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Of Southern Washington County, Est. 1842



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# Visiting a holiday tree farm

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Edition No. 9324



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on pages 8-9

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## Hello!

We're Andrea and Jason and we're organic vegetable farmers wanting to purchase a home and farm. With a long search of not finding what we're looking for, we're asking for your help.

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We're searching for a small farm in the Greenwich/Schuylerville area, close to our family.

Thank you,

## ★ OUR ★ WISHLIST (CONTINUED)

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# THE ROVING PHOTOGRAPHERS

## Events since our last issue...

Our photographers have been doing a great job for our Facebook and Substack presences, with scenes and videos from various events since our last issue. Aidan Durie shot the Lighted Tractor Parade Nov. 23 with its 68 tractors, Dan Pemrick followed the Class D Greenwich football team to a 10-2 record and a state semifinal berth on Nov. 29, Denise Vadnais Rourke has followed Class C Schuylerville to the state finals, which will be at the Syracuse

Carrier Dome this weekend, and publisher Darren Johnson did live videos for the Tractor Parade from the roof of Wallie's as well as the Everlasting Lights tree lighting in Greenwich on Dec. 1. These videos are archived online.

Find these items on Facebook. [com/JournalPress](https://www.facebook.com/JournalPress) and [journalpress.substack.com](https://journalpress.substack.com).



# Getting into the holiday spirit at HCP

On Monday, December 16th, at 6:30 PM, Hudson Crossing Park and the Historic Hudson Hoosic Rivers Partnership invite you to a special holiday event at the Champlain Canal Region Gateway Visitor Center at 30 Ferry St., Schuylerville. The Schuylerville High School Holiday Choir will present a program of traditional and seasonal carols, filling the candlelit Visitor Center with music.

This event will feature performances by the Holiday Choir, joined by some very special guest singers. Attendees are welcome to sing along or simply enjoy the music and the remarkable acoustics of the Visitor Center. Whether you come to lend your voice or to listen, this event promises to be

an evening of beautiful music in a unique and serene setting.

All are welcome to attend. This is a free event, but they suggest a \$5 per person donation at the door to support Battenkill Community Services. For more information, please visit the Champlain Canal Region Gateway Visitor Center Facebook page or website.

The Historic Hudson Hoosic Rivers Partnership promotes the preservation, conservation, and recreational use of the natural, cultural, and historic resources within the Hudson and Hoosic River watersheds.

Hudson Crossing Park is centered on Champlain Canal Lock C5 Island just north

of the Village of Schuylerville along Historic Route 4. A 501C3 not-for-profit organization, Hudson Crossing Park's mission is to tie environmental responsibility to economic revitalization, and to engage people of all ages in making informed choices for a sustainable future. Learn more about this and other upcoming events at [www.HudsonCrossingPark.org](http://www.HudsonCrossingPark.org).



## Everyone invited for Christmas carol singalong

The Bottskill and Lakeville Baptist Churches are celebrating the Christmas season with several services, and with a special invitation to the entire community.

On December 6 at 6:00 pm everyone is welcome to a Community Christmas Carol Sing, featuring the Village Bell Ringers at the Bottskill Church.

On Sunday, December 15th the Bottskill Sunday School's Program will be "Passport to Christmas" held at 9:15 a.m. during the Worship Service.

The Lakeville Church on December 18 at 6:30 p.m. will be hosting "A Blue Christmas Service." This is a Service with a special meaning for those grieving or feeling low during this time of year.

A wonderful Christmas Eve Candlelight Service is planned at the Bottskill Church starting at 4:30 p.m. This is always a beautiful and meaningful way to celebrate the real meaning of Christmas.

The Bottskill Baptist Church located at 26 Church Street in Greenwich holds its regular Sunday Worship Services at 9:15 and the Lakeville Baptist Church Services start at 11:00 and is located at County Route 49 in Cossayuna, NY.

Get ready for a wonderful

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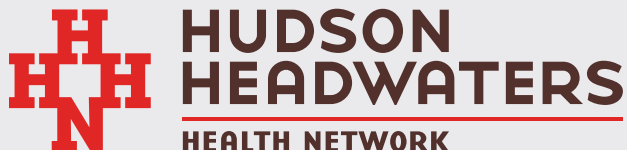
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[HHN.org](https://www.hhcn.org)

# Breakfast with Santa

Santa is coming to Greenwich! The Annual Greenwich Breakfast with Santa event will be held on Saturday, December 7th, 2024 from 7:30 a.m. – 10:00 a.m. at the Greenwich Elks Club on Route 40 in Greenwich.

Santa is due to arrive again this year by fire engine courtesy of the Greenwich Fire Department at approximately 8:00 a.m. The cost is \$7.00 for adults and \$5.00 for children under 10 – tickets are available at the

door. The breakfast is a family style pancake breakfast cooked by the Greenwich Elks Club.

Children will have the opportunity to see Santa, create Christmas cards, and write and send Christmas Lists to the North Pole. Attendees can also purchase a picture taken with Santa or make their own holiday crafts. The FFA will again this year have centerpieces and wreaths available

for sale. Attendees can enjoy holiday songs performed by Greenwich Central School Pre-K students. The event is sponsored by the Greenwich Women's Service Club in association with the Greenwich Central School District's FFA, FBLA and National Honor Society Clubs, Stewart's Shops, Missy Mae's Photography, Steve Patrick and is hosted by the Greenwich Elks. The proceeds from the event will go towards Operation Santa and local community projects.

## New Collar Goods awarded

The owners of New Collar Goods, John and Deana Ketchum of Salem, have been awarded the Washington County Historical Society Preservation Adaptive Award for 2024. The Ketchums have restored what locals have known as "the shirt shop" since the building was originally built in the 1880s. For more than 30 years the building lay dormant before the Ketchums bought and lovingly restored the building which is now their furniture workshop and home.

In posting about the recent award on the company's Facebook page, the award winners wrote, "We're

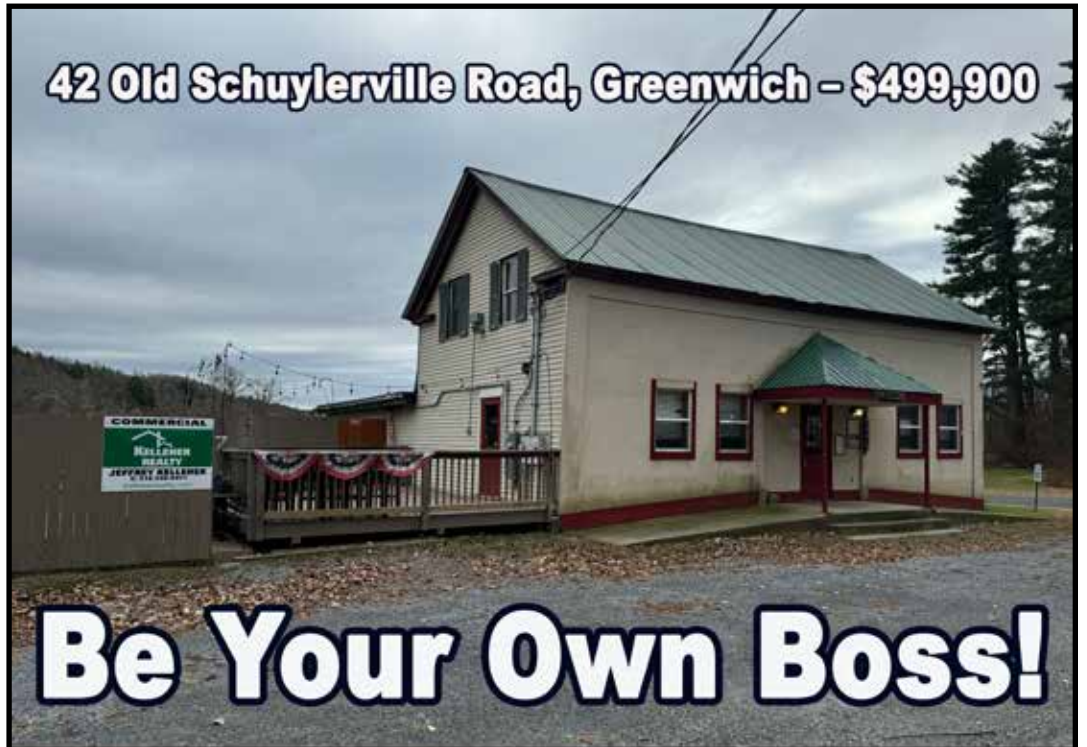


WCHS President Pat Niles with John and Deana Ketchum and Kay Tomasi

honored to receive The Washington County Historical Society Preservation Award this year. Since moving back to the area where we grew up, we have been met with an incredible amount of support. Friends, family and many local talented folks have helped us along our journey to making this beautiful building a viable place again. A large thank you to our neighbor, friend and avid Salem supporter, Kay Tomasi, for this nomination."

