

JOURNAL & PRESS

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HAPPY HOLIDAYS!
DEC. 16-31, 2022



RIBBON CUTTING 3



STARS 3



READ 21



VETERANS TALK 16



ART 5



SOLVE 20

Joy and remembrance

End-of-year holiday events highlight this issue.

Everlasting Lights, for example, is a tradition where 50 Christmas trees are put up in honor of deceased loved ones, outside the Greenwich Town Hall. "Each tree is in honor of someone who has died ... the trees have themes," said co-organizer Judy Patrick. "Families adopt a tree. For example, a whole tree might be decorated in honor of someone's favorite team."

Please read more on page 2



National rugby star

Greenwich's Tess Merrill is finding great success as a college rugby player. "I think motivation has to come from you wanting to succeed. I think it's easy for people to fall back on the fact that it's not always easy," she said.

Please read more on page 5



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SUNY Adirondack names new trustees

SUNY Adirondack announces new members of the college's Board of Trustees. Elijah Cullum, Edward Fitzgerald, Esq., Colleen McDonald and James Nolan, Ph.D., are the newest members of the 10-member board, which is the governing body of the institution, helping the college achieve its strategic goals and fulfill its mission.

"Our new members bring a diverse set of experiences to enrich and inform our work. We greatly appreciate their commitment to our community's college," said Kathleen Grasmeyer, chair of the Board.

Cullum, a native of Brooklyn, is a first-generation college student studying criminal justice. He serves as a student ambassador and is this year's student trustee. A natural leader, Cullum led protests in New York City following the murder of George Floyd and ensuing Black Lives Matter movement. He is also a poet and an active member of the college's Men of Color Alliance (MOCA).



Fitzgerald was appointed to the board by Warren County Board of Supervisors. He is a partner in the Glens Falls-based law firm of McPhillips, Fitzgerald & Cullum, for which

he represents private and nonprofit businesses and landowners. He is a member of the New York State and Warren County Bar Associations, and served as trustee and secretary of Warren County Bar Foundation. He has served on the boards of Rotary Club of Glens Falls, Tri-County United Way, Glens Falls Family YMCA and was president of the board of World Awareness Children's Museum. He earned a bachelor's degree from the University of Maine and a juris doctorate from Albany Law School.



McDonald is executive director of TEACHMEducation Services, to which she transitioned after a 32-year career at Cambridge Central Schools. She worked as a teacher, teacher leader, administrator, grant writer, curriculum writer and statewide grant site director, and served as a school board member. She is a professional learning facilitator, grant writer and Classroom



Academy coordinator for WSWHE BOCES, and was appointed to the board by Washington County Board of Supervisors.

Nolan was appointed to the Board of Trustees by Gov. Kathy Hochul. He is a professor of Business Analytics and Computer Science at Siena College, where he taught and served for many years as dean of the college's School of Business.



He serves on Washington County Board of Supervisors as supervisor of the town of Greenwich, and is chairman of Sunnyview Hospital Foundation Board. He has served in many volunteer positions throughout the greater Capital Region, and worked extensively overseas throughout the 1990s. Nolan earned a bachelor's degree from Siena College, and an MBA, certificate of advanced study and doctorate from University at Albany.

"We are excited to welcome Elijah, Ed, Colleen and Jim to our board and look forward to the important work we know they will do on behalf of our students, faculty, staff and community," said Kristine D. Duffy, Ed.D., president of SUNY Adirondack.

Everlasting Lights returns to Commons

Helena Winterbottom
Journal & Press

A recent Sunday debuted the event of the season for Greenwich: The Annual Everlasting Lights Ceremony. Starting in 2001, the ceremony is a cherished tradition in Greenwich that lasts for about a month every year. Run by Judy Patrick and her sister Jen Sharp, the tradition has fifty Christmas trees put up in honor of deceased loved ones in The Commons behind the Greenwich Town Hall.

"Each tree is in honor of someone who has died . . . the trees have themes," said Patrick. "Families adopt a tree. For example, a whole tree might be decorated in honor of someone's favorite team."

The Everlasting Lights has held special meaning in the town of Greenwich for many years and marks an important time of year and tradition for the Christmas season: "It's important to a lot of people."

The trees were lit up all at once last Sunday, December 4th at 5 p.m. in The Commons. "It's really nice to see all the trees lit all at once. It's a really special thing."

Many in town came together to watch the trees get lit up. According to Patrick, a recent challenge has been finding all the trees, though this year they were sourced from Bob's Trees. "We have a couple of volunteers who come together to set it up," said Patrick. "Everyone comes together on the Tuesday before."

Patrick and Sharp took over running the event from Elaine Kelly who started the event in honor of her late husband, who had passed away around the time the event began.

"We have a waiting list for of people who want to come and honor their late relatives," said Patrick.

Phyllis Sharp, Judy and Jen's mother, has a red star-themed tree.

The process consists of people coming to the Greenwich Commons, picking a tree if they've signed up, and decorating it according to a theme based on the interests of their passed loved one, sort of like an altar on Dia de Los Muertos. The trees are small so that they can all be in proximity to one another and not waste electricity, and the electricity bill for the trees is covered by the town of Greenwich.

"During COVID we did the event on Facebook Live," Patrick said, explaining the importance of the event to Greenwich citizens.

Patrick emphasized that "even if there's a big snow the trees are fine," and that the snow usually is just shaken off or falls off.

When the trees were lit there it drew a large crowd including many local groups such as the Boy Scouts: "When they have the ceremony the local Boy Scout troop come with cookies and hot chocolate . . . [and] kids from the Greenwich Youth Center help us."

