael Levy
Journal & Press

Safety forms the foundation of any thriving community, and in small towns and villages like Greenwich, Salem, and Cambridge, it takes on a special significance. While urban areas have their own challenges, rural communities face unique safety concerns that demand equal care and attention. The close-knit nature of small towns can be both an asset and a challenge when it comes to protecting the well-being of residents.

Local businesses play a vital role - whether it is a family-owned farm, a construction company, or a small manufacturing plant. Ensuring these businesses prioritize safety and health is not just a legal obligation, it is a moral imperative to protect friends, neighbors, and family members who make up the workforce. Building a safety-first culture is crucial, where safety is treated as a core value and workers feel empowered to voice concerns and engage proactively in safety programs. No matter their size, every business can integrate safety into their operations by instituting effective workplace safety and health programs.

Clear communication about hazards, proper training, and regular safety meetings between employers, contractors, and staffing agencies is essential. Fortunately, there are many resources available to help businesses enhance their safety programs. The Occupational Safety and Health Administration's (OSHA) website (www.osha.gov) offers excellent resources for both employers and workers. Additionally, the New York State Department of Labor provides a free, confidential on-site consultation service for small and medium size businesses. This no-cost program helps employers identify hazards and improve their safety and health programs (<https://dol.ny.gov/site-consultation-program>).

In small communities and villages, residential safety is just as important as workplace safety. Immediate access to emergency services is not always guaranteed, so pre-

paredness is key.

As winter approaches, it is time to ensure our homes are protected from fire hazards. This includes proper chimney cleaning, safe storage of flammable materials, keeping fire extinguishers on hand, and regularly testing smoke and carbon monoxide detectors. Creating and practicing emergency escape plans is crucial, especially for homes in more remote areas. It is equally important to make sure emergency responders can easily locate and access remotely located properties in case of an emergency – minutes saved may make a real difference!

Medical emergencies also require some preparation. Every home should have a well-stocked first-aid kit, and knowing basic medical procedures like CPR can save lives. In small towns, family members and neighbors are often the first to respond in an emergency, so being prepared is critical. There are numerous opportunities to receive first aid and CPR training, both in-person and online.

When it comes to rural roads, they may appear safer than busy city streets at first glance, but they pose unique risks. Drivers should always be mindful of speed limits, road conditions, and the presence of other vehicles, pedestrians, and cyclists—especially in severe weather. Narrow lanes and bridges, sharp curves, and wildlife crossings can lead to accidents if drivers are not vigilant. Farm equipment on the roads requires extra caution as well. Slow moving Amish horse-drawn buggies, often with minimal lighting, share these roads at night, creating additional opportunities for an accident. Additionally, many residents walk or bike along these roads, so pedestrian safety is a key concern. Please consider wearing a reflective vest if you walk along the side of the road at night – you can thank me later.

Community events are a cornerstone of small-town life, but they too require attention to safety. Organizers should ensure well-documented emergency plans are in place, have trained first-aid responders on-



site, and, for indoor events, clearly marked exits. Outdoor event organizers should stay alert to changing weather conditions to keep attendees safe.

Lastly, mental health is a crucial aspect of community safety. In close-knit towns, people may be more likely to notice if someone is struggling. Unfortunately, there can also be stigma related to asking for help and that needs to be eliminated. Simply checking in on a friend or neighbor can often make an enormous difference. Fortunately, telehealth services have made mental health resources even more accessible than ever. In addition to understanding the role of 911, it is equally important to be aware of the 988 Suicide & Crisis Lifeline. (<https://988lifeline.org/>)

Small-town life is celebrated for its powerful sense of community, and that shared connection is a powerful asset when it comes to safety. The more we take collective responsibility for one another's well-being, the safer our community becomes. Whether at work, at home, or at public events, the people of Washington County can stay safe by staying informed, prepared, and by being proactive. Just another random thought!

Michael Levy is a retired government manager residing in Greenwich NY and is employed now as a technical consultant. He is also a Commercial Pilot and a Ham Radio operator.



Freedom to read: a ‘pretty darn good thing’

Sarah Murphy

Special to The Journal & Press

In celebration of the current exhibit on display in the library’s Community Room—Baseball: Once Simple, Still Timeless—we screened a few popular baseball films last weekend, starting with the great 1989 movie “Field of Dreams.” When was the last time you saw that movie, and what do you remember about it? The iconic, “If you build it, he will come” whispers from the corn fields. The leave-no-eye-dry final scene, just a game of catch. Kevin Costner and James Earl Jones sitting together at Fenway Park, or Jones extolling the virtues of baseball in the pitch perfect “People will come, Ray” speech. But do you remember the inciting incident that introduces James Earl Jones’s character, novelist turned recluse Terence Mann, into the action of the movie? It’s an attempted book ban.

Ray Kinsella (Costner) and his wife Annie (Amy Madigan) attend a PTA meeting at their local Iowa school that turns contentious as a small group of parents ask that a novel by Mann be removed from school classrooms and libraries, calling it “smut and filth.” A school board member attempts to explain the book’s literary merit, but others call out words like “pornography” and “pervert” in an attempt to discredit the book and the school board. This is when Annie gets involved, first by defending the author as “a warm and gentle voice of reason during a time of great madness,” then by attacking the would-be book banner as a “Nazi cow.” Finally, Annie energizes the entire auditorium and brings them around to her point of view by asking, “Who wants to burn books? Who wants to spit on the Constitution of the United States? Anybody?” She is met with silence, and continues, “Who’s for the Bill of Rights? Who thinks freedom is a pretty darn good thing?...Who thinks that we have to stand up to the kind of censorship that they had under Stalin?” Everyone raises their hand. Censorship and book banning has been rejected, rendered as absurd, fascistic, and utterly anti-

American.

This was the 1980s, hardly a progressive era. The movie is a corn-fed celebration of family and baseball. Annie’s speech was not radical; it was common sense. Banning books was the radical act, celebrating freedom was the treasured right of all Americans.

In 2023, the American Library Association reported the highest number of challenged titles ever documented. According to ALA’s Office of Intellectual Freedom, 4,240 unique book titles were targeted for censorship, representing a surge of 65% over the previous year. It was not always like this. For comparison, 183 titles were challenged in 2014. This recent vigor for banning books would have seemed bizarre to the viewers of “Field of Dreams” back in 1989. More than bizarre, dangerous. Anti-American. Most of us still see this trend as inherently opposed to freedom, so what accounts for the massive numbers? ALA reports that the surge is the result of pressure from politicized groups or individuals demanding the censorship of multiple titles, “often dozens or hundreds at a time.” Furthermore, 47% of the titles targeted for censorship made the list for representing the voices and lived experiences of LGBTQ individuals and people of color. We try to eliminate what we fear, and it appears that book banners fear their own neighbors who don’t look, love, or live the way they do.

“Field of Dreams” was based on a book: “Shoeless Joe” by W.P. Kinsella. The Terence Mann character, played by James Earl Jones in the film, was named J.D. Salinger in the book. Yes, that J.D. Salinger. Famously a recluse later in life, Salinger threatened legal action should his name and likeness be used in any future adaptation. So for the



sake of the movie, Salinger became Mann, a fictional author who had stopped publishing, sought solace, and whose best works were beloved by many, banned by others. From 1990-2000, Salinger’s classic, “The Catcher in the Rye” was the tenth most frequently challenged book, according to ALA’s data. It might seem quaint to have seen “The Catcher in the Rye”—widely assigned, broadly popular, maybe a little old fashioned but still as honest a depiction of adolescence as we’re likely to read—as dangerous. But when we allow others to dictate what is and is not appropriate for our bookshelves, our classrooms, our families, and our libraries, we give up our right to choose, and we can’t predict what will be deemed dangerous to whom.