New Collar Goods will be hosting their second annual Holiday Market on Saturday, December 14 from 10am to 3pm, featuring vendors offering handmade ceramics, art prints, vintage clothing, alpaca fiber goods, and more.

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# Walter Nygard: Christmas Tree Grower

**Adam Harrison Levy**  
*Journal & Press*

**ADAM:** *What road are we on?*

**WALTER:** This is Camden Valley Road [in Shushan, NY]. I grew up here. There used to be an old barn there but it's long since fallen down. As a kid, I used to come out and do chores. Fond memories. When you're a kid you think you're doing something great. And you grow up that way, with responsibilities.

**ADAM:** *What kind of chores?*

**WALTER:** My father would bring in the hay and I would pitch it to the front of the stalls where the cows were.

**ADAM:** *Did you enjoy it?*

**WALTER:** It was a simple thing but I like simple things. There was an old cement gutter where we would pitch the manure out the south side of the barn. Everything was done by hand. We even milked the cows by hand.

**ADAM:** *Were you strong?*

**WALTER:** My wrist got very strong as a result of milking cows. We didn't have the machine. That's how rudimentary we were.

**ADAM:** *And what are the trees we are looking at now?*

**WALTER:** These are Fraser firs.

**ADAM:** *How old are they?*

**WALTER:** I don't know, I never seem to keep track. But some of them towards the front here, are about eight years old.

**ADAM:** *People come here at Christmas and they cut down their own trees?*

**WALTER:** Or I can cut them.

**ADAM:** *Do they bring their own equipment? Or do you provide it?*

**WALTER:** They can bring theirs, but I don't allow power saws.

**ADAM:** *So they cut them by hand?*

**WALTER:** Yeah. But if they don't have a hand saw, I have some hanging right here.

**ADAM:** *The kids must love all your old squish!*

**WALTER:** Some of them do, yeah. The parents start them early. Some kids have been coming here for years and they eventually bring their own kids.

**ADAM:** *Speaking of family, when did yours come here?*

**WALTER:** My father came when he was young. His father was in the Navy. He served on Admiral Dewey's fleet during the Spanish-American War. After he got out they bought thirty acres on the other side of the hill to raise chickens and sell eggs.

**ADAM:** *Where was your family from?*

**WALTER:** Both sides were from Finland.

**ADAM:** *I didn't know that the Finnish settled here.*

**WALTER:** First one or two Finns came out from New York City when they heard there was land up here in Camden Valley. And then others came up and the community just grew.

**ADAM:** *Did you ever hear Finnish spoken when you were a boy?*

**WALTER:** I used to hear my mother and grandmother speak it all the time. Being as dense as I am, I didn't pick up much.

**ADAM:** *What kind of people were your parents?*

**WALTER:** My father, he was a lot like me, in that he liked to stay on the farm. He was a good, hard worker. Maybe I'm not as much of a hard worker as my father was. He liked the farm but because he had to raise a family, he had to go work in a factory. And that was the worst thing for him, you know, after being out in the open. My mother was very outgoing, she had a good personality, but she could be stern when she wanted to be. She kept me in line.

**ADAM:** *Do have stories about people coming here to cut their Christmas trees?*



**WALTER:** Once I was sitting around at the house, and it was a weekend, and a truck pulled into the yard. Two people get out, and there's a trailer hooked to the truck, I'm watching them from the window, and they open up the trailer. I'm thinking, why would they need a big trailer just to get a Christmas tree? Two animals came out, and they were not animals that I had seen before, they were like cows but they had long horns. So then I put two and two together. They wanted to cut their tree using oxen. So, I say, well, that's all right with me. you've made the effort of bringing those animals up here why would I stop you now? So, then they go out into the field and cut down a tree and then they hook it up to the oxen with a strap and just pull the tree over to the road. They did that for some other people as well. That pretty much surprised me. The names of the oxen were Popeye and Brutus.

**Please read more on the next page**



## RIDE ALONG

**(cont.)**

**ADAM:** *Does having a Christmas tree farm bring meaning to your life?*

**WALTER:** It helps. I can't say that's the only reason why I've done this. It's something that helps me still be attached to the farm, because I always had that attachment, ever since I was young. It's something that gives me a little extra income and still stay here. It gives me a purpose.

**ADAM:** *Are you a tree hugger?*

**WALTER:** I am a nature person but if you define tree hugging as not wanting to cut trees in the woods, you see that I've had trees cut here. For people who are tree huggers, they don't ever want to cut a tree, they don't realize that by clearing out trees in the woods, it regrows, puts seeds into the woods, and new trees grow up, and if you leave them too long, they'll choke out the natural process. But obviously you cultivate and care for trees.

**ADAM:** *Christmas trees bring joy into houses when it's a dark time of the year. Do you think of them as symbols of light and hopefulness?*

**WALTER:** That might be the majority because I live in an area where people have grown up in a Christian tradition and with a Christian education. But there have been people that have moved in and come here for different reasons. They have trees for the Winter Solstice. They are not just doing it for



religious reasons.

**ADAM:** *That's a great point.*

**WALTER:** Some people don't even celebrate Christmas. Maybe they celebrate their own holiday. I've had Asians and people from India here.

**ADAM:** *Do you specialize in one particular type of tree?*

**WALTER:** I do have Fraser fir, which is probably one of the best.

**ADAM:** *Do you have to think five, or ten years ahead to plan your trees?*

**WALTER:** That's correct. And there are different variables - all trees don't grow the same. You might end up with some that have a lot nicer shape than others, and it's not because of lack of shaping, or trimming the trees. I've always trimmed them with hand shears. I look to the future in that respect. I sort of visualize what it's going to look like several years from now. That comes with experience.

**ADAM:** *So you're looking to the shape of the future.*

**WALTER:** You might say that in that way.

**ADAM:** *What's the shape of the future right now?*

**WALTER:** Right now? I don't have a lot of hope for the way things have been going. Through technology, we're smarter in a lot of ways, but I think there's something to be said about not progressing.

*Learn more about Nygard's Christmas Tree Farm on Facebook at [www.facebook.com/NygardsChristmasTrees](http://www.facebook.com/NygardsChristmasTrees).*

*Adam Harrison Levy is a freelance author and journalist (The Guardian, BBC). He teaches writing at the School of Visual Arts and offers workshops and private lessons in Salem, NY. Contact him at [adamharrisonlevy@gmail.com](mailto:adamharrisonlevy@gmail.com).*



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# Good grief – coping with the holidays

**MaryAnne Brown**  
*Journal & Press*

No doubt about it: when we face the loss of a loved one—whether through death, divorce, separation, or estrangement—the holidays are never the same. The emotional challenges of living with loss can amplify the heartache as grief is triggered by traditions, events, songs, and movies, often catching us off guard. While the season is portrayed in the media and malls as festive, merry, and bright, grief can disrupt or overshadow cherished traditions and memories. Though it's natural to want to avoid or deny the pain of loss, there are healthy ways to cope and find meaning during the holiday season.

Grief manifests as a series of emotions, but it looks different for each person, even if they have experienced a similar loss. Shannon McCarthy, Ph.D., a counselor and assistant professor at the University of Alabama School of Education, views grief as a process involving various emotions and experiences. McCarthy notes that not everyone will cycle through the traditional stages of denial, anger, bargaining, depression, and acceptance outlined in the Kubler-Ross model. This may lead some to feel stuck or as if they are failing to progress in the process. Others may not experience some of these stages at all.

One friend shared that her first encounter with grief came after her divorce, during her first Christmas affected by a visitation schedule. With her children spending the holiday with their father, she felt lost, untethered, and deeply sad. Over time, she found comfort and belonging in a welcoming church community that embraced her without judgment, helping her navigate that difficult first year. Gradually, she learned to plan ahead for lonely moments and found ways to make the holiday season special for herself and her children, regardless of which day they were together. She faced her loss honestly, with self-compassion and strong support and provides us with a model of “good grief.”

When we embark on an unfamiliar jour-

ney, we rely on a GPS or map to guide us safely. Similarly, when mourning a loss during the holiday season, it's essential to have a plan for coping with sorrow and heartache. Grief is a winding road—much like Route 372 between Greenwich and Cambridge—with twists and turns that can bring sadness, anger, numbness, and moments of loneliness. However, “good grief” is possible. Instead of resorting to avoidance or denial, we can navigate this challenging path in a healthy way. By honoring our feelings, accepting that the holidays will be different, and planning activities that nurture our body, mind, and soul, we can make the holidays work for us.

Our plan begins by looking ahead as we share our needs and preferences with others. We may need to change or forego some traditions, listen to our bodies and honor our limits of how much we do or how long we stay at gatherings. It is wise to set realistic expectations for ourselves, trim down to-do lists and avoid slipping into excessive busyness. Our guiding question must be “What are our priorities and hopes for this season?”