Apparently, it is a big undertaking for all involved: "If you've put up one tree in your house imagine doing fifty!"

The Greenwich Town Highway Department did the job of setting it up.

The Everlasting Lights holds a special meaning to the people of Greenwich and marks an important and special time of year. When the people and families of the town come together to support one another in remembering their lost loved ones, it carries an important weight in the town community. Every year the ceremonial lighting of the Everlasting Lights commemorates the significance of the continuation of last year's ceremony, and marks a very special occasion for all who attend the event. The opportunity to come contribute to a greater community bonding experience means a lot to all involved and shows how important the event is to everyone.

On January 1st "people come at their leisure and un-decorate their trees," marking



the end of the event and the end of the Christmas season in Greenwich.

An annual Look to the Star Light event

Samantha Simmons
Journal & Press

This month, the Village of Schuylerville is setting up for their annual Look to the Star Light event. The event is being brought back to light up the village for the first time since 2020.

MaryAnna O'Donnell, founder of Saratoga Gluten Free Bakery, "planted the seed" for this tradition in 2019-2020, said Chelsie Henderson in an email. This year, as the event makes a comeback, village residents, friends, and family are remembering O'Donnell and the light she brought to the community.

A lighting of the trees was kicked off with the Schuylerville Community Theater's 11th annual Memory Tree Lighting Ceremony in front of the Town of Saratoga building.

Throughout December, businesses in downtown Schuylerville will be lighting up their display windows with Christmas lights and a star as the focal point. The stars are meant to symbolize a multitude of things from commemorating loved ones who have passed, religious affiliations, or wishes to be made.

On Dec. 17, the Schuylerville Public Library and Hudson Crossing Park will be holding a free event where people of all ages are welcome for story time and to make and decorate lanterns from 1:30 p.m. to 3 p.m. at the

library. Refreshments will be served. From there, guests are invited to the Gateway Visitors Center at 3:30 p.m. to set out and sing for "starlit" small businesses in the Village.

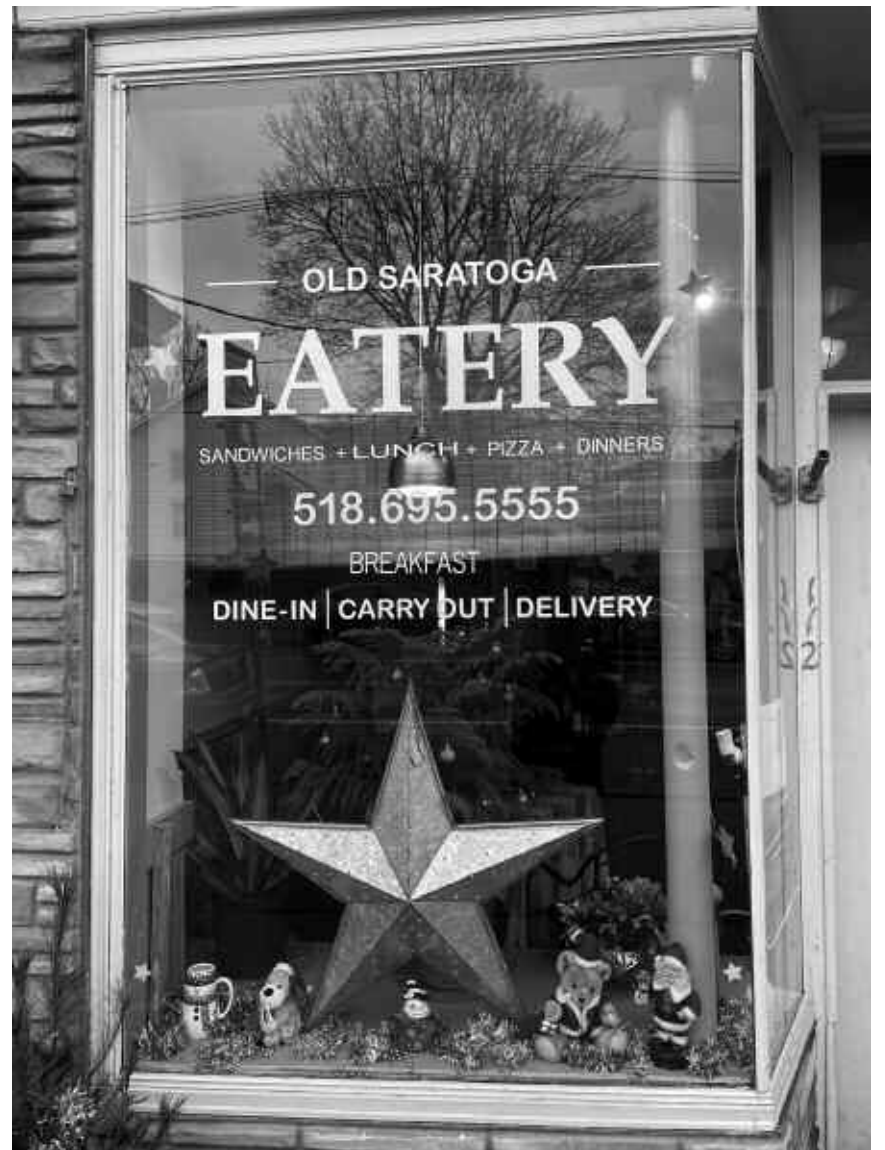
Those who partake in the event will be placing the luminaries made earlier that day outside of businesses.