Known for his voice as much as for his acting, the late James Earl Jones also recorded several audiobooks throughout his career. If you search for this information online, the first audio title listed is the Holy Bible. Which also happens to be the 52nd most frequently challenged book from 2010-2019.

Sarah Murphy is director of The Greenwich Free Library.



Libraries to give back – you can, too

Join community members and patrons of the Easton Library and Greenwich Free Library by “giving back” to the community by donating NEW items such as food, collars, leashes, health supplements and cleaning supplies. Donations will support several local animal rescue groups whose volunteers are based in southern Washington County. Almost Home Rescue, Lucky Puppy Rescue (Great Beginnings Adoption Center), Salem’s Community Cats, and Short and Stumpy Pups Inc. dba Our Best Friends Rescue, will be the beneficiaries of the contributions.

All of our rescue groups believe that each pet deserves plenty of love, attention and

exercise. Saving pets from a life of being a stray, neglect, puppy mills, animal shelters, and such, is the cornerstone of each group. Many of the puppies and dogs found in these sad situations are rehabilitated. They go to foster homes (sometimes permanently) or they find their forever homes. The cats found also go to foster or forever homes. The Salem’s Community Cats provide spay and neuter services.

Look for collection boxes and a complete list of requested items at the entrances of both libraries. All donations need to be NEW (or gently used gear). Collection bins at both libraries will be available for two weeks from Saturday, October 12 thru Saturday, Octo-

ber 26.

“The Great Back” is a statewide program whose mission is to provide library patrons the opportunity to participate in meaningful service to their communities. Throughout New York State libraries will be participating with a variety of service programs in October.

Please direct questions to Director Jennifer DeCarlo at the Easton Library at: jdecarlo@sals.edu, or an Easton Library staff member at 518-692-2253. Or Warren Schultz at weschultz@sals.edu, or by calling the Greenwich Free Library at 518-692-7157.

Black Dog, county marketing lauded

On Thursday, September 12, 2024, members of Black Dog Designs and the Washington County Planning Department were honored by the New York State Tourism Industry Association (NYSTIA) at the New York State Excellence Awards ceremony held at the Canfield Casino in Saratoga Springs, NY.

Corey Fram, Director of Tourism at the 1,000 Islands International Tourism Council who presented the award stated, “The New York State Tourism Excellence Awards recognize the very best in destination marketing, management, and stewardship that are critical in supporting the Empire State’s economy for the betterment of visitors and residents alike.” The award was presented in the category of “Excellence in Tourism Marketing Campaigns, Projects & Programs: Trails & Itineraries – Budget Under \$500,000.”

This multimedia campaign leverages both print and digital marketing. The print is comprised of a collection of vibrant rack cards strategically distributed throughout the region. Each card features an exciting and unique experience arranged by topic or interest ranging from food and beverage, farm visits, outdoor sports adventures,

arts, theater, family friendly activities, ghost tours, and more. By scanning the QR code on the card or entering the URL viewers will embark on a digital journey to learn more about where to see, taste, and explore.

Laura Oswald, Director of Economic Development for Washington County said, “It is an honor to have this marketing campaign recognized, and it is rewarding to play a role as an economic driver to promote and support our wonderful businesses and organizations across Washington County.”

Jesse Tyree, Owner and Creative Director of Black Dog Designs remarked, “It’s a great privilege to have our work celebrated by NYSTIA. Our team takes immense pride in promoting the one-of-a-kind experiences



L-R: Corey Fram, Director of Tourism for the 1,000 Islands International Tourism Council; Chris Coughlin, Marketing & Account Manager for Black Dog Designs; Laura Oswald, Director of Economic Development for Washington County; Alexis Shippee, Content Strategist; Ross Levi, Empire State Development for I Love NY; Bridget Cerrone, Senior Travel Marketing Strategist for Advance Media New York

that Washington County offers, helping to boost tourism and foster economic development. We’re passionate about inspiring visitors to discover the charm and diversity of this incredible part of New York.”

To learn more about the various trail experience related to this award-winning campaign, visit www.washingtoncounty.fun/experiences/

Repair Cafe

On Saturday, Oct. 19 from 1:00 to 4:00 PM the Hebron UP Church will host the Hebron/Salem Repair Café where everything centers on making repairs to broken household items that might normally get

discarded and end up in landfills. Bring your items that need repair and local volunteers will do their best to fix them for free. Interested in being a volunteer? Email hebronsalemrepaircafe@gmail.com

Support Wreaths Across America

The Greenwich Seniors are selling wreaths for Wreaths Across America. The wreaths sell for \$17 and all the wreaths that are sold will go to the Gerald B Solomon National Cemetery in Schuylerville, NY, which has approximately 1500 burials a year. Saturday, December 14th at noon is the Nationwide Remembrance Ceremony where more than 2,000,000 wreaths are laid at more than 4,225 participating locations in all 50 States, at Sea and Abroad. This years theme is "Remember, Honor, Teach."

Your donation is 100% tax deductible. Wreaths Across America is committed to teaching younger generations about their freedom and the importance of honoring those who sacrificed so much to protect our freedoms. For further information please contact Eileen DiNisio at 518-937-1838 or Diane Saunders at 518-638-6534.

Music and fun

Debi Craig and Dorothea Casey (retired music teachers and sisters) along with Tara Smith (a retired middle school reading teacher who lives in Hebron) will bring the joy of reading, music, and movement to 3 to 8 year-old children on Saturday, October 5, at 10:00 am in the Fellowship Hall at the rear of Hebron United Presbyterian Church facility (the little white church, not the brick sanctuary) located in the hamlet of East Hebron.

Children must be accompanied by an adult and parents are encouraged to join in the fun as the group reads and sings about apple, brightly colored leaves and other interesting things to do in the fall! The interactive program will last approximately 40 minutes.

The Fall into Storytime Fun program is free and open to the public. The event will take place at 6559 State Route 22, East Hebron (Salem), NY.

New book club

The Easton Library is going to start an adult Thursday evening book club. The first meeting will take place October 17 at 6 PM. Attendees will choose a book to discuss at the next meeting, and talk about when and how often the club will meet. Please call the Easton Library at 518-692-2253 with questions.

A virtual journey in Cambridge, then and now

Join the Cambridge Historical Society and Museum on Wednesday, October 16th at 7 pm, when Ken Gottry, local historian and consummate storyteller, will take the audience on a virtual journey through both time and space exploring Main Street in Cambridge, New York. Drawing from his extensive collection of photographs, his prodigious memory of the 1960s, and the 1940 recollections of Jane Coulter, village school teacher, his knowledgeable meandering and recollecting invariably reminds audience members of their own youthful Cambridge (or other) exploits, which results in an evening that "feels like the best of what a family reunion can be."

This talk is an extension of the current exhibit in the museum, "The Storied Life of Main Street," which looks at how 10 sites along Main Street in Cambridge, NY, have changed over time. The house and grounds will be open for tours at 6 pm, giving visitors the opportunity to view these artifacts and photographs of village history. The program will be held on the first floor of the building, which is accessible to all. Suggested donation: \$0-10.

The Museum is located at 12 Broad Street, Cambridge, NY. For further information call or text: 518-350-0627, or email: info.cambridge.ny.museum@gmail.com.