Grief Counselors suggest that we talk about our grief with friends and family who share and “accept our feelings, both happy and sad, without judgement”. Here is a Swedish proverb that may inspire us to share our feelings: “A sorrow shared is half the sorrow. A joy that's shared is a joy that's doubled.” As we grieve our losses, we might consider joining others who are also grieving, finding solace in shared experiences, and honoring the memories of our loved ones together.

Above all, we must be gentle with ourselves as we reflect on the meaning of the season. Finding small things to be thankful for, accepting the natural ups and downs of our emotions, and engaging in healing rituals can be comforting. These rituals might include decorating a tree with others, placing a wreath at a loved one's gravesite, lighting a candle, or sharing cherished memories with family and friends.

While grief can test our strength and chal-



‘Forget-Me-Not’ by Marilyn Park

lenge our ability to feel joy, there are ways to support ourselves and others through the holidays. Honoring the loss, practicing self-care, reaching out to others, creating meaningful moments, and setting aside quiet time can help us navigate this challenging time. For those supporting someone who is grieving, offering a listening ear—without trying to “fix” their grief—can be invaluable. With intention and care, we can make the holidays work for us, even in the midst of loss.

*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.*



# Planning for the next flood

**Beth Ulion**

*Special to Journal & Press*

Sitting in On a Limb on a Friday morning, families enjoying pastries and coffee, cars rolling past, the library decorated vibrantly, it is hard for me to imagine Main Street in Salem under water. Yet, it has happened regularly throughout the village and town history. The included picture shows two people paddling through the field behind the McClellan-Gariepy Funeral Home in 1913. The next flood in 1927 washed out the bridge spanning White Creek across Route 22, the village's Main Street. Most recently, in 2011, Hurricane Irene inundated the village.

That's life in a flood plain.

Salem's founders chose this location due to the fertile soil created by White Creek's historical flooding. As the town built up, and the railroad came in, White Creek's channel was moved to where it is today. Like any stream or river, though, it does not always stay where it's put. Over time, all flowing waters change course by eroding banks and depositing sediment in different places. During times of high rainfall, they rise over their banks and spill out into their flat floodplain. When the waters recede, they leave behind sediments, nutrients, and organic matter that build rich soil.

Water loving plant communities naturally form alongside creeks. These areas absorb water that would otherwise flow past. Riparian communities create friction that slows the rushing water and can help lessen flooding downstream. When these complex ecosystems are replaced with field crops, grass lawns, and asphalt the compacted soil, limited plant life, and impermeable surface cannot absorb excess water which can exacerbate flooding.

It is not a question of if Salem will flood again, but when and how prepared will we be. In February of this year, FEMA presented a new Flood Insurance Rating Map for Washington County. The map shows the flood zone following White Creek down from the Vermont mountains, spreading out

across downtown Salem and continuing south where White Creek meets Beaver Brook. The map can be found here: <https://tinyurl.com/WashCo-FloodMap>

The map includes 340 additional homes and businesses inside the flood zone. Property owners with a federally backed mortgage will be required to purchase flood insurance once the map is finalized. Currently, the FEMA floodplain map is in the appeal process. Property owners can submit appeals until January 20, 2025 by contacting their Town Supervisor.

Tina Flemming, whose Salem home is within the official floodway shared with me that her house sustained \$100,000 of damage just from Hurricane Irene. Due to previous flooding incidents, she had purchased flood insurance which covered \$75,000 in repairs. As of 2023 the median cost of flood insurance for a single-family home in Washington County was \$881 a year covering \$250,000 for building damage and \$100,000 for property damage within the home. When another flood hit a year after Irene, Tina's home flooded again. Her insurance premium went up, and the coverage went down.

All flood insurance is provided through the National Flood Insurance Program under FEMA. The program has been in \$20 billion of debt since Hurricane Katrina and its future is uncertain. Our best bet as a community, as I see it, is to focus on lowering the risk of flooding for hundreds of home and business owners.

This isn't the first time Salem has explored flood mitigation. After Hurricane Irene, Tina and a few of her neighbors formed a committee to research flood risks to the town and mitigation options. After a plan to remove the low bridge on Archibald Street became a contentious issue, even reported on in the Post Star, the committee disbanded. Tina installed 4,000 lb. cement blocks around her



home to block flood waters.

Prioritizing, funding, and carrying out municipal projects is a challenging, complex, expensive, and emotional process for any community. Instead of fighting over culverts, let's perhaps look at this as an incredible opportunity to protect our neighbors, restore ecosystems, and increase access to nature.

Nature-based solutions are at the forefront of flood mitigation efforts. Restoring wetlands and flood plains in key areas upstream can lessen flooding downstream by giving water a place to go and slowing it down before it reaches homes. These areas could include accessible trails that start in town offering families and visitors an easy option to get active in nature. Despite Salem's rural setting, most property is posted private.

Projects that lower the risk of flooding at the town level can help lower flood insurance premiums for residents while qualifying the town for funding opportunities to get the work done. This big vision approach to flood mitigation in Salem would certainly require creative partnerships with landowners, hydrology and restoration experts, and funders, but it has the potential to turn a community risk into a huge community asset.

*Beth Ulion is an environmental journalist, community gardener, and non-profit schemer in Salem, NY. Contact her at [bethulion@gmail.com](mailto:bethulion@gmail.com).*



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### HOLIDAY HOURS

Christmas

Closed 12/23-12/26

New Year's

Open 12/31

Closed 1/1 & 1/2

## Rodent v. Wires

**Bob Henke**  
*Journal & Press*

There is need for a bit of house-keeping before launching into the column this week. Those familiar with my writing style know that I am especially diligent about protecting the identity of those who might appear in these columns. Sometimes I use totally improbable pseudonyms such as referring to my high school homeroom teacher as Tom Smith. No one would name their kid Tom Smith.

For others, I just use some descriptive word or phrase like Wonder Woman or The Terminator. However, in keeping with a somewhat fresh start on these pages, I shall endeavor to use absolutely new descriptors, even for some long-standing characters. For example, there are a couple of coworkers who have become famous for their unrelenting string of threats and outright attacks upon my person, to the point that their pictures now appear in some of the workplace violence training seminars locally. Given their propensities and genetic relationship, I shall henceforth refer to them as the “Vicious Sisters,” differentiated by height as VS1 and VS2 or, when acting in concert, the VSS, which of course stands for Vicious Sister Squad.

There typically comes a time in late Fall when the VSS goes on a pilgrimage. This is good because it means I can walk about freely without continually checking my six to make sure there is no impending attack over some imagined slight. As glad for the surcease as I am, I must admit the purpose of this irruption (a lemming-like rush) causes me no end of mental trauma because of the overwhelming sense of weird.

The VSS annually undertake a trip of several hundred miles to go shopping for pocketbooks!

This trip is undertaken in spite of the fact that VS1 currently possesses something north of 50 pocketbooks of various types, styles, colors, and sizes. When I questioned

their trip this year, I was informed that “obviously” they had to go because no one had an appropriate winter pocketbook with a cross strap. Not wanting to demonstrate my ignorance on the matter, I dropped the conversation, figuring to look at the new acquisitions and determine what this structure might be. Imagine my surprise when they returned a few days later completely empty handed. They got to their destination, drove in a few wild circles, and determined that the holy grail of pocketbook stores was GONE. They are inconsolable and have done little beside giber ever since.

I might have taken some time to help them get over their shattering loss but I became distracted by another equally baffling occurrence that happened at about the same time. A large multi-engine passenger plane was grounded for four days at the Ponta Delgada (Portugal) airport because 132 hamsters were swarming around in their cargo hold. I do not really want to know why there were 132 hamsters on an Airbus that holds only 140 people. If it was for emotional support, it did not work because the passengers were stranded half way through their journey while a contingent of workers virtually dismantled the plane to recover all the tiny rodents merrily working their way through walls and bulkheads. It took three and a half days for 131 escapees to be rounded up and another half day to find the final Rambo hamster.

The hamsters had to be caught in order for the plane to safely operate primarily because of a propensity to chew on electrical wires that seems to exist in every kind of rodent. Damage in airliners is rare but in the United

### Sightings



I am told the white deer I pictured here previously has met its end. I find this regrettable but the genetics are still around. Brian Hafner got this great picture of a piebald doe just a short while ago. I wish folks could preserve the unusual instead of acquiring it.

States there are an average of 120,000 residential fires annually as a result of rodent damage to electrical wiring. The damage to vehicle wiring is also significant and between the two, such rodent damage costs \$19 billion to \$20 billion annually in the USA.

The most frustrating part of this is the fact no one has a really good explanation for why mice, rats, and their cousins are so wild to chew on insulated wires. There have been a number of suggestions over the years. The first is sort of the apologist of the group—they are just gathering material for their nest to insulate against the cold. If this is given a bit of thought, which would you rather bed down in? A nest of grass and straw or a nest of stiff chunks of insulation? As a practical matter, insulation is seldom moved from the area where it is chewed.