These will be seen again on Dec. 21 for the Winter Solstice as the community brings light to the longest night and shortest day of the year.

You can catch businesses with their luminaries lit from 4 p.m. until 9 p.m. on Dec. 17 and 19.

Use the hashtag #LooktotheStarLight to connect with others in the village and see all the ways businesses and residents are decorating for the solstice season. After viewing the displays, you can use the QR code on the "Celebrate the Winter Season in Schuylerville" poster, which can be found accompanying the displays in the window, or here in this article to vote on your favorite display.

By casting a vote, you are entered into win a \$20 gift certificate to Bound By Fate Brew-



ing or Kickstart Café. Winner of the people's choice window will receive a gift certificate too.

Thanks to Dave and Mary Roberts, the old hotel parking lot also has had some holiday cheer brought to it with lights.

Salon moves to Greenwich

On Dec. 7, the Greater Greenwich Chamber of Commerce hosted a ribbon cutting at Greenwich's newest hair salon, Cherry Razz Studio, in the Big Lots Plaza. The business was previously on Broad Street in Schuylerville. KellyJo Kesterson is the owner. She is pictured, center, with Chamber members flanking her. You can set up an appointment by calling 518-531-4219 or visit cherryrazzstudio.booksy.com.



Winter Cut Flower Webinars

Cornell Cooperative Extension and the Regional Capital Area Agriculture & Horticulture Program will present the 2023 Winter Cut Flower Webinar Series, online via Zoom on Tuesdays from January 10 to February 14, 2023. For residents of the of the CAAHP area (Albany, Rensselaer, Schenectady, Washington Counties), the cost is \$15 per session or \$75 for all sessions. For residents of all other areas, \$20 per session and \$100 for all sessions. Pesticide application credits are available. Details: (518) 765-3518 or cce-caahp@cornell.edu.

Reverse-911 available in Schuylerville

The Village of Schuylerville is working on a program called "Code Red" or "Reverse 911." This opt-in program would enable the Village to contact residents via text, call, and/or email.

Code Red goes through Saratoga County but leaves messages up to the village.

Village Clerk Helene Patterson said, "That's the beauty of it" – that the Village gets to control the messages being sent out.

Not to worry though, Village officials said the messaging platform would not send spam to those who choose to opt-into the program.

This service would allow for emergency

messages about water breaks, road closures, snow emergencies, etc.

Positives about the service is that it allows for a form of communication for those who would otherwise depend on television or needing Wi-Fi, the messages comes through "telephone lines which are self-powered, and most people now have cell phones," according to a FAQ flyer from CodeRED Emergency Notification System.

You can sign up for this program on the Village's website under Code Red/ Emergency or by sending your information here to be added to the system:

The Village of Schuylerville

35 Spring Street
Schuylerville, NY 12871

Information needed is your first and last name, phone number or email you want enrolled, and your home address.

According to the Village's website, "Landlines are in the system for reverse 911 but cell phones and VOIP are not unless you register these numbers."

The Village is working on a way to block notifications to only people in areas where there is a problem (I.e., water main break notification to only those it affects).

–Samantha Simmons

Time to give a hoot!

Linda Anderson

Special to Journal & Press

If you have ever had the benefit of witnessing a group of short-eared owls ascend from seemingly nowhere at dusk and gently glide over snowy fields—the sun setting behind the Adirondacks—then you know you have witnessed a miracle. And if you haven't seen this, you can, because Fort Edward holds a treasure—one of the largest grassland bird habitats in eastern New York.

In 2019 Science magazine reported that bird populations are in rapid decline—the most significant loss occurring among grassland birds. According to the NYS Department of Conservation (NYSDEC), grassland bird habitat loss and degradation has resulted in an astounding 80-99% loss of grassland breeding species in the last four decades.

Here in Washington County Audubon identified 2,000 acres (in 1997) as an Important Bird Area (IBA), most of which are in Fort Edward and a few in Argyle. This is due to the ideal and significant habitat for endangered and threatened grassland birds—wetlands, small forests, and hundreds of open fields. NYSDEC later extended the grassland boundary to include 13,000 acres. They also purchased land in order to create two wildlife management areas, conserving 300 acres along Black House Road and 180 acres along Plum Road. And in 2010 Grassland Bird Trust (formerly known as Friends of the Washington County Grasslands Important Bird Area) was created and purchased an additional 78 acres for grassland protection. Its mission: to conserve habitat for endangered, threatened and rapidly declining grassland birds.

Ron Renoni, Stewardship Co-Director for Grassland Bird Trust (GBT), explains that the grassland around Fort Edward is there largely because it is made up of clay soils and farmers know that it supports grasses better than corn. Songbirds, such as Bobolinks, Savannah sparrows and the Eastern meadowlarks, require grassland habitat for breeding, however they need at least 45 days to complete all nesting stages. He says, “This begins in May when birds build their nests on or near the ground, incubate their eggs, and raise their young birds until they can fly. The challenge for the bird's survival is to find grassland habitat that will not be harvested by mowing within this time frame.” State and federal conservation incentive programs, designed for grassland birds survival, put August 15th as the earliest harvest dates for fields enrolled in their programs. The scarcity of grassland habitat increases because many farmers cannot afford to wait to mow their hay or alfalfa.