FUN & GAMES

Animal Crackers by Mike Osburn



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OSBUN 10-0

Broom Hilda by Russell Myers



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2/0
RUSSELL MYERS

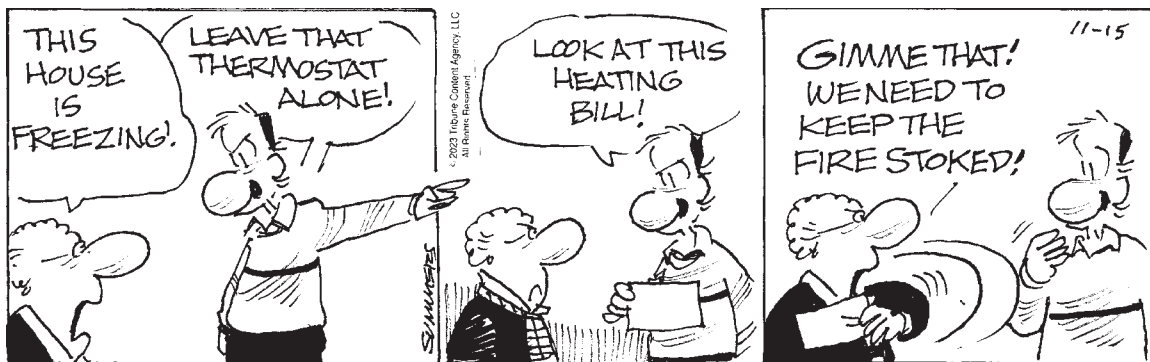
Gasoline Alley by Jim Scancarelli



SCANCARELLI

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The Middletons by Dana Summers



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11-15

9 to 5 by Harley Schwadron

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Schwadron 12-6

Word Play Answers Page 21

JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

YNOME
□ □ □ □ □ □ □ □

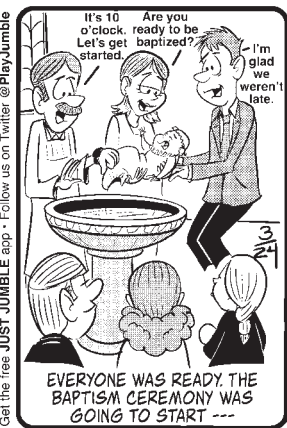
SEET
□ □ □ □ □ □ □ □

IDCTIN
□ □ □ □ □ □ □ □

PRRPEO
□ □ □ □ □ □ □ □

THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



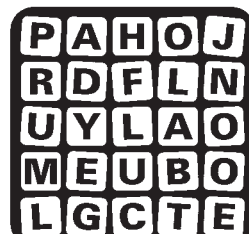
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

“□ □ □ □ □ □ □ □” □ □ □ □ □ □ □ □

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Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE	YOUR BOGGLE RATING
3 letters = 1 point	151+ = Champ
4 letters = 2 points	101-150 = Expert
5 letters = 3 points	61-100 = Pro
6 letters = 4 points	31-60 = Garner
7 letters = 5 points	21-30 = Rookie
8 letters = 10 points	11-20 = Amateur
9+ letters = 15 points	0-10 = Try again

Boggle BrainBusters Bonus
We put special brain-busting words into the puzzle grid. Can you find them?
Find AT LEAST NINE MUSICAL INSTRUMENTS in the grid of letters.

Answers to Last Sunday's Boggle BrainBusters:
FERRET BADGER GORNER VALRUS BEAVER GERBIL WEASEL

3-10-24

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FUN & GAMES

More Word Play Answers Page 21

SCRABBLE G₂ R₁ A₁ M₃ S₁

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RACK 1
E₁ I₁ M₃ L₁ C₃ P₃ R₁

RACK 2
A₁ I₁ U₁ M₃ L₁ G₂ L₁ 1st Letter Double

RACK 3
E₁ E₁ O₁ M₃ H₄ N₁ P₃

RACK 4
O₁ O₁ O₁ D₂ D₂ W₄ G₂

RACK 5
E₁ E₁ I₁ V₄ L₁ L₁ B₃ Triple Word Score

PAR SCORE 265-275 FIVE RACK TOTAL
BEST SCORE 338 TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition. SOLUTION TOMORROW

Word Find By Frank J. D'Agostino

Find these words associated with birds (and find Frank's word find books on Amazon):
Beak
Canary
Condor
Crow
Cuckoo
Dove
Duck
Eggs
Emus
Falcon
Finch
Goose
Hawk
Heron
Humming-bird
Lark
Loon
Nest
Oriole
Ornithology
Owls
Perch
Prey
Raven
Robin
Snipe
Stork
Swan
Toucan
Wings
Worms
Wren

D C O N D O R F A L C O N
C U C K O O Z S N I P E F
R Q C A N A R Y H K R M S
P O V K E D S X E M E U F
G F B L S F D T R V Y S I
O R N I T H O L O G Y H N
O X I N N N W R N R Y A C
S O O E A O L A I D K W H
E O R C R W S V P O Z K K
L W U C Z O I E E V L A Z
Z O Z L A R K N G E E E
T I H U M M I N G B I R D
P E R C H S I M S S W A N

Filbert by LA Bonté



@FilbertCartoons

The Political Cartoon by Joel Pett



Crossword

Across
1 Manicurist's tool
5 Windex target
9 Blackjack stack
14 Black Card co.
15 "Hey, sailor!"
16 Largest city on the Red River
17 *Small Hershey's treats
20 Some pore minimizers
21 Chowder head?
22 "Outlander" cable network
23 *Cabbagelike ornamental plant
28 Sit for a portrait
30 More iffy
31 Pool toy
34 Orecchiette shape
36 Henrik whose last play was "When We Dead Awaken"
37 Tetris shape
38 *Baker's pan
41 Mormons, initially
42 Prom queen topper
44 Links standard
45 Left on a map
46 Reason for a makeup test
49 Transmission selection
51 *Pedicabs
53 Sacramento team
57 Apropos of
58 Stuff one's face
59 Misinterpret, or what is hidden in each of the answers to the starred clues?
64 String quartet instrument
65 Get just right
66 Old Italian bread?
67 Poetry fests
68 General ___ chicken
69 Pulls the plug on
Down
1 Trivia quiz fodder
2 "Can we turn on the ceiling fan?"
3 "Glassheart" singer Lewis
4 Passage quoted in a book review, say
5 Buds
6 "That's it!"
7 Top-__
8 Lens cover
9 Added one's opinion
10 Experiences
11 Some connections
12 Baltimore Ravens mascot named for a writer
13 Mom, to Auntie
18 Ricelike pasta
19 Green Hornet sidekick
23 Watered-down
24 USSR secret service

Sudoku

Each column/row must contain the numbers from 1 to 9, without repetitions. The digits can only occur once per block. The sum of every single row, column and block must equal 45.

		7		5	1			
9		5						6
4								
2		3		9	4			
9		2	7	5		6		
3	8		4				7	
1						7		3
	5	9			1			8

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20								21						
22							23				24	25	26	27
			28		29			30						
31	32	33			34	35				36				
37				38				39	40			41		
42			43				44				45			
46					47	48		49		50				
51							52			53		54	55	56
					57					58				
59	60	61	62						63					
64							65				66			
67							68					69		

25 Flight path?
26 City near Manchester
27 Accounting giant ___ & Young
29 ___ salt
31 Adjust a paragraph setting
32 Defensive line?
33 Lab container
35 Iron-pumping unit
38 Some Bach creations
39 Puts a glove on, in a way
40 Wrath
43 Food writer Drummond
45 Squirm
47 "Ring of Fire" singer
48 Scope
50 Comparable (to)
52 Siouan speakers
54 Lose-lose
55 Keep safe
56 Ocular woes
58 D.C. veterans
59 Sets in a bar
60 Feel poorly
61 RVer's stop-over
62 Common name for a tree-lined street
63 Ipanema's city

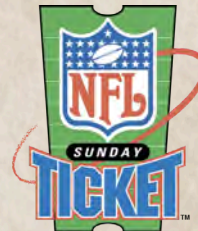
Sampler Platter

Wings, Chicken Quesadilla,
Cheese Curds



Sunday Specials

Burger & Beer Special



Chili Nachos

*Offered Sundays
throughout
the NFL season*

Grilled Steak Flatbread

Wallie's • 54 Main Street • Greenwich • 518-531-4573
Wed/Thu 4-8:00pm • Fri 4-9:00pm • Sat Noon-9:00pm • Sun Noon-8:00pm

Oktoberfest *at Wallie's* October 2nd-13th

Food & Drink Specials

Pale Ale Brats

Pork Schnitzel

German Potato Salad

Sauerkraut

Bavarian Pretzel

Shipyards Pumpkinhead

Samuel Adams Octoberfest

Apple Cider Moscow Mule

Strawberry Limes

Maple Old Fashioned

Harvest Cosmo

Aperol Spritz



Tony's Polka Band 10/5, 6-10pm

ELECTION 2024

Journal to hold candidate event

The Greenwich Journal will host a Meet the Candidates event at the Greenwich Free Library's community room on Monday, Oct. 14, at 2 p.m., moderated by publisher Darren Johnson.