Another suggestion is that it is used to wear

**Please read more on the next page**

# OUTDOORS TOMORROW

**(cont.)**

down the animal's teeth. All rodents do have continuously growing incisor teeth. Some, like beaver and rabbits, do need to chew continuously in order to keep their teeth in working order. Deprived of vegetable material, their incisors grow in terrible circles essentially causing the animal to starve. However, not only are beaver and rabbits not high on the list of chronic wire-chewers, the fact is the plant materials both species feed on are far better at wearing teeth than soft plastic insulation.

In the past couple decades, wiring insulation has been moving away from strictly petroleum-based products and is including more organic materials such as vegetable oil in the manufacturing process. It has been suggested the smell of the insulation makes the rodent think there is something edible inside. This sounds very feasible except for the fact that residential fires due to insulation chewing have not changed materially in the past 50 years or so.

Finally, some folks think the flow of elec-

trons through wires makes some sort of vibration that the animals can perceive. This makes sense, if all you consider is structural wiring. It does not, however, explain the billions of dollars of damage done to vehicles and equipment. My lawn mower sits all winter with no battery in it, hence no inviting electrical hum, and yet there is always damage to repair in the Spring. My opinion is that the whole business is attributable to simple, pure cussedness that is an integral part of rodent DNA.

The only real cure, as the airlines know, is getting rid of the offending critter. This is best done if you know what sort of critter is doing the chewing. There are some clues. It is not 100 % certain, but in many cases you can CSI the wire damage. Mice and rats most often chew a small spot, then move a bit down the wire and repeat. The result is almost a string of beads appearance. They often chew into the wire but seldom go all the way through to sever it.

Chipmunks chew in a similar pattern but quite often work their way right through, leaving little chunks of wire laying about. It is therefore fairly common, in the case of

structural wiring, to find the chipmunk right at the scene of the crime, thoroughly fried for his trouble.

Most structure fires are started by squirrels and in that category flying squirrels are the worst. Their pattern seems to be to work along the wire, removing insulation in strips instead of chunks. This seems to provide more area for potential short circuits to occur with the resulting fires from overheated wires.

In all cases, the solution is to get the animal away from the wires and rodent-proof your home. I was starting to consider making handbags out of annoying rodents but I presume this would not be effective—since I still do not know what a cross strap is, VSS would probably reject them as just plain wrong.

Contact Bob Henke with your sightings or questions by mail c/o The Greenwich Journal & Salem Press, by email at [outdoors.tomorrow@gmail.com](mailto:outdoors.tomorrow@gmail.com), on Twitter at @Bob-Henke, or on Facebook.



## FOSTER PARENTS NEEDED

Washington County Department of Social Services is looking for families who are willing to provide a home for a child. Whether you can only devote a weekend a month to a child or care for a child until they can be reunified family, we still need your help.

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# Baseball, hot dogs, apple pie and civil war

Lance Allen Wang  
*Journal & Press*

There's something about history that makes it a gift that doesn't stop giving. To start with, for better or for worse, there's always more of it being created. Further, if you keep digging into a period of the past in which you are interested, there is always more to be found. To clean the palate after what feels like a century of national politics in six months, I'm going to dig around some subjects which always bear fruit for me – baseball, veterans, and the Civil War.

Some motivated amateur researchers - Bruce Allardice and seven others - reviewed, validated and built on research work they had found regarding about four dozen names (and in some cases, short biographical sketches) of professional baseball players who arguably or provably served the Union in the Civil War. My primary focus here is to highlight members of New York units whose statistics appear in major league records (1871-present).

You can't avoid the name Major General Abner Doubleday when looking at the connection between baseball and the Civil War. Legend has maintained, after all, that he invented baseball. It is patently untrue, of course, but that has never affected the longevity of a good legend.

The legend maintains he invented baseball in 1839, a time when Doubleday was a young cadet at West Point. The primary witness who claimed that Doubleday invented baseball in 1839 was five years old at the time. Doubleday never wrote about it. Yet despite this, Doubleday Field stands right next to the Baseball Hall of Fame in Cooperstown, New York, a town where Doubleday did, in fact, attend the Cooperstown Academy as a young engineering student. Regardless, it was a delightful story for marketing baseball in the late 1860s, since General Doubleday's stock as a local New York Civil War hero was never higher.

Baseball in the second half of the 19th Century was not as refined as today's game. Padded baseball gloves and other protective gear

were for the future. Standardized foul lines and distances, and even the separation between crowd and playing field was for the future. Baseball was a popular camp game and was played even among Union prisoners in confederate camps until lack of food and sanitary conditions deteriorated to the point where survival was a difficult enough pastime.

The founding year of professional baseball was 1869 with the formation of the first professional team, the Cincinnati Red Stockings. The first professional league was the National Association in 1871 (later becoming the National League in 1876), but there were various others to the point that, since 1969, Major League Baseball accepts six different professional leagues of the late 19th century among those for which it maintains records and statistics.

In the Baseball Hall of Fame is enshrined Morgan Bulkeley from East Hadaam, Connecticut, who served as a Private in the 13th New York during 1862, where he served on the Virginia coast. He would later become involved in banking, philanthropy, veterans' issues, and become part owner and president of a professional baseball team, the Hartford Dark Blues. Largely based upon his honesty and reputation, he became the first president of the new National League in 1876.

While he is the only Civil War veteran enshrined in the Hall of Fame, there are more than a few who fought with New York units that found their way into our national pastime. Unlike Bulkeley, most of these vets actually played on the diamond during the rough-hewn days of early baseball. This is hardly the whole list.

We'll start with a former cavalryman, Oscar Bielaski (1847-1911), who served briefly in the 11th New York Cavalry in 1864, but was soon discharged for "minority" – he lied about his age and was a minor. When he was of age, he enlisted in the Navy for a few years and then was a journeyman outfielder from 1872-1876, appearing in 174 games for major league teams in Washington, Baltimore, and Chicago. He is buried in Arlington National Cemetery.

Originally from Brooklyn, New York, Thomas J. Carey (1846-1906) served in the 17th New York Infantry during the Civil War and after the war relocated to San Francisco, enlisting and serving at the Presidio, while also playing for the Army post's baseball team. His skills were such that he signed on with a major league baseball club and had a nine-year major league career as a second baseman and shortstop from 1871-1879 for Fort Wayne, Providence, New York, Baltimore, and Cleveland. He returned to San Francisco after his baseball career and is buried in the Presidio's garrison cemetery.

The 140th New York Infantry was also known as the "Rochester Racehorses" during the Civil War. They produced two major league ball players, Dennis Coughlin (1844-1913) and Harry Berthrong (1844-1928). Coughlin's military record is particularly noteworthy in that he was the only major leaguer who was wounded during the Civil War, in his case during the severe fighting around Petersburg, Virginia in 1864. He was discharged as a Sergeant in 1865. Berthrong played outfield for 17 games with the Washington Olympics in 1871. In 1872, the Olympics changed their name to the Nationals, and Coughlin played 8 games for them in 1872. Coughlin changed his line of work and ended up working for the Department of the Treasury for 45 years. He is buried at Arlington National Cemetery.

William Craver (1844-1901) is an interesting case, as his notoriety provides a cautionary tale that foreshadows the ugly relationship between gamblers and professional sports. This native son of Troy served with the 13th New York Heavy Artillery during 1864-1865. After the war, he began playing baseball for local clubs in Troy, and when professional leagues formed in 1871, he began a seven-year, 339-game major league career as a catcher and infielder, often as a player-manager. Unfortunately, his last season in baseball was his downfall when he was a player-manager for the Louisville Grays. The team, leading the league, gave up a seemingly

**Please read more on the next page**



# (cont.)

insurmountable lead with 15 games to play. Errors on obviously easy plays among other signs of shenanigans resulted in an investigation which revealed telegrams between suspect players and gamblers – an untoward relationship which would continue through the 1919 Black Sox scandal, Denny McLain, and Pete Rose. Craver, under suspicion, refused to submit to the investigation, resulting in his ban from major league baseball. He is buried in Troy's Oakwood Cemetery.

Seymour "Sy" Studley (1841-1901) would appeal to any sportswriter with such a great baseball name (his other nickname was "Warhorse"), but alas, his career in the major leagues was short. Originally from Byron, New York, he served with the 54th New York Infantry during 1864. Review of his service records by researcher Bill Carle found that "... Studley had suffered such a severe case of sunstroke while loading horses onto a car that he lapsed unconsciousness for nearly half an

hour. Doctors advised him never again to go out in the sun..." That did not stop him from playing centerfield for the Washington Nationals for 5 games in 1872. Later in life, he would descend into alcoholism – a veteran's load is not always an easy one to carry. He eventually passed away at the Soldiers and Sailors Home in Grand Island, Nebraska, and is buried in their cemetery.