In winter months, Renoni adds, “The grasslands become important to raptors such as hawks and owls. Short-eared owls, called Shorties, are endangered in New York with only four confirmed records of breeding pairs counted in the 2005 Bird Breeding Atlas. Shorties arrive in Fort Edward in winter, primarily from Canada to feed and breed. The IBA is critical to their winter survival. They depend on the open fields and wet meadows to hunt rodents at dawn and dusk and to hide the rest of the day in heavier vegetation. A robust population of meadow voles is essential to their winter survival, and their breeding success, which keeps the owls hunting from fields to wetlands throughout the IBA. The fact that solid num-



A male Northern harrier seen in Fort Edward –gordon ellmers photos

bers of 20 and sometimes as many as 30 owls have been recorded hunting in the grassland IBA, in winter, for the last several years is noteworthy for a bird that is considered a ‘rare breeder’ in all of New York State.”

The Northern harrier is another raptor of the grassland IBA that gets noticed by landowners and birders alike. Renoni says that the male is referred to as the “gray ghost” because of its gray and black plumage (the female is feathered with earth tones of browns and beige). He adds, “This hawk hunts the same fields as the Shorties, and they can be observed in direct competition when the owls are present. These hawks have a small breeding population in this IBA and conservationists are working to improve habitat to increase their breeding success.” The Northern harrier is currently listed as “threatened” in New York State.

Renoni emphasizes that the survival of grassland birds is becoming more and more difficult as their habitat rapidly disappears and their populations continue to plummet. Protected habitat is essential for their survival.

‘A solar project in Fort Edward could negatively impact endangered and threatened birds.’

Enter Boralex

Now the grassland birds that GBT is striving to protect, face a new threat. Boralex, a Quebec-based company that produces renewable wind, solar, hydroelectric and thermal renewable energy, is proposing a solar energy project in Fort Edward that will potentially devastate raptor habitat in the heart of IBA. According to its website, Boralex has proposed a 100 megawatt photovoltaic solar energy generation facility with an estimated footprint of 650 to 700 acres (90% in Fort Edward and 10% in Argyle). The project will require access roads, a substation, and an electrical interconnection with National Grid.

Boralex's project originated in 2019 and construction (pending site approval) is estimated to begin in 2024, continue for eighteen months, and operate for a potential 30 years. Boralex has been making arrangements with landowners to lease land for this project, which is currently in the application process. The project aligns with New York State's Clean Energy

Standard and would be governed under the new 94-c state permitting process through the Office of Renewable Energy Siting (ORES).

Raptors and owls hunt low to the ground and cannot negotiate around the panels. And as for the smaller “at risk” birds such as upland sandpipers, sparrows and meadowlarks, there is no published research on how the panels will affect them in the northeast. GBT's Board President, Keith Swensen, says that GBT supports renewable energy and is hoping to negotiate a win-win scenario with Boralex. The hope is that the company will alter the location of their panels so as to create a buffer area around the solar panels for the birds to travel and feed.

In addition to protecting important habitat, the GBT brings people from far and near to view these special birds, offers lectures and viewing trips to educate the public about the importance of the grassland habitat. This influx of visitors also helps to support the Promote Fort Edward Initiative.

In a video about the project on the Boralex website, Marc Stachiw, Project Manager, says, “We want feedback relatively early in this stage of project development so this allows us to make any changes the community is looking for.”

Kathy Roome, GBT Board Secretary, optimistically notes, “There is an opportunity here to establish an important precedent in New York State, and throughout the Northeast for renewable energy projects that affect bird habitat. We can have both clean energy and conserve our at risk wildlife species.”

A public hearing is expected sometime in early 2023.



Short-eared owl

Greenwich's Merrill grabs national honors

Helena Winterbottom
Journal & Press

Collegiate rugby player Tess Merrill attends Endicott College and is a sophomore. She grew up in Greenwich and is very excited to have helped win their team's National Championship, been named player of the match for the National semi-final and final game, and, most prestigiously, is now an All American Scholar Athlete, one of ninety-nine in the country. There are only thirteen in her athletic division. After joining her school's rugby team her freshman year, she began her rugby career after having never playing rugby before in her life, going on to become tremendously successful. Tess is personable and kind; she is well-spoken and determined to succeed both in her rugby career and in her personal pursuits in becoming a nurse as she is a nursing major at Endicott.

When asked what growing up made her want to be an athlete, Tess explained that she'd played many sports in her formative years, starting in preschool when she began her athletic career as a young soccer player. Her brother played football which was an athletic inspiration for her, and she also played basketball in middle school.

"The sport of rugby is unpredictable," Merrill stated. Before becoming an All American Scholar Athlete, which is an athlete which maintains a 3.5 GPA and rostered for 50% or more of the fall or spring matches, Tess was a freshman who was just starting out at the sport.

"I knew I wanted to stay active because I grew up playing sports. I didn't know much about the sport but my brother played football growing up. The second I stepped onto the field I knew it was the sport for me. You win together, you lose together . . . I saw what we

could become as a team. It was the combination of every sport that I'd played."

Only ninety-nine women have received the honor of All American Scholar in comparison to three-hundred and seventy-three men this year. "I'm honored to be part of that group," Merrill said.

When asked how she balances sports and academics, she replied, "Coming to college was a whole new switch for me . . . in college you have to want to educate yourself. The good thing about our rugby season is that we have practices at night. School always comes first. I always do homework before practices. In practices you need focus on the game rather than the outside stressors you have going on."

When asked, "How do you motivate yourself when playing rugby?" Merrill replied, "I think motivation has to come from you wanting to succeed. I think it's easy for people to fall back on the fact that it's not always easy. I like to better myself. I stay motivated by wanting to make my friends and my coaches proud of what I'm able to do."