The event will be subtitled: "A Discussion of the Democratic Process and Running for Office" and will be a candid, non-partisan, no-political-rhetoric conversation with candidates running for office in this region. All local candidates have been invited. Some have already RSVPed yes.

The event is free and open to the public. Refreshments and snacks will be available.

The room seats 50, so your RSVP helps. Also, we invite you to send in general election-related questions. Contact editor@journalandpress.com to let us know.

This will not be a debate, per se, and questions will be curated for relevance and fairness to the candidates present.

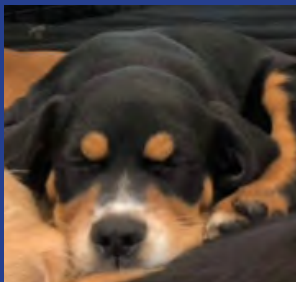
We also will begin interviewing candidates for stories in our mid-October edition. If you are a candidate or represent one and haven't heard from us, please contact the email address above.

Candidates may also purchase advertisements at the open rate.

You are also invited to send in Letters to the Editor in support of a candidate. They should be under 400 words and focus on the positive aspects of your preferred candidate as opposed to bashing their opponent. Letters with unsubstantiated claims will be sent back for proper attribution. Write us at the email address above to be heard.

Puppies for adoption

Our Best Friend Rescue has nine 9-week-old beagle mix puppies and two corgi puppies ready to go to their forever homes. First shots have been completed. They adorable and affectionate. For adoption information, visit www.ourbestfriendsrescue.org.



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Warren, Washington and Hamilton Counties

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Supported by funds from the state of New York

Heritage Hunters conference

Heritage Hunters Annual Genealogy Conference will be Saturday, October 19th, at The Saratoga Town Hall, 12 Spring St. in Schuylerville starting at 8:15 a.m. At 8:45 a.m., Genealogists Judith E. Harper and Keren Weiner will present, “Add PERSI, ArchiveGrid, and HDI to your Family Research Toolbox!” and “Digging Deeper, Finding Our Family Roots.” In the afternoon, genealogy researcher Lynn Calvin will talk about “Navigating the Saratoga County Genweb Site” and Lawyer John Cromie will cover

the topics “Underused Resources at the County Clerk’s Office” and “Ask a Lawyer Your Genealogy Questions.” Light refreshments and lunch will be provided. Full details at SARATOGA COUNTY HERITAGE HUNTERS [Facebook]. Cost is \$25. Non-members \$40 to include a 2025 HH membership. Call Ginny at 518-885-9309 by October 11th to register.

College honored for election efforts

SUNY Adirondack was recognized by ALL IN Campus Democracy Challenge recently for its nonpartisan democratic engagement efforts that fostered high levels of student voter engagement in the 2022 midterm elections.

SUNY Adirondack received the Bronze and Presidential Commitment awards, reflecting its commitment to ensuring nonpartisan democratic engagement is a defining feature of campus life.

The ALL IN Campus Democracy Challenge empowers colleges and universities to achieve excellence in nonpartisan student democratic engagement. SUNY Adirondack was recognized alongside more than 500 campuses using data from the National Study of Learning, Voting, and Engagement (NSLVE) out of Tufts University, which found that colleges and universities had the second-highest voter turnout among students in a midterm election since NSLVE began measuring this data.

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Cookbook club

Stop by and join in the culinary fun! Friends, neighbors, and library patrons are invited to meet at the Easton Library for the bimonthly Cookbook Club on Thursday, October 3 at 6pm, and share opinions on the featured cookbooks and experiences on cooking the recipes. An added bonus is there is always delicious food and plenty to eat and share.

This October’s Club, participants may create a recipe from either: “Half Baked Harvest: Super Simple” by Tieghan Gerard or “My Vermont Table” by Gesine Bullock-Prado.

There are several of these cookbooks in the SALS system to borrow through interlibrary loan. There will also be a copy of each featured book at the circulation desk at the library for viewing.

As a reminder, please bring a dish to share from one of the featured cookbooks, your place setting, serving utensils, and a drink. Additional friends are always welcome. It will also be helpful to bring along a copy of the recipe you made in case anyone has a food allergy.

Feel free to call the library at 518-692-2253 with questions.

From Greenwich Village to the Village of...

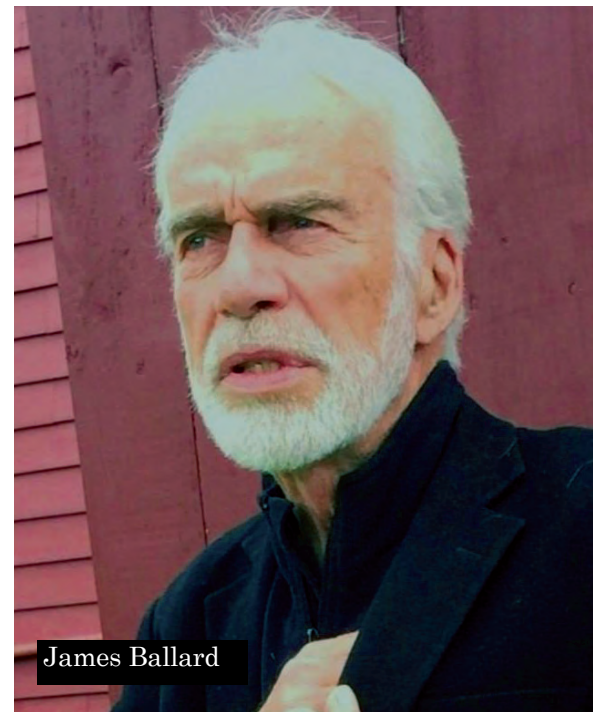
Washington County resident James Ballard will present his debut novel, *FLAME* on October 10th at 6:30 pm at the Greenwich Free Library in Greenwich, New York. The historical fiction novel, set in NYC's vibrant downtown art scene between 1964 and 1980, introduces Qwerty Blanc, a self-taught, enigmatic, young artist who arrives in Greenwich Village and soon finds himself among the iconic figures of the modern art world.

Ballard, a practicing architect and lifelong artist was born in Monticello, NY, but spent most of his life in NYC and is writing under the pen name, Roland James Ballard. He first committed to put the story (interspersed with his own personal stories & conversations) into print nearly a decade ago. The resulting short and informative novel offers the reader a fun & realistic glimpse into a transformative period of

NYC's cultural history. It explores themes of art, war, family and community. Yet, it is the story's deeper dive into the artist's intrinsic struggles of identity, notoriety and fame that is the true "genius of Flame".

FLAME, published by Kitsap Publishing of Poulsbo, Washington state, was released in August is available through Amazon, Barnes & Noble.com, Bookshop.org and directly from the publisher at <https://kitsap-publishing.myshopify.com/products/flame>. More information about the book, the author and upcoming readings and events can be found at the website, www.flame-jamesballard.com and the podcast, Kitsap Publishing Deep Dive, <https://twog.buzzsprout.com/1768651/episodes/15782116-flame>.

Greenwich Free Library is located at 148 Main Street in the Village of Greenwich, New York.