I will finish this little journey to the sepiated rough-and-tumble baseball diamonds of the late 19th century with Nicholas Young (1840-1916), another non-player but a Civil War veteran instrumental in early baseball – and with a local tie. After all, Nicholas Young was from nearby Amsterdam, New York. He served in the 32nd and then the 121st New York Infantry during the Civil War. He was an amateur cricket and baseball player but became involved in the formation of the National Association in 1871, after which he managed the Washington Olympics/Nationals for three years. In 1876 when the National League formed, he became an official with the league, eventually serving as League President from 1885-1902.

Since becoming America's game, America has been represented on the playing fields of professional baseball leagues, a statement I'm more confident in making now that Negro League statistics are included among professional baseball's annals. When our nation goes to war, it is eventually represented on the diamond by its veterans. The percentage of veterans varies, based upon things like the existence of the draft, the contemporary attitude towards service, and other barometers of the martial spirit of the country.

But whether it was the 19th Century veterans I've discussed above, or whether it was the Vietnam vets I remember in the major leagues when I was growing up – the Yankees' Ed Figueroa and the Orioles' Al Bumbry come to mind – our nation's pastime is another lens through which we can view our nation's history.

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



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#SHOPLOCAL



# Artist in the making

Congrats to 10-year-old Harlee Newton, a 5th grader at Greenwich CSD, for her work on the mural on Barbur's Farm.

Her mother, Marsha, told us: "Harlee has been very artistic since she was 2. I knew then with the crafts and drawings she was doing she had talent. Our neighbors Brian and Beatrice Barbur of Greenwich called me to see if Harlee wanted to do a mural on his cement wall by the road. She never did one but she took on the challenge. What a honor to ask her!"

"Art is her passion and she always says, 'I'm going to be an art teacher or a pet groomer,' but I see art in her future! She is an amazing kid. Her dad [John Newton, Jr.] and I are so blessed. Harlee is well known for her artistic abilities in school and church."



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# I'm a boob for visiting this website

**Greg Schwem**

*Tribune Content Agency  
Special to Journal & Press*

'Tis the season for inadvertently clicking on holiday offers from online merchants and spending the weeks leading up to Christmas firmly in their crosshairs.

In my experience, one year it was the Siena mattress company. At the time I was not in the market for new bedding. Attempting to move Siena's initial message to my trash folder, I inadvertently opened it, sending Siena's algorithms into overdrive. I quickly scrolled to the bottom, squinting until I located, and clicked on, the "unsubscribe" link. The emails stopped, but not immediately. Maybe Siena's marketing team thought I was kidding.

"He sleeps, right?" I imagined them saying. "Why wouldn't he want to do it in comfort?" Keep emailing him and throw in some pillowcases for 50% off!"

The next year it was scented candles from some company I can't recall. Candle manufacturers, like smoked sausage companies, seem to appear from hibernation at Christmas time.

Even during winter, there is usually a window open in my condominium. Which means my domicile smells like ... Chicago. I'm fine with that. There are no landfills in my neighborhood, and during summer the aroma of street festival food occasionally wafts upward to my balcony, leading visitors to enter and say, "Are you making corn dogs?"

The natural smells that accompany city living mean I don't need an open flame producing fragrances ranging from vanilla bean to blueberry cheesecake to mahogany driftwood. I could have had all three, if I'd taken advantage of the BUY TWO GET ONE FREE offer that was constantly being dangled in front of me. As Dec. 25 grew closer, those emails became so frequent that I expected one to eventually proclaim, WE ARE GETTING OUT OF THE CANDLE BUSINESS,

TAKE THE ENTIRE STORE! USE CODE "SANTA'SONFIRE" FOR FREE SHIPPING!

This year the offending company is Knix, makers of, according to a Google summary, "amazing wireless bras, period proof underwear, sports bras, loungewear and more. Designed with your comfort in mind."

I have never heard of Knix, and am positive I've never searched the company, or any of its offerings via Google, TikTok or ChatGPT. None of this merchandise is part of my daily wardrobe. My "loungewear" consists of Chicago Bears sweatpants and a Rolling Stones T-shirt. Knix sells neither.

Nobody on my Christmas 2024 grab bag list needs anything from Knix. Well, maybe some do, but underwear for "medium flow days" doesn't seem like an item that should appear under a Christmas tree. Yet, unlike the candle and the mattress retailers, I didn't unsubscribe immediately. And it was not because Knix is currently conducting its BIGGEST SALE OF THE YEAR with everything 60% OFF!

No, I was fascinated by the entertaining language the company employs to advertise its products. For example, a bra that "supports your boobs without the wires."

I realize artificial intelligence may control every component of my life before I die, but I never thought I'd live long enough to see "boobs" in mainstream advertising.

Ladies, and Knix copywriters, what happened to "breasts"? Bust? Bosoms? Years ago, when trying to surprise my ex-wife with lingerie for Valentine's Day, I stammered through an interrogation from a store clerk who peppered me with queries about my wife's "cup size." Never once did she grab a silk teddy off the rack and ask, "Do you think her boobs would fit in this?"

Mind you, it's not just Knix that has altered the ways we discuss our private areas



or habits. Rather than promise that we will smell clean, deodorant ads now insist on riding our bodies of STINKY PIT ODOR!

Personal grooming tools? Even worse. Guys, why trim "down there" when you can MANSCAPE THAT JUNGLE!"

I'm sorry but all of these emails are upsetting my stomach. I may have to pause writing this column and visit the bathroom. Luckily there is an air freshener on top of my toilet tank.

Or, as the ad states, a TACTICAL STINK ASSASSIN.

*Greg Schwem is a corporate stand-up comedian and author of two books: "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad" and the recently released "The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian," available at Amazon.com. Visit Greg on the web at [www.gregschwem.com](http://www.gregschwem.com).*



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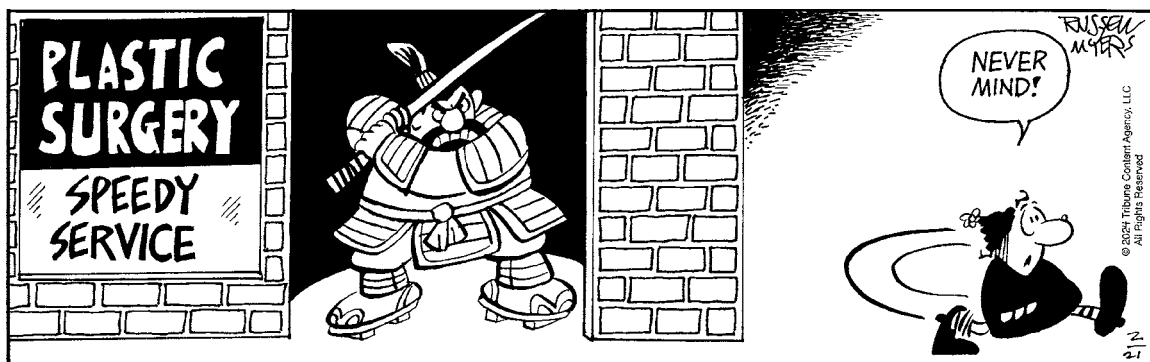
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# FUN & GAMES

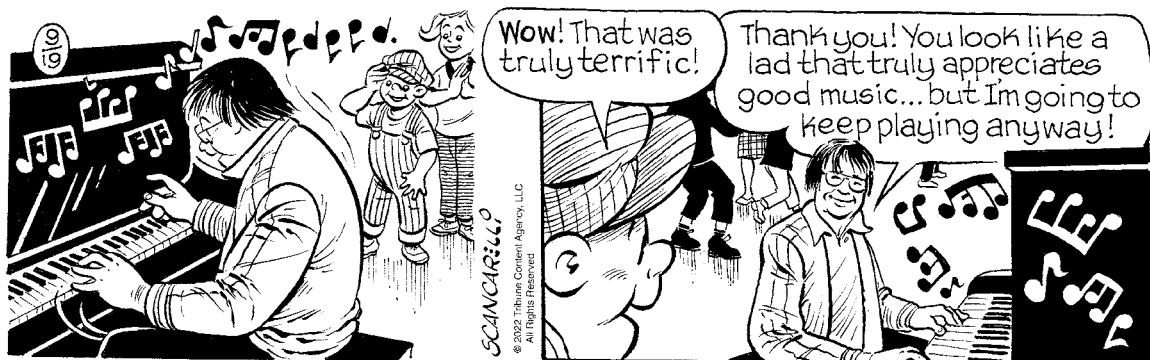
## Animal Crackers by Fred Wagner



## Broom Hilda by Russell Myers



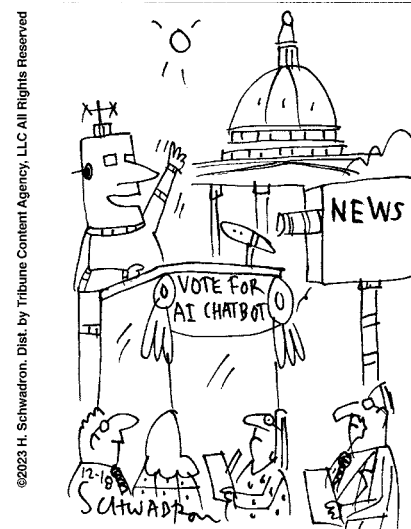
## Gasoline Alley by Jim Scancarelli



## The Middletons by Dana Summers



## 9 to 5 by Harley Schwadron



"I promise balanced budgets and less waste if AI ran the government."