Endicott College's team was able to go to the division's National Championship and win this year, according to Merrill, thanks to "our team commitment." The team went to Nationals in Houston after practicing throughout the season, battling injuries, yellow cards, and the general adversity that comes with playing a sport.



Merrill was named player of the match for the semi-final game and the final National game, and she said, "I come to practice with a mindset to work and give it my all. I watch games and take notes of plays and techniques that I can use into my own skills. To be recognized at such a high level excites me for the future. Only being a sophomore in college, I have so much room to further advance my skill set and show what I can bring to the game."

Merrill scored the highest amount of points over any other player in her division this season. She was the leading point scorer for the Colonial Coast Rugby Conference (CCRC). She has so much potential in her rugby career that she has been nationally recognized as a high achiever in the sport of rugby, and not only that but she is a true pleasure to talk to.

"The minute I stepped onto the rugby field I knew I wouldn't have it any other way. I'm very grateful for the team and the sport I've discovered at Endicott College that's given me the opportunity to do this," she said.

Hopefully Merrill is able to reach her full potential and follow her dreams in her rugby and nursing careers. Her next step is to go to the All Star conference in Houston in January.

When reflecting on winning the National Championship, she said: "Winning a National Championship reflects the amount of praise and acknowledgement our Endicott Women's Rugby team deserves . . . We have overcome a lot of obstacles to get to this point, we won this National title to prove that perseverance and hard work is rewarding in its own way."

Hargreaves at HVCC

"The Blindspot of an Old Dream," an exhibition of paintings and installation by New York City Artist Jessica Hargreaves, is now on display in The Teaching Gallery at Hudson Valley Community College. The reception, gallery hours and a subsequent artist's talk (see below) are open free to the public. The Teaching Gallery is located in the Administration Building on the Troy campus.

Hargreaves will discuss her work and career on Thursday, Feb. 2 in the Bulmer Telecommunications Auditorium at HVCC. The hour-long talk will begin at 3 p.m.

The Teaching Gallery hours are 10 a.m.- 4 p.m. Tuesday, 11 a.m.- 7 p.m. Wednesday, 10 a.m.-4 p.m.

Thursday and Friday, noon-4 p.m. Saturday, and closed Sunday and Monday; admission is free. The exhibit spans HVCC's holiday break and winter session, therefore the Teaching Gallery will be closed Dec. 17 through Jan. 16. For directions to the gallery and more information, visit www.hvcc.edu/teachinggallery.

Hargreaves's paintings depict mundane, intimate and fraught human experiences through figurative and animal imagery placed in allegorical settings. Her style pays homage to familiar history paintings, but with added molded creatures – wild-eyed snakes, tigers, seahorses and dogs – bulging out of the canvas and meandering the gilded frame. A menagerie also permeates her decorative, yet disquieting toile wall-



paper. Vladimir Putin, Oprah Winfrey, Ivanka Trump, Beyoncé and other recognizable figures populate her paintings that depict both fantastical and realistic set-

tings, or an unsettling hybrid of both. Hargreaves states that her directness and technique "bring humanity's convoluted and emotional landscape into high relief."

J&P: Embracing change for 2023

Darren Johnson
Journal & Press

As you likely know, paid-circulation newspapers like this one are facing a lot of issues nationwide. Costs have gone up while print readership declines. Very few papers are in a big enough region, with a loyal enough audience, to transition to the digital world.

Certainly our region isn't large enough to financially support an online newspaper. People online, for the most part, want news for free. Advertisers don't need a newspaper to help them promote themselves online.

These past three years with The Greenwich Journal & Salem Press, I've tried various tactics to get more paid readership and/or advertising; none of them worked particularly well. Sure, we've added some subscription sales, but newsstand sales aren't as easy as they used to be.

Let's face it, this paper is a recipe for burnout for a single person doing the bulk of the work. Papers like this one had offices and whole staffs up until a decade or two ago. Some community newspapers, if they happen to be in a prosperous region, still do have such setups. But our region doesn't have the business base it once had. So, as ad revenue doesn't come in like it used to, we can't afford to pay people to cover events and meetings that deserve to be covered.

Ultimately, based on all of the data I've gathered, and considering the postal prices and rules when it comes to having a periodical mailing permit, I think the best course action is to do the following:

- Keep reducing newsstand sales, encouraging local people to buy subscriptions, instead. Selling in stores is increasingly problematic. Some stores will no longer sell newspapers. Others have moved racks to obscure corners of the store. The free papers also hijack rack space, and people will simply swipe the paid-circulation papers along with the free ones. It's not worth losing half a day and a half of a tank of gas delivering to a bunch of convenience stores for some nickels and dimes.



- Since we're twice-monthly, change formats with each issue of the month. I'm thinking the first of the month issue will have a larger print run but we'll place free sample racks in farther-away places where we used to sell the paper. The free sample racks will promote subscriptions, and the larger circulation will be more enticing for advertisers. According to new postal regulations, we're allowed to sample 50% of our circulation locally.

- The 1st of the month issue will have a masthead that reads Journal & Press, incorporating our history of, at one time, representing a large number of towns and villages. The mid-month issue will have The Greenwich Journal as its masthead with The Salem Press as a sub-masthead. A problem has been that we don't cover any one town closely, so this issue will declare which towns we are more devoted to, because, reality is, most of our subscribers come from Greenwich and many come from Salem still. Past decisions to lump in other towns only watered down overall coverage.