James Ballard

Actor takes on Arkell

William J Arkell, son of the prominent Canajoharie businessman James Arkell, will be portrayed by Ben Kemp, staff member of Grant's Cottage, on Tuesday, October 8, at 7 p.m. at Brookside Museum in Ballston

Spa. "President Ulysses S. Grant will always be associated with Mt. McGregor and rightfully so," says Mr. Kemp. "But there is also the larger context of the Gilded Age and how it transformed a mountain into a luxury resort."

Business showcase

The Saratoga County Business Showcase is returning this fall, offering a unique opportunity to highlight the area's diverse economic landscape. The event, formerly known as the Business-to-Business Expo, is scheduled for 4 to 6:30 p.m. on Thursday, Oct. 3 at the Gideon Putnam in Saratoga Spa State Park and is open to the public. A post-event exhibitor mixer will also take place from 6:30 to 7:30 p.m.

Reimagining workplace talent

The Saratoga County Chamber of Commerce and Adirondack Regional Chamber of Commerce are joining forces to present a workshop exploring how a sense of belonging in companies and communities affects talent recruitment, workforce retention and community investment.

The event is scheduled for 8 to 11:30 a.m. on Wednesday, Oct. 9 SUNY Adirondack - Saratoga Campus at 696 Rt. 9 in Wilton. Pre-registration is required, and the fee is \$40 to attend.

Go to Chamber.Saratoga.org or email acole@saratoga.org to register.

Attendees will learn practical insights and best practices from expert presenters and panelists at this half-day workshop about building belonging in companies and communities.

The workshop will feature a Keynote Conversation on: "Reimagining Talent in Modern Workplaces" with Netta Jenkins, CEO of Aerodei, author, and leading authority on global inclusivity.

Other highlights of the Building Belonging schedule include a presentation and discussion on "Community Belonging: Data, Insights and Potential Workforce Impacts" as well as panel discussions featuring business leaders from regional companies and organizations about "The Impact of Belonging on Talent Recruitment and Community Investment" and "Building and Sustaining a Company Culture of Belonging."



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OBITUARY

Claudia Jean Blackler, 81

Claudia J. Blackler was 81 years when she went home to heaven and joined her husband, son and a large extended family and friends. Claudia was born to Dorothy (Mehling) and Kenneth Norton in Queens, NY, where she lived in a loving home with her parents, her sister Lorraine (Norton) Zweighaft and her extended family.

The family spent summers in their camp in Salem, NY, and it was here that she met the love of her life, Stephen Paul Blackler, on leave from the US Navy when he came to pick up his brother (Gary) and Sister (Donna) after spending the summer.

Claudia and Steve married on June 16, 1962, and shared 56 wonderful years together, raising their three children and traveling the world.

Starting their life together in Oakdale, NY, in 1962, they then built their home in Jackson, NY, (with help from their three children) and moved upstate in 1984.

After moving upstate, Claudia volunteered throughout the community in many organi-

zations including the Northstar Historical Association and the Willard Mountain Chapter of the Daughters of the American Revolution. One of Claudia's greatest joys was working as the Director at the Greenwich Free Library where she made as many friends as she did volunteers. She oversaw the physical expansion and significant community growth. After her retirement, she volunteered at the Gill Room weekly with her dear friends.

Claudia was predeceased by her parents, her husband Stephen Paul Blackler, her son Kenneth Charles Blackler, her daughter-in-law Roxana Blackler, her brother-in-law Gary Blackler and brother-in-law John Blackler Jr.

Survivors include her children Stephen Jr. (Ann Villet), Laura (Allan Lemoine); her sister Lorraine (Simon Zweighaft); her grandchildren Jonathan, Cecelia, Jacob (Ellie Mihalek), Claudia and Caleb; her sisters-in-law Donna (Joe Napoli) and Patty (Gary Blackler); her cousin Jackie Hersey; her nephew Peter (Sue Zweighaft) and niece Rebecca (Alfonso Go); and many great-nieces, cousins and dear friends.

Claudia was a remarkable wife, mother, sister and friend. She spent her whole life giving of



herself and helping others. She was always there for those who were in need. Claudia was well-known and admired in her community. She wanted to share that she had a wonderful life and thank everyone in her life for making it that way.

A memorial Service for Claudia will be held at the New Skete Monastery, 273 New Skete Lane, Cambridge, NY 12816 (News-kete.org) on Friday, October 11, 2024, beginning at 10:30 am.

In lieu of flowers, the family suggests that memorial gifts may be made to the Greenwich Free Library to support the programs that bring people in the community together (Greenwich Free Library, 148 Main St., Greenwich, NY 12843).



Advertise with us!

Would you like to advertise in The Greenwich Journal and/or The Salem Press? Contact Darren Johnson for The Journal or to advertise in both papers at editor@journalandpress.com.

Just want to be in The Salem Press? Contact Jan Baxter at TheSalemPress@gmail.com. Next issue is devoted to small businesses!



The Tri-County United Way VITA (Volunteer Income Tax Assistance) program has been honored with the National IRS “Hall of Fame” Award, a testament to its exceptional contributions and unwavering support for individuals and families with low to moderate incomes. Chosen from 14 national nominees, Tri-County United Way’s VITA program distinguished itself through its remarkable service, community impact, and dedication to financial stability.

Over the past 21 years, more than 200 volunteers have played a vital role in earning this Hall of Fame accolade. While some have moved on and others have passed away, we remain deeply proud of the dedication and positive impact our VITA volunteers have had on our local economy. These dedicated individuals continue to assist low-income families and seniors with their tax returns across Washington, Warren, and Northern Saratoga Counties.

Special thanks go to our most recent volunteers from the last two filing seasons:

Cathy Barton	Nanette Doheny	Frances Hanna	Dianne Lewis	Frank Musso	Will Sawma	Heidi Villarini
Charlene Bolster	Nancy Douglas	Margaret Hurlburt	Michael Linke	Donna Nichols	Mark Semon	Donna Waite
Roseanne Brevot	Julie Gann	Kay Hutt	Lyn MacAlpine	Kevin O'Brien	Stanley Shattuck	Rosemary White
Pat Bryant	Gerry Geddis	Sonya Jurnak	Marge Maxwell	Dee Park	Nancy Skirkanich	Mary Ellen Williams
Loretta Citarella	Victor Greco	Daisy Kavanagh	Sue McNeil	Bree Pisacane	Rachelle Tessier	
Phil Cote	Thelma Hack	ShannonKavanaugh	Douglas Meyerhoff	Joan Prouty	Ann Thibideau	
Larry Crandall	Lydia Hall	Jean Killian	Richelene Morey	Mary Provost	Judith Tholl	
Joseph Dewey	Bill Hamelin	Lee Lenhart	Jeanie Mullen	Arlene Reduto	John Truchon	



VITA, an IRS-sponsored program, offers training to local volunteers, equipping them to complete income tax returns for our community. Volunteers begin their training in December and must pass certification tests before they can assist with tax returns. Without their commitment, many individuals who rely on this vital service would likely have to turn to paid tax preparers. To volunteer, contact Laura Jensen, Director of Community Engagement at Ljensen@tricountyunitedway.org or learn more at www.tricountyunitedway.org.

LEGAL NOTICE

NOTICE TO BIDDERS AUDIO/VISUAL EQUIPMENT UPGRADE

The Historic Salem Courthouse, County of Washington, State of New York is seeking bids for an upgrade of the audio/visual equipment in the upstairs courtroom of the courthouse. The system will be mainly used for public presentations, musical events, and occasional video presentations. All equipment shall be installed without direct attachment to the structure of the courthouse. Any mounts, trussing or cabling shall be supported by independent structures, not connected to the courthouse. For copy of Bid specifications and schedule walk thru email President Herb Perkins hperkins450@gmail.com Please take notice this is a Public Work Project, see bid documents for the prevailing wage schedule (PRC#2019002387). All the bids are due in a sealed envelope, or email (hperkins450@gmail.com) , no later

than 3PM on Friday, October 25, 2024 at the Director’s office at the Historic Salem Courthouse PO Box 140 , Salem, New York. The Historic Salem Courthouse reserves the right to reject all bids. Dated: 9/25/24
Herb Perkins 1-518-859-3538 President

3X

LEGAL NOTICE

Tru-Home Enhancements LLC. Arts. of Org. filed with the SSNY on 9/10/24. Office: Washington County. US Corp. Agents Inc. designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to Registered Agents Inc. at 7014 13th Ave suite 202 Brooklyn, NY 11228. Purpose: Any lawful purpose.