## Word Play Answers Page 24

### JUMBLE

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

RFATE	○	○	○	○	○
LOOCR	○	○	○	○	○
TEBOLT	○	○	○	○	○
ELYSEP	○	○	○	○	○

### THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



WHEN THEY SUBDIVIDED THE PROPERTY INTO INDIVIDUAL HOME SITES, THE RESULT WAS ---

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

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○	○	○	○	○	○
---	---	---	---	---	---

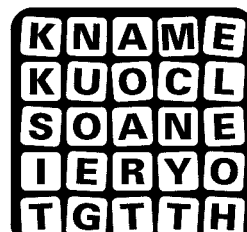
## Boggle BrainBusters!

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 once within a single word. Play with a friend and compare word finds, crossing out common words.

**BOGGLE POINT SCALE**

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
8+ letters = 15 points	0-10 = Try again

By David L. Hoyt and Jeff Knurek



### Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST SEVEN FIVE-LETTER MAMMALS in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# FUN & GAMES

## More Word Play Answers Page 24

**SCRABBLE** G<sub>2</sub> R<sub>1</sub> A<sub>1</sub> M<sub>3</sub> S<sub>1</sub>

Hasbro and its logo, SCRABBLE® associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2024 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.

O<sub>1</sub> O<sub>1</sub> F<sub>4</sub> S<sub>1</sub> P<sub>3</sub> T<sub>1</sub> F<sub>4</sub> Triple Word Score RACK 1

E<sub>1</sub> O<sub>1</sub> Y<sub>4</sub> R<sub>1</sub> M<sub>3</sub> N<sub>1</sub> B<sub>3</sub> RACK 2

A<sub>1</sub> E<sub>1</sub> N<sub>1</sub> R<sub>1</sub> T<sub>1</sub> T<sub>1</sub> P<sub>3</sub> 1st Letter Double RACK 3

E<sub>1</sub> U<sub>1</sub> P<sub>3</sub> D<sub>2</sub> T<sub>1</sub> S<sub>1</sub> B<sub>3</sub> RACK 4

E<sub>1</sub> E<sub>1</sub> I<sub>1</sub> O<sub>1</sub> R<sub>1</sub> C<sub>3</sub> T<sub>1</sub> RACK 5

PAR SCORE 260-270  
BEST SCORE 342

FIVE RACK TOTAL  
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 dogs (and find Frank's acrostic books on Amazon):

**Akita**  
**Beagle**  
**Boxer**

**Bulldog**  
**Collie**  
**Corgi**  
**Dachshund**  
**Doberman**  
**Foxhound**  
**Husky**  
**Irish Setter**  
**Malamute**

**Maltese**  
**Mastiff**  
**Mongrel**  
**Mutt**  
**Pit Bull**  
**Pointer**  
**Poodle**  
**Puppy**  
**Purebred**

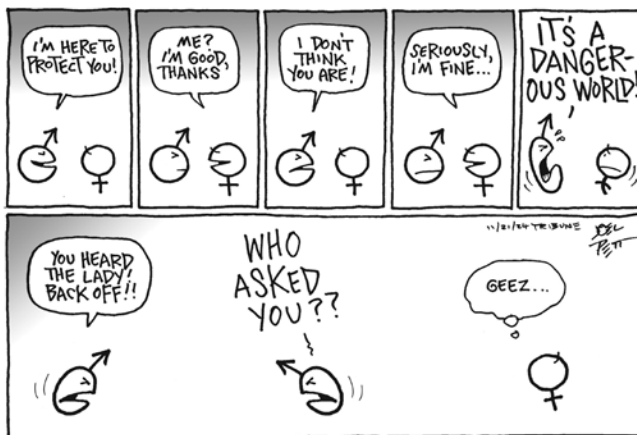
**Retriever**  
**Samoyed**  
**Schnauzer**  
**Shih Tzu**  
**Sled Dog**  
**St. Bernard**  
**Whippet**

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

## Filbert by LA Bonté

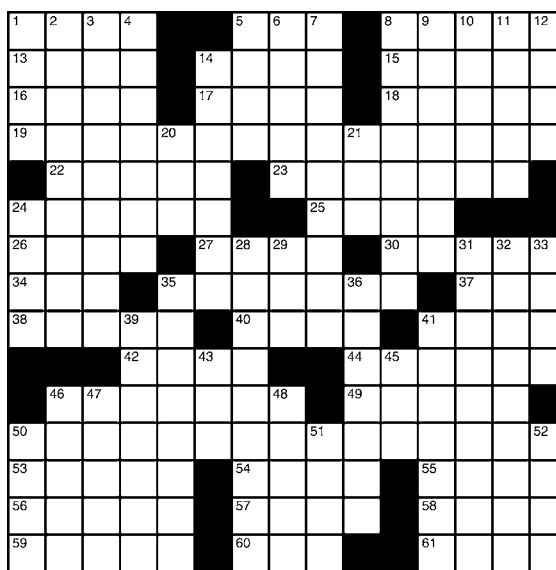


## Political Cartoon of the Month by Joel Pett



## Crossword

Across  
1 "Growing Up in New Guinea" author  
5 Softball club  
8 Retirement option  
13 Semi bar  
14 Sage  
15 Place to get bike wear  
16 Screen symbol  
17 Lollapalooza  
18 Cost as much as  
19 "Whatever you're thinking, no"  
22 Bit parts?  
23 Less sound  
24 Gets out of a slump?  
25 Emanate  
26 "Hold on"  
27 Baltic port  
30 Garter snake prey  
34 Outer bank?  
35 Frank exchange?  
37 KOA parkers  
38 Pet  
40 Italian pronoun  
41 Free of lumps  
42 Bluegrass legend Scruggs  
44 Small cutters



46 CrossFit set  
49 Ohno who won "Dancing With the Stars" in 2007  
50 Cake that traditionally has coconut-pecan icing  
53 Severity  
54 Patatas bravas, por ejemplo  
55 Go very slow, or very fast  
56 Deal-maker

7 Attract attention  
8 Attracting attention  
9 Sage  
10 "Hamilton" Tony winner \_\_\_  
Elise Goldsberry  
11 Volga region native  
12 Stirs  
14 Makes a major decision?

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

57 Free of lumps  
58 Breakfast brand  
59 Like salsa  
60 Convertible's spot  
61 Off! ingredient

Down  
1 Part of the inn crowd  
2 Condemn harshly  
3 Recharging period  
4 Bridge inspector?  
5 Hit close to home?  
6 Products helpful when buying flooring

20 Masai Mara migrant  
21 Vegetable related to lilies  
24 Even trade  
28 Words from a runner  
29 Giancarlo's "Better Call Saul" role  
31 Magnified  
32 Some coverage  
33 Old boomers  
35 Social event where Alice is asked, "Why is a raven like a writing desk?"  
36 Many a Zapotec  
39 State whose capital is named for a French city  
41 Took to task  
43 Driver's "Star Wars" role  
45 PFC's address  
46 Color whose name comes from Old French for "natural wool"  
47 Drives  
48 Prepare cheese, in a way  
50 Austrian city on the eastern edge of the Alps  
51 Transparent  
52 Awards acronym

## Congrats, you're automatically accepted

SUNY Adirondack this fall offered direct admission to more than 1,000 local high school seniors in five area school districts.

"We are thrilled to facilitate the college admissions process for students, removing barriers and making higher education more accessible," said Kristine D. Duffy, Ed.D., president of SUNY Adirondack.

Senior classes at Queensbury, Glens Falls, South Glens Falls, Hudson Falls and Saratoga high schools were automatically accepted to SUNY Adirondack for the Fall 2025 semester. SUNY Adirondack College Access and Enrollment Systems advisors worked directly with school counselors so students do not have to fill out applications.

Each agreement was celebrated with an event at the high schools, in which students received acceptance packets, branded merchandise and directions on how to proceed. SUNY Adirondack's Timberwolf mascot, Eddy Rondack, was on hand to take photographs with students.

"Your hard work should be in the classroom, not during the application process," Duffy told students.

Students interested in attending SUNY Adirondack then fill out a simple online form selecting the field of study they wish to pursue and indicating if they are interested in one of SUNY Adirondack's dual acceptance programs. Under those agreements, students who are accepted at SUNY Adirondack are also accepted to University at Albany, SUNY Plattsburgh at Queensbury or SUNY Cobleskill; when the students complete requirements for an associate degree at SUNY Adirondack, they then seamlessly transfer to their selected four-year university without a second application process. SUNY Adirondack graduates also transfer to many other four-year universities and colleges.