So, in essence, I'm proposing a hybrid model. Free monthly in some places; paid twice-monthly in Greenwich and Salem; maybe Schuylerville, too, since it shares so much with Greenwich. The 1st of the month issue will be more regional in nature, while the mid-month issue

– available only to subscribers or on some select newsstands – will be more specifically about the towns where we actually have a devoted readership, with deeper coverage.

In the media business, it's adapt or die, and I'm thinking the above plan can keep us going for more years as a print edition.

(It's not that I'm adverse to the digital world – quite the contrary; I actually teach modern media at any college that will have me, and have had web sites since the 1990s. It's just that the numbers don't work online in our region. Sure, we have about 10,000 social media followers, but, reality is, they want free content. Thus, online is where we can put those good-news, shorter announcements that get tons of shares. Maybe Facebook/Meta will someday pay us for all of the traffic we donate to them.)

Anyway, I thought I'd give you the above message so that there are no surprises if this historic paper transforms a little bit in 2023. The goal is to get better, not worse.

Have a Merry Christmas, Happy Holidays and a prosperous New Year!

If you got this paper for free, please subscribe at JPSubs.com. If you'd like to help this paper as a volunteer, let me know. Write editor@journalandpress.com.





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Local history calendar

The 2023 Town of Saratoga calendars featuring pictures from days gone by in the villages of Schuylerville and Victory and in the surrounding areas are now on sale. Calendar pages are sprinkled with close to 150 historical tidbits.

The photos include Broad Street Schuylerville businesses about 1950, third grade students at Victory Mills school in 1940, the Visitation Church parsonage, residences of Dr. Gow and Dr. Boright in Schuylerville, the bathing beach at Evergreen Farm in Victory Mills and six other pictures from the Town's past.

You will learn when Schuylerville athletic teams won championships, the Reformed Church was placed on the National Register, Betsy Schuyler married Alexander Hamilton, and when the junior-senior high school was dedicated.

Calendars may be purchased for \$5.00 in Schuylerville at Byron's Market, Saratoga Apple, Schuylerville Public Library, Schuylerville Village Clerk's office and at the Town Clerk's office or at the Old Saratoga Mercantile and Olde Saratoga Home and Garden on Route 29 and from Pat Peck, (518) 584-4129.

Greenwich Community Garden update

The Community Garden in Greenwich has been neatly tucked in under the grey skies of winter. All in all, the 2022 growing season was successful.

Due to generous donations from Saratoga Sod, and an anonymous donor the soil was enhanced, and a major beautification project was possible. Many compliments on how great the garden looked were given. Credit can be attributed to: the lush sod, the assortment of flowers, and the metic-

ulous work of the new and returning gardeners!

Due to in kind and equipment donations all plots were free of charge in 2022. In 2023 the plan is to return to charging \$25 per plot for private plots (so that a weed wacker and bagging mower can be purchased.) Communal plots will continue to be free, and the Battenkinder Home School group will not be charged.

There are plans to create educational programs on composting, mulching and companion pairing.

A seedlings exchange will be encouraged, and a plan will be made for distributing surplus produce. In 2022 fresh vegetables were put out for free to the public as they became available.

Seasons may change but the vision remains the same; to make the community garden a welcoming gathering spot, where seeds of hope are sown. Where people learn to be self-reliant, to feed their body and spirit. Thanks to St. Joseph's Catholic Church for being a gracious

host for the past decade, and thanks to the Village of Greenwich for being supportive.

Along with fees and registration paperwork, liability waivers will be collected from all gardeners again next year. An effort will be made to assign 2023 gardeners to the plots they had in 2022. For more information on a private plot or how you can contribute to the communal area please contact Rachel Clothier at 518-932-3760 or through the Greenwich Community Garden Facebook page.

Now repairing video game consoles

Chris Payant, proprietor of Tech Monkeys on the corner of Ferry and Broad Streets in Schuylerville, wants to inform the community that his business will also repair video game consoles starting this holiday season. Of course, they are still performing computer repairs, security and tune ups. They also can help you install at-home TV and entertainment systems. Contact them at 518-507-6118 or at www.tech-monkeys.com.



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Patricia Margaret Cochrane Quillio Hepp, 85

Patricia Margaret Cochrane Quillio Hepp, 85, passed away Saturday, November 26, 2022. Born April 10, 1937 in Paterson, New Jersey, Pat was the daughter of Samuel & Ann (Anderson) Cochrane of North Haledon.

Growing up, Pat played the piano and worked at the family delicatessen in Haledon, NJ. Pat graduated from Hawthorne High School in 1955 and started at the Bell Telephone Company in Albany, NY, retiring from the phone company after more than 20 years. She was an avid reader, an accomplished Master Gardener, and wonderful cook. Pat married her high school sweetheart Louis Quillio who passed away in 1963 and was fortunate to marry again to Edward Hepp who passed away in 2019.

Pat is survived by her sister June Cochrane Westlin of Pompton Lakes, NJ and her brother Samuel Cochrane and sister-in-law Christina of Johnsonville, NY; her son Louis Quillio and wife Joan of Castro Valley, CA; her daughter Susan Quillio and husband Tim Holmes of Greenwich, NY; her daughter Heather Hepp and husband Crighton Minges of Liberty, Maine; her daughter Pamela Hepp Schmuhl of Hampton, NH; six grandchildren; one great grandchild; and several nieces and nephews.

A memorial service for friends and family was held on Saturday, December 3, 2022 at 10:30 am at the South Cambridge United Methodist Church, Route 59-A, Cambridge, NY 12816 with refreshments following at Pat

and Ed's home.