10/1

Use anger as a force for change

Dr. Daneen Skube

*Tribune Content Agency
Special to Journal & Press*

Q: *Lately I'm constantly irritated at people and things. I love my work, but recently I'm daydreaming about retirement. Is there any way to work with my anger so I don't just walk out because I've had it with people?*

A: Yes, anger is a vastly unappreciated emotion that can be used in service of effective change. If you stop judging your fury as a character flaw, it will teach you what you need to change about how you're operating.

When we've had it with people, we generally have had it not with people, but with the agreements we've made with people. We have allowed people to treat us poorly and still get what they want from us. Why would anyone around us change if what they're doing is getting results?

New clients don't like the idea that they have allowed poor treatment, but as the saying goes, he or she that is walked on must first lie down. The trick with using your fury is you have to first identify how you have continued to allow the behavior you now can't stand.

As we get older, we get bolder and much less willing to put up with nonsense. My older clients tell me they are "old and cranky." I tell these clients that they are wise and

are developing better boundaries.

Boundaries between you and anyone else help you take care of your needs. You'll feel more and more furious if you give people the room to walk on you because you don't negotiate.

The solution is not to rant at anyone. More abuse in the world isn't a solution. It's just more abuse in the world. A solution cannot perpetuate the problem it tries to solve.

The solution is to become sensitive to your body when it is saying "no," and when your people pleasing side is saying "yes, yes!" Your body literally can save you from making poor decisions, if you listen to it. When you're considering a request and get a stomach ache, backache, or headache, your body is trying to save you from yourself.

If in doubt, allow yourself to under-promise and over-deliver. People are always happy to have you help later if you initially turned them down.

Once you see that anger is an emotion giving you critical data about a change you need to make, your fury becomes a friend, not a foe. Especially if our role in our family of origin was the "helper," we may have a bad habit of over functioning for others. You'll have to make your bad habit conscious before you can stop it, and anger can help you.

I know at this point, you may think beating an annoyed hasty retreat sounds like a solution. However, even if you do retire, your bad habit of poor boundaries will follow you home. Your office situation is actually giving you a fantastic opportunity to stop giving more than you can afford to give.

Think of it this way, we all have an emotional bank account where we can write checks as long as there is money in our account. When we write checks that our heart simply cannot cash, we become overdrawn physically, intellectually, and emotionally and rage is the result.

You can make a new start this Monday by going into your office and only writing the checks you can afford. You'll discover this metaphor will allow you to invest wisely in the people and situations you care about, and just say "no" to situations at work that ask more than you have to give.

The last word(s)

Q: I've made some poor decisions and am down in the dumps about my career. Do you have advice on how to dig yourself out of mistakes?

A: Yes, as Mark Twain (1835-1910), the famed American author, quipped: "Good decisions come from experience. Experience comes from making bad decisions." Use your experience to improve your situation!

Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything."



Nominate an ACC alum

SUNY Adirondack is seeking nominations for 2024 Trailblazers to be named to the college's society for distinguished alumni. In its seventh year, the Trailblazer Society identifies and honors alumni who achieved significant success in their careers or made a substantial impact through philanthropic efforts and community service.

"The impact of SUNY Adirondack alumni is far reaching," said Liz Lastowski, director

of Alumni Relations. "This annual recognition gives us an opportunity to celebrate the accomplishments of our graduates and, in turn, our role in the community."

The 2024 Class of SUNY Adirondack Trailblazers will be selected by a committee of distinguished faculty, alumni and SUNY Adirondack leaders.

To nominate a SUNY Adirondack alum, visit www.sunyacc.edu/about/suny-adirondack-foundation.

Fed cuts – what’s next?

Jill Schlesinger

*Tribune Content Agency
Special to Journal & Press*

As widely expected, the Federal Reserve cut interest rates for the first time since March 2020. The half of a percentage point reduction from 23-year highs brings the federal funds rate to a range of 4.75–5.00 percent, a level that is still pretty steep for anyone seeking to borrow money or for those who are trying to pay down credit card balances.

As economists, strategists and investors pour over Fed Chair Powell’s words for clues about what comes next, for the rest of us mere mortals, here are some ideas to keep in mind:

A series of Fed interest rate cuts

This is the first of what will likely be a series of Fed interest rate cuts. As always, the central bank needs to balance its two big tasks: ensuring that the economy is strong enough to create jobs, but not too strong as to foster inflation or deflation (aka the “dual mandate.”)

As of now, Powell said that with the inflation rate moving down towards the target of 2%, the risk has tilted towards the slowing, though still “solid” labor market.

An economic soft landing is still on the table

Ever since the Fed started to hike rates in 2022, there have been on-again-off-again fears of a recession. However, recent data show that inflation is easing, and the labor market is still growing, though at a slower pace.

When asked about the risk of an imminent recession, Powell said: “I don’t see anything in the economy right now that suggests that the likelihood of a downturn is elevated.”

If the inflation rate continues to fall and the labor market holds up, then Powell’s Fed may have lucked its way into a “soft-landing.” That’s the oft-desired, though rarely achieved goal of raising interest rates to bring down inflation, without causing a recession.

Don’t try to guess the timing and pace of rate cuts

The Fed’s Summary of Economic Projections (SEP) indicate that officials think that there will be an additional half of a percentage point cut by the end of the year – and then another 2 percentage points over the course of the following two years.

But none of this is etched in stone: If the

economy starts to wobble, the Fed may front load the cuts and conversely, if inflation proves to be stickier than expected, it may go slower.

Stop rooting for zero percent interest rates

The Fed has only slashed interest rates to zero during cataclysmic economic events (i.e., the 1987 stock market crash, 2008 financial crisis and 2020 COVID shutdown). Let’s stop hoping for a return to those ultra-low-interest rate periods that often result in massive job losses and yes, falling prices.

Don’t try to time the housing and mortgage markets

Housing prices have soared at roughly twice the pace of inflation since 2019 and while mortgage rates have come down from recent highs, they still remain high.

Taken together, that means that affordability is still an issue for many would-be homebuyers. That said, if the numbers can work for you and you find a property that you like, go ahead and take the housing plunge, knowing that you could get the chance to refinance down the line.

WE are the key, not the Federal Reserve

Broadly speaking, consumers have held up incredibly well in the face of high inflation and elevated interest rates.

Yes, we complain about prices, which has weighed on our overall confidence levels, but retail spending has been consistent.

That said, cracks are emerging, especially for lower income households. Late payments are increasing on everything from credit cards to auto loans, and the savings rate stands at 2.9%, compared to the pre-pandemic level of 7%.



HVCC wins grant

The U.S. National Science Foundation (NSF) has awarded Hudson Valley Community College a \$499,157 grant to create opportunities for students to engage in undergraduate research.

The grant is part of the NSF’s \$14.5 million Innovation in Two-Year College in STEM Education (ITYC) program which advances innovative, evidence-based practices at two-year colleges

nationwide in science, technology, engineering and mathematics (STEM) education. The college is one of 35 grant award recipients.

With NSF support, the team will create new research experiences in natural and applied science courses on campus, as well as undergraduate research experiences at partner four-year universities.