"These agreements help take the stress out of applying for college, and make the journey to a bachelor's degree smoother," Duffy said. "We hope more high schools become interested."

Said Kyle Gannon, superintendent of Queensbury schools: "Queensbury was thrilled to be the first school in the region to hold a direct admission event. It was such a fun and unique opportunity for our seniors to jumpstart their college acceptance process. We appreciate the strong partnership we have with SUNY Adirondack and the excellent programs it continues to offer while our Queensbury students are in high school and after they graduate."

Said Brian Bombard, chair of School Counciling at Glens Falls High School: "We have always had a great connection with SUNY Adirondack with more than 400 Glens Falls graduates enrolling there over the past 10 years. The direct admit event provided a new opportunity to celebrate the relationship between our students and outstanding and accessible programming available in our own backyard."

Said Nicky Bogert, principal of South Glens Falls High School: "Thank you to SUNY ADK for offering this wonderful opportunity to our students. These connections support not only our students but our community."



At an admissions event

Said Nicky Bogert, principal of South Glens Falls High School: "Thank you to SUNY ADK for offering this wonderful opportunity to our students. These connections support not only our students but our community."

Said Nicky Bogert, principal of South Glens Falls High School: "Thank you to SUNY ADK for offering this wonderful opportunity to our students. These connections support not only our students but our community."

## FUN & GAMES SOLUTIONS

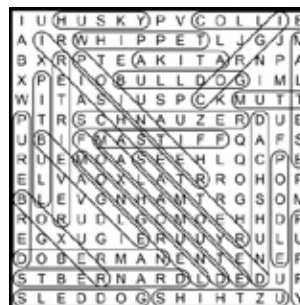
**Boggle: MOUSE**  
MOOSE TIGER OT-  
TER CAMEL SKUNK  
HYENA

**Jumble: AFTER COL-  
OR BOTTLE SLEEPY**

**Final Jumble:  
A LOT OF LOTS**

SCRABBLE G R A M S SOLUTION							
S <sub>1</sub>	T <sub>1</sub>	O <sub>1</sub>	P <sub>3</sub>	O <sub>1</sub>	F <sub>4</sub>	F <sub>4</sub>	RACK 1 = <b>95</b>
E <sub>1</sub>	M <sub>3</sub>	B <sub>3</sub>	R <sub>1</sub>	Y <sub>4</sub>	O <sub>1</sub>	N <sub>1</sub>	RACK 2 = <b>64</b>
P <sub>3</sub>	A <sub>1</sub>	T <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	N <sub>1</sub>	RACK 3 = <b>62</b>
D <sub>2</sub>	U <sub>1</sub>	B <sub>3</sub>	S <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	P <sub>3</sub>	RACK 4 = <b>62</b>
C <sub>3</sub>	O <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	I <sub>1</sub>	E <sub>1</sub>	RACK 5 = <b>59</b>
PAR SCORE 260-270							TOTAL <b>342</b>

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GERMAN	CHOCOLATE	
RIGOR	TAPA	DRAG
AGENT	EVEN	EGGO
ZESTY	DEN	DEET



## Finding refuge from workplace stress

**Dr. Daneen Skube**  
Tribune Content Agency  
Special to Journal & Press

**Q:** *Seems to me that my work and world are increasingly chaotic. I feel overwhelmed before I wake up. You talk about peace. I wondered how you teach clients steps to manage stress? I'd plan to manage myself better in the midst of chaos!*

**A:** Yes, there are many practices we can cultivate that provide an internal refuge in our increasingly chaotic world. We cannot slow down the rate of change or dial back the pandemonium, but we can control our responses.

In order of priority, I first recommend that my clients consider ways they inadvertently sign up for drama. There are people, in and out of the workplace, who experience drama like a good cup of espresso. These people brew up drama everywhere. You always have the right and ability to say,

“That sounds difficult,” and move on.

Office dramas are draining. Any time someone wants to gossip — be careful. If they want to tell you what others think of you, decline. If they want to get you to gang up on a co-worker, decline. If they want you to badmouth the boss, decline — because they'll quote you later.

Second, look at sleep patterns. Are you going to bed early enough? Sleep literally wrings stress hormones out of our brains. Lack of sleep creates problems ranging from dementia, irritability, or inattentiveness. If we're tired, none of us navigate chaos well.

Now how do you launch into your day? Do you meditate before you start work? Cultivating a peaceful 20 minutes will stay with you all day long. You have that temple of refuge waiting within you, and all you need to do is open the door.

Do you give yourself good fuel before you start work? Any athlete knows performance suffers if nutrition suffers. Lurching from a donut to a disagreement at work, won't give you much resiliency.

Do you move during the day? Even dogs need a daily walk. Can you give yourself the same attention you'd give a pet?

Next evaluate your worry patterns. None of us know the future. If you fret about the unknown, you'll have no energy left to respond to the problems today. If your worry tends to pull you in the future, ask yourself what you need to finish by the end of the day. Focus on that!

Many spiritual traditions talk about finding refuge or sanctuary in soulful endeavors. If you have a spiritual tradition, lean on your

community, elders, teachers, and spiritual books to give you buoyancy in the constant storms.

Many clients tell me they feel a lot like Dorothy in the Wizard of Oz when she was in the spinning house during the tornado. We need our body to be well, our minds to be well, and our souls to be well during these demanding times.

Every day you get up, you're inhabiting a house created by the decisions you've made in the past. If you want to remodel, all you have to do is change the decisions you make today. As you shift your choices about sleep, food, exercise, soul, and managing relationships, you'll dramatically change the way you experience stress.

Any one of these factors, won't rock your world. But all of these small habit changes together, will form the rock upon which you can survive and thrive during chaos.

### The last word(s)

**Q:** *My boss is asking me if I'd like to take on a project. I don't know if I have the skills. Is there advice you give clients on what to say in this situation?*

**A:** Yes, tell your boss, “Absolutely,” then get busy learning the skills you need. Promotions belong to those who are bold and fast learners.

*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." You can contact Dr. Skube at [www.interpersonaledge.com](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027.*



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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](mailto:Ljensen@tricountyunitedway.org) or learn more at [www.tricountyunitedway.org](http://www.tricountyunitedway.org).

## Proposals sought for Mud U

Do you have a passion you would like to share with the community? Mud U Cambridge is happy to announce that the window for proposing a Mud U class for 2025 is now open.

Mud U of Cambridge, New York exists to help our community members battle cabin fever and survive mud season, while engaging in a new skill, learning about a new topic, or taking part in a community conversation. Mud U offers free classes by the community, for the community on a wide variety of topics. Open call for proposals extends to December

15, 2024.

Past classes have included Cooking with grains, Soap-making, Beer brewing, Bike Maintenance 101, Herbal remedies, and so much more!

Visit [www.muducambridge.org](http://www.muducambridge.org) for more information and to submit your course proposal. Open call for proposals extends to December 15, 2024.

If you are new to Mud U and have questions, please visit their FAQ page on [www.muducambridge.org](http://www.muducambridge.org) or email [muducambridge@gmail.com](mailto:muducambridge@gmail.com).



[muducambridge@gmail.com](mailto:muducambridge@gmail.com). For anyone without access to a computer or email, course proposal forms are also available by inquiring at Battenkill Books in Cambridge, NY.

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# Consider these year-end saving moves

**Breanna Lundy**  
Journal & Press

As we enter the holiday season, your life may well become busier. Still, you might want to take the time to consider some financial moves before we turn the calendar to 2025.

Here are a few suggestions:

- Review your investment portfolio. As you look at your portfolio, ask these questions: Has its performance met my expectations this year? Does it still reflect my goals, risk tolerance and time horizon? Do I need to rebalance? You might find that working with a financial professional can help you answer these and other questions you may have about your investments.

- Add to your 401(k) and HSA. If you can afford it, and your employer allows it, consider putting more money into your 401(k) before the year ends — including “catch-up” contributions if you’re 50 or older. You might also want to add to your health savings account (HSA) by the tax-filing deadline in April.

- Use your FSA dollars. Unlike an HSA, a flexible spending account (FSA) works on a “use-it-or-lose-it” basis, meaning you lose any unspent funds at the end of the year. So, if you still have funds left in your account, try to use them up in 2024. (Employers may grant a 2½ month extension, so check with your human resources area to

see if this is the case where you work.)

- Contribute to a 529 plan. If you haven’t opened a 529 education savings plan for your children, think about doing so this year. With a 529 plan, your earnings can grow tax deferred, and your withdrawals are federally tax free when used for qualified education expenses — tuition, fees, books and so on. And if you invest in your own state’s 529 plan, you might be able to deduct your contributions from your state income tax or receive a state tax credit.

- Build your emergency fund. It’s generally a good idea to keep up to six months’ worth of living expenses in an emergency fund, with the money held in a liquid, low-risk account. Without such a fund in place, you might be forced to dip into your retirement funds to pay for short-term needs, such as a major car or home repair.