Donations in lieu of flowers and in memory of Pat can be made to the Greenwich Free Library, 148 Main Street, Greenwich, NY 12834 or the South Cambridge United Methodist Church.



Robert Thomas Gannon, 79

Robert Thomas Gannon, 79, of Easton, died peacefully Friday, Nov. 25, 2022, surrounded by his loving family.

He was born in Cambridge, N.Y., on Oct. 10, 1943, the son of the late Thomas and Frances Gannon of Greenwich. He graduated from Greenwich Central School and served as a Sergeant in the U.S. Army during the Vietnam War.

A devoted husband, father, and grandfather, Bob was the heart of his family and the community, always offering his expertise and a helping hand. After years of working as an apprentice contractor for his father, he later took over the business - building, restoring, and maintaining hundreds of homes, churches, and businesses in the region. He continued his work until late this summer with his colleague, Craig Spiezio.

With his lifelong passion for the outdoors, he was an avid hunter and birdwatcher and loved to take long Adirondack journeys on his Harley. He enjoyed family vacations in National Parks and the Caribbean, but his heart was on Hedges Lake. When not admiring the

eagles and loons or connecting with family, neighbors, and friends, he was focusing on his legacy project, rebuilding, and renovating their lake cottage, so it continues to be a haven for his family for generations to come.

Survivors include the love of his life, his wife of 57 years, Barbara Moss Gannon; their daughter: Kelly Donahue, and her husband, Joe (who?) of Greenwich and his son: Kyle Gannon, and his wife, Janeen, of Queensbury, NY. However, the stars of his show were always his grandchildren: Kellen, Molly, and Katie Gannon, who he doted on, spoiled, teased, and mentored. He is also survived by his brother, William Gannon, his wife, Vicki, and their two children, Peter, and Rebecca.

He is predeceased by his sister Betsy Gannon of Corning, NY.

Friends called on Saturday, Dec. 3, from 9 to 11 a.m. at Flynn Brothers Funeral Home, 80 Main St., Greenwich, N.Y. A short memorial service was held at 11 a.m. following the calling hours at the funeral home. The Rite of Committal will follow in St. Joseph's Cemetery, Greenwich.

The family would like to give a special thank you to Dr. Michael Chase for his guidance, friendship, and great compassion. Thanks also to the outstanding nursing staff at Fort Hudson Health System.



To help ensure there will always be great nurses in the future, memorials may be made to the Queensbury Community Scholarship Association for graduating seniors interested in the nursing profession. Please mail to: PO Box 4083, Queensbury, NY 12804.

Online remembrances can be posted at www.flynnbrosinc.com.

Shirley Ann Loyd Anthony, 78

Shirley Ann Loyd Anthony, age 78 of Wake Forest, NC, passed away November 18, 2022, after a 12-year fight with kidney disease. She was born to Tommy and Irene Zetzman Loyd October 18, 1944, in Roscoe, Texas and is survived by her brother Ronny Loyd and wife Jodi of Houston, TX; her daughter April Anthony and husband James of Durham, NC; her son Scott Anthony and wife Andrea of Schuylerville, NY; daughter Allison Anthony of Wake Forest, NY; son Trent Anthony and wife Melanie of Galway, NY. Shirley loved spending time with her eight grandchildren and held each within hours of being delivered: Cor Anthony of Cambridge, NY, Kendall Anthony-Busbee of Asheville, NC, Maxwell Anthony of Burlington, VT, Gabe Anthony of Saratoga, NY, Connor Anthony and Caitlin Anthony of Saratoga, NY and Marco and Emi Ortiz of Wake Forest, NC. Shirley was also survived by her nephews Daniel Loyd, Frank Anthony and Steve Anthony and niece Dana Leary.

Shirley grew up in Lubbock, Texas tap dancing, playing with their dog Blackie and

attended Monterey High School. A Suma cum laude graduate from the University of Albany, SUNY with a degree in Political Science, Shirley worked for the Capital District Women's Employment and Resource Center after college. Her career included owning the Calico Trunk, a fabric store below Hubbard Hall, Cambridge, NY, Executive Director of the Hospice of Washington County, Cambridge, NY and Office Manager of the Good Shepard Lutheran Church, Raleigh, NC.

Shirley was an avid gardener and loved her dachshunds, reading, canasta, photography, cooking, baking and music (Queen, Joe Cocker, Bill Withers, Jerry Riopelle, Harry Nilsson, and Jimmy Cliff). She was a supporter of the arts and helped create the non-profit Hubbard Hall in 1977 in Cambridge, NY, an opera house built in 1878. She joined a group of women to build a script fit log cabin in Searsburg, VT. She was also a longtime volunteer with Home Made Theater in Saratoga, NY. She was courageous, strong, funny, caring and always there for her children, grandchildren, and friends. Shirley was

a huge democrat and a feminist. She loved the beaches in Maine and Ragged Lake, NY.

The family thanks all of the many caretakers over the last few years as well as friends and family for their generosity. A private memorial service will be held in 2023 at the family's cabin in the Adirondacks. Donations can be made in honor of Shirley Anthony to the Hubbard Hall Center for The Arts and Education Annual Fund Donation Form 2023 (neoncrm.com) or Home Made Theater AudienceView Professional (ovationtix.com).



I refuse to be that naked locker room guy

Greg Schwem

Special to Journal & Press

I saw him approaching the day after Thanksgiving, the Friday that sends even the most passive “athletes” scurrying to the gym, convinced that one 30-minute session on the Stairmaster will melt away the sweet potatoes and pumpkin pie they gorged upon the previous afternoon.