Landscapes for Landsake on view

Buy art to save farms – that is what your purchase at Landscapes for Landsake will do. Since 1990 the Agricultural Stewardship Association (ASA) has worked to accomplish a singular mission: protect the rich soils and agricultural landscape in Washington and Rensselaer counties for future generations. In that time, ASA has managed to conserve over 32,200 acres on 177 properties. For the last 22 years, a significant source of funding has come from the annual Landscapes for Landsake Art Sale and Exhibition -- a celebration of the land by an incredible community of regional artists.

Landscapes for Landsake is this region's largest art-buying event of the season and ASA's largest fundraiser of the year. Participating artists generously donate 50% of their proceeds to support ASA's conservation work. This year's exhibition features the work of 52 artists. Approximately 300 works of art will be displayed in the gallery at the historic barn at Maple Ridge, and over 500 works will be available on www.LandscapesforLandsake.com. Many of the

artists will be on hand at the gallery to discuss their work on October 12th and 13th.

The public sale opens on Saturday, October 12th from 12 to 5 p.m. at Maple Ridge (172 State Route 372 in Cambridge). Saturday's Admission is \$10 and includes a glass of wine or beer for those ages 21 and up. (Additional wine and beer will be available for \$5 a glass.) Drop-ins are welcome, or you may purchase a ticket in advance at <https://www.agstewardship.org/events/>. The gallery is also open from 12 to 4 p.m. on Sunday, October 13th, free of charge.

The online sale will be available October 12 through November 8 at www.LandscapesforLandsake.com. The website features elegantly designed collections from each artist, bios, videos and so much more. Shop for art from the comfort of your home.

This year's featured artist is Terry Teitelbaum. Her painting, Tucked Away, is featured on the event's marketing materials. Terry says, "It's an honor for me to have



been chosen as the featured artist for the Landscapes for Landsake show this year. I love living in this beautiful countryside, with all the changing fields and rolling hills, and I try to capture the spirit of this natural world through my vibrant use of paint and layers of texture. It's been a privilege to help ASA conserve farmland in our area. I hope you'll stop by the show and say 'Hi'. I'd love to meet you." Tucked Away is 15" h x 30" w, oil.

Renee Bouplon, ASA's Executive Director, explains "This event celebrates the connection between the art and the landscapes we are working to protect. It's what makes Landscapes for Landsake so special. The success of this event has had a tremendous impact on ASA's ability to protect local farms and forests."

This year's artists include: Deborah Bayly, Susan Beadle, Gigi Begin, John Begin, Paul Buckhurst, Eden Compton Clay, Donald Cook, Susan Coon, Deborah Cotrone, Gary Fifer, Rachel Garrison, Janine Gibson, Margaret Horn, Carolyn Justice, Susie Kane-Kettlewell, Pam Keniry, Thomas Kerr, Clarence King, Rose Klebes, Karen Koziol, Matthew Lerman, Rahe Lulla, Mark Madden, Adriano Manocchia, Melissa Mansfield, Robert Moylan, Lynne Oddo, Harry Orlyk, Leslie Parke, Leslie Peck, Pat Posillico, Terry Preisner, Susan Reynolds, Tom Ryan, Mark Samu, Pam Short, Seline Skoug, Susan M. Story, Diane Swanson, Marguerite Takvorian-Holmes, Terry Teitelbaum (**Picture**: "Tucked Away"), Janine Thomas, Mark Tougias, David Utiger, George Van Hook, Frank Vurraro, Catherine Wagner Minery, Takeyce Walter, Regina Wickham, Barbara Widmann Fox, George R. Wilson, and Leslie Yolen.

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The Town Justice race

Patrick for Justice

To the Editor:

I have lived in Greenwich for 75 years and served as Town Justice for 24 of those years. Greenwich has changed in many ways, but one thing that remains the same is the importance of having a Town Court that provides fair and equal justice for those who appear. I believe that Steve Patrick would preside over such a court.

Steve has served our community in a myriad of ways. He was an outstanding teacher in our high school for 27 years and has mentored many of our students as cross country and track coach. He has served us all as Town Councilman for 28 years, serving on six town committees during his seven terms in office and always using a combination of common sense and humor. Please believe me when I say, from experience, that those attributes are important assets when on the bench. And mentoring? Oh, yes!

A lot of valuable lessons can be learned by an appearance in court. There are times when a Justice has the opportunity to put a person on the right "track," so to speak, especially when he is as well respected as Steve Patrick.

I firmly believe that Steve has the combination of intelligence and good old fashioned horse sense, plus the ability to use a stern demeanor or humor, whichever is necessary to get the point across and the job done well.

Please join me in supporting Steve Patrick for Town Justice.

Keith Mann, Sr.

Greenwich

Prefers Clothier

To the Editor:

I am voting for Judge Rachel Clothier on November 5th.

She was the Greenwich Village Justice in 2021 until April 2023. She has been the Greenwich Town Justice from April 2024 to

the present and managed the consolidation of the Village and Town Courts.

She has years of experience in State and Local legal positions and is committed to the Greenwich community. She worked in the NYS Attorney General's Office and spent eight years as a Legal Assistant.

Rachel is the Greenwich Village Treasurer and the PTSA Vice-President.

She is the Greenwich Community Garden Manager and a Greenwich Elks volunteer.

She is a Greenwich Athletic Association Coach and a Certified Therapeutic Foster Parent.

She has a BA in Social Theory Structure & Change from Empire State College and a Masters in Public Administration & Minor in Ethics from Marist College.

Judge Clothier has the experience to be Town Judge and already does the job well!

Please join me in voting for Judge Rachel Clothier.

John H. Tedder

Greenwich

Also Likes Clothier

To the Editor:

One of the best aspects of the Greenwich community is that so many people give so generously of their time and skills. From EMTs who save lives to gardeners who plant flowers, hundreds (thousands?) of us volunteer every year. Our local elected officials and Town/Village employees are paid, but hardly getting rich. This culture of stepping up and contributing is part of what makes Greenwich such a great place to live.

Very often, being smart and sensible and willing to learn is enough to make someone the best candidate for these volunteer or paid positions. But, sometimes, the job is much bigger than that. I recently went to a meet-and-greet for Rachel Clothier, our current Town Justice who is running for election in November and got some insight into how

complex the position is, why we are lucky to have her and why we should definitely vote for her.

Many of us think that a small town court is pretty quiet and handles nothing more complicated than traffic tickets. In fact, our court is often packed and manages everything from misdemeanors to violent crimes. Making judgements on this wide variety of cases requires a knowledge of the law that goes beyond common sense because, often enough, what seems like a reasonable solution is not a legal solution. These kinds of well-meaning errors can and do come back to bite small towns in the form of fines paid by the local taxpayer. Fortunately, Town Justice Rachel Clothier's education and experience, both in Greenwich and in the New York State Office of the Attorney General bring a level of expertise that has kept our court running properly.

In addition to legal knowledge, several people who work with Justice Clothier spoke about her other skills that make her a great asset in managing the people and money that pass through our court. Far from relying heavily on her clerk, her accounting and public administration background have allowed her to pitch in and help to keep the system from bogging down. She is also known among her coworkers for her ferocious work ethic and willingness to work across agencies.

The voters of Greenwich are fortunate that Rachel Clothier is running to keep the Town Justice position she is so well qualified for. Voting for her just makes sense.

Annie Miller

Greenwich

Backing Patrick

To the Editor:

Steve Patrick, is a life-long resident of Greenwich, and a graduate of Greenwich High School. His roots are firmly embedded, along with his heart and soul, in the Greenwich community. Many Greenwich and area residents know Steve's values by his 40 years of coaching, 28 years on the Greenwich Town Council, and three years on the Town's

Please read more on the next page

(cont.)

Planning Board. Steve also taught math for 27 years in Greenwich schools. Steve, as a coach, has consistently urged the members of the teams to never quit, trying to do their best regardless of challenges that one may face when competing or in life. He has continuously stood his ground as he faced many challenges as coach and as a public servant. Steve will follow the tradition of past elected Town Justices, who include Judges Pemrick, Bowen, Blake and Flynn. Each had awareness and keen knowledge of the Greenwich community, and used appropriate common sense when administering justice and the law. The excellent judges named above attended the one-week New York State Justice course as Steve Patrick will attend when elected. Steve Partick is the right choice for the Fair Justice and Republican ballot line candidate for Greenwich Town Justice.