- Review your estate plans. If you’ve experienced any changes in your family situation this year, such as marriage, remarriage or the birth of a child, you may want to update your estate-planning documents to reflect your new situation. It’s also important to look at the beneficiary designations on your investment accounts, retirement plans, IRAs and insurance policies, as these designations can sometimes even supersede the instructions you’ve left in your will. And if you haven’t started estate planning, there’s no time like the present.

- Take your RMDs. If you’re 73 or older,



you will likely need to take withdrawals — called required minimum distributions, or RMDs — from some of your retirement accounts, such as your traditional IRA. If you don’t take these withdrawals each year, you could be subject to penalties.

These aren’t the only moves you can make, but they may prove helpful not only for 2024 but in the years to come.

*A Greenwich, NY, 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](mailto:breanna.lundy@edwardjones.com) or (518) 692-2649.*



## Scouts host breakfast

On Saturday morning, Dec 14th, Salem Cub Scout Pack 61 will be preparing a delicious pancake breakfast from 8am-10am. Mark your calendars for this scrumptious hot-off-the-griddle delight at the East Hebron United Presbyterian Church, 6559

State Route 22, East Hebron. (Snow date: Sunday December 15th 9:00-11:00AM). Come alone, bring a friend, get the family, bring the kids. Donations to our Cub Scout Pack are welcome and appreciated.

Questions? Call 518-409-1784.

# Greenwich Lions Club Gives Thanks



*This Thanksgiving we are thankful to all of our 44<sup>th</sup> Annual Auction Donors. Special thanks to our Kentucky Derby Donors Greenwich Ford, Fort Miller Group, Inc., Main Care Energy and our auctioneer Bob Wilcox. Thank you to all our donors who support us year after year!!!!*

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Curtis Lumber	Kathy Rapp	
Dan & Michelle Spigner	Keegan Waite	
David McPhail	Karen Kehn	

**If anyone is interested in joining our club, contact Brenda Facin 518-429-7391**

## OBITUARIES

# James A. Catalfimo, 91

James A. Catalfimo, 91, a longtime Greenwich resident passed away peacefully on Sunday, November 24, 2024, at his home in Saratoga Springs after a brief illness. He was surrounded by the love of his family and caregivers.

Born June 21, 1933, in Cambridge, NY, James was the son of the late James and Anna (Munoff) Catalfimo.

James was a graduate of Greenwich High School and SUNY Potsdam, where he earned a degree in Music. He taught music for a year in Lansingburgh, before entering the US Army, where he served from 1956-1958. He then earned his Law Degree from Albany Law School and began his 53-year career as an attorney in Greenwich. He began with the Dewell and Orton Law Firm, which became Orton and Catalfimo. His son Michael, also an attorney, joined him in 1985 and they

became Catalfimo and Catalfimo. He retired from practicing law in 2014.

James was a member of the NYS Bar Association, the Washington County Bar Association, and the Greenwich Elks. For many years, he resided at Hedges Lake.

In addition to his parents, James was predeceased by his daughter, Kimberly Catalfimo, and brother, Donald Catalfimo.

Survivors include his children, Michael (Kristen Moy) of Saratoga Springs, and David (Nicole) of Santa Barbara, CA; and his three grandchildren, Grace, James, and Ella Catalfimo.

Calling hours for James, will be held from 4 to 7 pm on Tuesday, December 17, 2024, at Flynn Brothers, Inc. Funeral Home, 80



Main Street, Greenwich, New York, 12834. Interment will be private at the convenience of the Family.

Memorial donations in James's memory can be made to Citizen's Committee for Greenwich Youth, Inc. 6 Academy St, Greenwich, NY, 12834, f/b/o The Gannon Fund.

Online condolences and messages for the family may be left at [www.flynnbrosinc.com](http://www.flynnbrosinc.com).

# Janet Marie Snow McQuade, 97

Janet Marie Snow McQuade, 97 of Fort Wayne, Indiana, passed away at The Towne House Retirement Community on November 12, 2024. Beloved wife of Philip D; loving mother of Brooke (Anders), Sydney, Alex (William) and Paula (Scott); beloved grandmother of Gabriel, Quinn, Philip, Zachary,

Austin, Anna, Georgia, 10 great grandchildren and sister to R. Justin Snow. She was preceded in death by her husband and parents Raymond and Rosella Snow. Janet graduated from Greenwich High School in 1946. She moved to New Jersey with Philip and then to Indiana and finally to her be-

loved Vermont where she spent many hours hooking wool rugs with friends. In her later years, Janet moved back to Indiana to be closer to her cherished family. She will be deeply missed. Interment will be in the Shaftsbury Center Cemetery, Shaftsbury, Vermont.



# Effie Torrance (Booth) O'Neill, 84

Effie Torrance (Booth) O'Neill, aged 84, passed away on October 31, 2024, in Rockledge, FL.

Born on September 30, 1940 to Ernest A. and Mildred J. (Mosher) Booth, Effie grew up in Easton, NY, and was a member of the Greenwich Central School's class of 1958. Effie was a beloved

daughter, sister, mother, grandmother and great-grandmother.

Effie is survived by her son, Duane J. Gilchrist III, her daughter, Jennie L. Stumpf, 9 grandchildren, and 16 great-grandchildren. She is also survived by her sister, Shirley Wolfe and her brothers, Duane and Dennis.

Effie was preceded in death by her parents, two sisters, Faith G. Booth and Gretchen M. Piaseczny, her husbands Duane J. Gilchrist Jr. and Ed O'Neill, and one grandchild.

At this time, memorial services are not planned.



## Marilyn J. Chambers, 91

Marilyn J. Chambers, 91, a longtime resident of Salem, NY, passed away peacefully on Saturday, November 30th, 2024, at her residence. Marilyn was born on November 4th, 1933, in Glens Falls, NY, the daughter of Rachael and Harry Powers.

Marilyn was a graduate of Argyle Central School, where she forged lifelong friend-

ships and laid the foundation for her enduring love of her community. On September 21st, 1952, she married her beloved husband, Donald Chambers, with whom she shared 57 years of marriage until his passing in 2010. Together, they built a family and a home that would serve as a testament to their love and commitment.

Over the years, Marilyn found success in many ventures. She was the owner and operator of the O'Wagon Antique Shop in Greenwich, NY, a passion that allowed her to share her love for antiques and history with others. Prior to her time at the antique shop, Marilyn worked for Bentley Seed in Cambridge, Miller's Livestock in Argyle, and Sherwood Medical in Argyle. Her career was marked by a dedication to hard work and a deep sense of responsibility to those she worked with.

Marilyn was also an active member of her faith community. She was previously involved in the West Hebron Presbyterian Church and, more recently, became an integral part of the Salem United Methodist Church. Marilyn's love for her town extended to her volunteer work at the Salem Courthouse, particularly with the Shoppe Off Broadway, where she enjoyed meeting new people and supporting local causes.

Beyond her professional and community endeavors, Marilyn's true joy was found in her family and the people around her. She was a loving mother, grandmother and great grandmother, who cherished her time spent with her children, grandchildren, and friends. Marilyn's home was always



open to those in need of a warm conversation or a cup of coffee, particularly with her friends in West Hebron. She had a special affinity for gardening and took great pride in nurturing her plants, a hobby that brought her peace and connection to the earth.

Marilyn is survived by her children: Evera Sue Clary and her husband William, Donald "Skip" Chambers Jr. (Michelle), and Daniel Chambers (Regina), all of Salem, NY. She was also the proud grandmother of eight grandchildren, ten great grandchildren who brought her immense joy. She is further survived by her sister-in-law, Dorothy Worthington (the late Arthur) of West Hebron, NY, as well as many nieces and nephews. Marilyn was predeceased by her parents, her husband, and her siblings, Charles Powers and Joyce Ruhle.

A calling hour will be from 12-1 pm Friday, December 6, 2024 at the Salem United Methodist Church, 29 West Broadway, Salem. A service will begin at 1 pm with Rev. Debbie Earthrowl officiating.

Interment will be at Evergreen Cemetery in Salem.

Memorial contributions in memory of Marilyn may be made to a local organization of one's choice.

The family would like to extend their deepest thanks to all of the healthcare workers who assisted Marilyn in her final years. Special thanks are extended to Judy Shaw, Laurie Kenney, Deb Foster, Donna Orlyk, and Mary Evans for their compassionate care.

To offer condolences to the family, please visit [www.gariepyfuneralhomes.com](http://www.gariepyfuneralhomes.com).

The McClellan-Gariepy Funeral Home, Inc. in Salem is assisting the family with arrangements.

## THE GREENWICH JOURNAL

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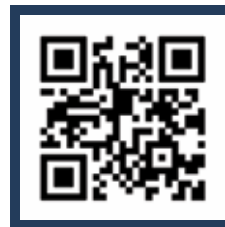
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