Louis J Leone

Greenwich

Setting the Record Straight

To the Editor:

I, Rachel Clothier Greenwich Town Judge, would like to set the record straight over a rumor that I heard. I was approached recently and told “you need to remember that you are running for judge in a Republican Town, and they don’t like the fact that you think no one should be in jail.”

My jaw dropped! I could not believe that he would say that to me. My father was a New York State Corrections Officer in Comstock, and I worked for the Attorney General defending the Department of Corrections in Article 78 Proceedings. I realized how little my background is known and that if I want my constituents to have faith in me, they need to hear from me that this rumor is not true.

As a local court justice, I have sentenced jail time for a sex offender that violated probation, a person who endangered the welfare of a child, and a person who drove while intoxicated with a child in the vehicle. Before becoming a town justice, I read a victim’s impact statement at sentencing in Warren County before Judge Hall for a manslaughter case. I was saddened that the defendant

grew up with a thug life mentality and had no good role models, but that did not excuse the criminal he turned out to be and the fact that he had killed a well-liked and productive member of society.

As a former foster-parent I have learned the hard way that you cannot use “love” to fix the dysregulated brain chemistry and trauma in people. A parent must ride the roller coaster of experimenting with medication, and mental health therapy; and sometimes institutionalization is the best hope for a situation. I pray for a break in the cycles of neglect and abuse.

I am a realist; I know nothing will change by being a bystander and just hoping things will get better. I want to help my community in ways that can be impactful. When appropriate, I intend to order evaluations through Washington County Alternative Sentencing for people battling with Alcohol and Drug, Anger Management, and Mental Health.

We owe a safe community to people being held accountable for their behavior. A police presence, active prosecution and a tough judge in combination is the best deterrent for unlawful activity. I have experience, legal knowledge and understand that fairness is more than treating everyone the same.

Rachel Clothier

Greenwich

Decades of Service

To the Editor:

I had the opportunity to serve with Steve on the Greenwich Town Board for many years. His 28 years of elected service as a Town Councilman must be a record in Greenwich.

Steve was a teacher in Greenwich for 28 years, a coach for 40 years and a member of the Town of Greenwich Planning Board for three years. I have known Steve to be a great thinker, a man of patience and someone who is always fair. These qualities will serve him well as the Justice for the Town of Greenwich.

Don Wilbur

Greenwich

Experience Matters

To the Editor:

Rachel Clothier has earned our votes to continue as Greenwich Town Justice. It’s a position most of us do not think much about,

and many of us don’t think about it at all unless we’re in court for a speeding ticket. But Town Justices deal with many other, much more serious matters as well. Greenwich had an arson that destroyed a landmark building, threatened life and damaged businesses. Our neighboring town of Hebron had a major incident that resulted in a killing. These were very serious felonies and the first judges the defendants stood before were Town Justices. Legal errors there would have had far-reaching consequences for the judicial process and the community. We should vote in the coming election to ensure we keep a Justice with the preparation and real experience to do this important job.

Judge Clothier has a paralegal degree. She is our current Town Justice. Prior to that, she was the Village Justice, until it was absorbed by the Town. This was a complex process she managed exceptionally. Before that, she was with the NYS Attorney General’s Office where she performed extensive legal research and worked on opinions, precedents, statutes, and regulations. She assisted municipalities on issues related to authority, conflicts of interest, and compatibility of offices. She was the person an inexperienced Justice would go to for assistance about how to do the job.

Judge Clothier arraigned the Greenwich arsonist. She has handled the other kinds of complex issues that come before a Town Justice and require more than instinct and “common sense”, including domestic violence cases and contractual tenant and property owner matters. She knows the law, how to interpret it and apply it.

Judge Clothier’s opponent is a well-liked long-time Town Councilman, a teacher and a coach. His signs are appearing on lawns and it’s likely he has a lot of support because of the things he’s done in Greenwich and for which he’s well known. Nothing at all against him and his good work in those positions, but when the voters are weighing candidates for the position of Justice, we should put preparation for that job ahead of everything else.

Experience in other fields, no matter how successful, cannot compare to education and real experience in the very position on the ballot. Judge Rachel Clothier is the only candidate who has those and she has earned our votes.

Alan Stern

Greenwich

Watch out for investment scams

Breanna Lundy
Journal & Press

This topic gets me fired up! Our clients come across these scams too often. I'm thankful that they trust us and call us first before making any type of investment. When you invest, you'll find that knowledge is power. The more you know about your investment choices, and who is offering them, the better prepared you'll be to make good decisions. And this diligence can also help protect you against investment scams.

How widespread is this activity? Consider this: Investment fraud losses totaled more than \$4.5 billion in 2023, according to the FBI's "Internet Crime Report."

Here are some common types of scams:

- **Cryptocurrency** – Not all cryptocurrency offers are scams, but many are. The scammers will contact you via social media, claiming they've made a lot of money in crypto and are willing to help you do the same. They may direct you to a website or app to invest, but the "company" taking your money may not even exist, and, after taking your money, may disappear.

- **Investment programs** – These programs claim to have "proven" strategies that can enable you to get rich by investing in financial products. But these strategies are dubious at best and can cost you thousands of dollars that could otherwise go into an investment plan based on your goals, risk tolerance and time horizon.

- **Real estate** – Typically, a real estate scam tries to get you to invest in a "world-class" or "luxury" property development, but these properties may take years to build, if they're built at all. Also, various real estate "seminars" claim they can teach you how to get wealthy by buying and selling real estate, but these programs are expensive and usually worthless.

- **Gold and other precious metals** – Scammers who call themselves "rare coins" merchants may try to sell you gold coins,

bullion or other types of precious metals, claiming that these assets will always go up in value (which isn't true) and that "now is the best time to act." You can find legitimate ways to invest in precious metals, possibly through mutual funds, but you'll need to determine whether these assets can be an appropriate part of your investment portfolio.

So, how can you avoid these scams? Here are some suggestions from the Federal Trade Commission:

- *Don't be pushed into snap decisions.* Scammers will pressure you to act quickly because "space is limited" in an investment offering or a "special deal" won't last long. If someone won't give you time to consider an offer, it's not worth considering.

- *Be suspicious of "risk-free" claims.* All investments carry risk, and no variable investments can claim to provide "guaranteed returns." If an individual or organization downplays the risk of an investment and doesn't want to provide risk disclosures, just walk away.

- *Ask about licensing or registration.* Legitimate investment professionals must be registered with the Financial Industry Regulatory Authority (FINRA) and be licensed by your state's securities regulator before they can sell you any investment product. You can check the status of an individual or firm by using FINRA's Broker-Check tool at brokercheck.fina.org.

- *Do some research.* You can search online for the name of the company or individual offering you an investment opportunity. By entering terms such as "review," "scam," "fraud" or "complaint," you may well find that other people have experienced problems or been victimized.

To achieve your financial goals, you'll like-



ly need to invest for decades — so, be wary of scammers who claim to offer a shortcut to success.

A Greenwich business owner, Breanna Lundy is a Certified Financial Planner and Exit Planning Advisor with Edward Jones at 2 Church St. Inspired by her unique upbringing on her family's 5th generation farm, she works with successful entrepreneurs and individuals on their journey to live a life they love through financial independence. She believes her impact can reach far beyond her work, with a vision to improve lives and financial security in Greenwich, by supporting causes like the "Paint the Town Purple" event she started to raise awareness and revenue for Alzheimer's on The Longest Day in Greenwich each year. Contact her at breanna.lundy@edwardjones.com or (518) 692-2649.