During my holiday meal, I gave thanks for good health. The next morning I was thankful for clothes, because I was wearing some. Not so for him.

He had just exited the shower and was all pink and naked. Seeing that I had just stepped off a scale (I also gave thanks for only gaining 2 pounds) he pointed at the number and then at me. My eyes stayed transfixed on his because I had no interest in looking elsewhere.

“You sure you want to do that the day after the holiday?” he asked, before emitting a wry chuckle.

“Yeah, probably not the best timing,” I replied.

And with that, he retreated to his locker and began to dress. But he’d made his presence known.

Every male locker room -- even those in clubs that cost thousands to join, reek of body butter and hire attendants to pick up fluffy, terry cloth towels haphazardly tossed about by members -- has one. He is that friendly guy who will start locker room conversations with fellow inhabitants, be they no-necked muscle heads, triathletes in training, Pickleball beginners or massage enthusiasts.

He will also do it without wearing any clothes.

He is usually in his late 60s or older. No need to describe any other characteristics. Maybe he’s a lonely

divorcee or widower. Maybe he spent a career as a traveling salesman and has a flair for conversation and entertaining icebreaker statements. None of that is relevant; I only care that he clothes himself. Quickly.

I have never been in a female locker room, so I have no idea if women are comfortable chatting with their compatriots while bare breasted or in other stages of nakedness. My wife insists every woman is always wearing, at the “bare” minimum, a towel. Fantasies aside, I applaud their modesty.

Younger men, I have noticed, well not noticed, observed, glanced at, uh...forget it. Younger men seem to be more inclined to cover their private areas in locker rooms. Sexagenarians and above need to get that memo soon. And, because I recently turned 60, I need to read it as well.

You see, I briefly became a friendly old naked guy.

‘You see, I briefly became a friendly old naked guy. It didn’t happen by choice, but it still ... happened.’

It didn’t happen by choice, but it still...happened. Shower completed, I was headed to my locker when I noticed a health club regular, a disabled man confined to a wheelchair but still ripped to the core, attempting to pick up a training glove he had dropped. I ran over to help and suddenly found myself quizzing him. I asked about his disability; he revealed he lost the use of one leg in a factory explosion. I complimented

him on his tenacity in the weight room. I asked his age. He was also 60, which explains why he was only too happy to converse.

I wished him well, retreated to my locker and only then realized the cardinal rule I had just broken. I’m sure younger men in the locker room were silently mouthing, “Dude, cover

that up.”

I have always been an extrovert and pride myself on being able to easily talk to people of all sexes, age groups and races. It’s a trait I was robbed of during the pandemic, and one I was only too happy to jumpstart after lockdown eased. People, and their stories, fuel my writing and my standup comedy routines. Don’t worry; a bit about talking to a disabled gym rat while naked will



not be included in my Netflix special, should I ever be offered one. But I left my club feeling more inspired than if I had just dressed in silence.

Now I must remind myself that inspiration can come while fully clothed. In fact, I’m headed to the gym shortly. My bag contains the essentials: combination lock, AirPods and toiletries.

Also, for the first time ever, a full length robe.

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.



The Larger Picture

Seize the day!

Teresa M. King

Journal & Press

Many years ago I had a license plate that said Carpe Diem. Frequently, when I took a road trip, I would get a thumbs up from people driving by. I enjoyed having that plate for many years. When I decided it was time for a different one, I was surprised to learn how many people were upset that I got rid of it.

There are many ways to seize the day. One way is to notice what is right in front of you. We can move through our busy days without looking up or slowing down. Open to see beauty. Notice when grace has descended upon you. See the person in front of you, who is speaking with his words and his eyes.

Seizing the day can mean making a small decision to do something that will bring us out of our deeply engrained routines. If we chose to take a different route when we do our errands, something new may come.

What does “seize the day” mean to you? Is there something you’ve been wanting to do, for a very long time, that you haven’t gotten to yet? Perhaps all you need to get there, is to give yourself permission. Or maybe you’re at a point in your life when it feels time to make a big decision; something that has the potential to change your entire life, for the better.

Open to see that glass half full, not half empty. Let go of the belief that some cosmic shoe is going to drop and destroy everything.

Nothing can be further from the truth. If you choose to flip a mental switch, it can result in a beautiful flow of positive things coming into your life. Create space in your day and your life for the unexpected. Be open to spontaneity. You never know what might be around the next corner!

*Teresa King is a workshop facilitator. She can be reached at teresaking1@live.com Her next workshop, *Healing the Emotional Heart and Soul*, will be held on Fri., January 6. Details can be found under *Events* at thelargerpicture.com.*



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Easton Christmas Eve

The Easton Methodist Church, 12053 State Route 40 invites all to a candlelight Christmas Eve service beginning at 7:00 pm on Saturday, December 24. The service will be led by Pastor Melissa Weatherwax and will include Christmas reading and hymn singing. Those who are not able to attend may join the service on Zoom. Email eastonchurch126@gmail.com to have information sent to you or visit eastonumc.org.



Salem Santa sirens

Salem residents: Step outside of your house on Sunday, December 18, 2022, and say “hi” to Santa as the Salem Volunteer Fire Dept. escorts him around the streets of the old Village of

Salem. The fire department will leave their firehouse at 4 p.m. to start the tour. Listen for the music and watch for the flashing lights as they near your house and go out to greet him.

Foodie book club

Shaker Heritage Society (SHS) of Albany, NY will host a monthly book club all about food: The Serious Side of Food. In six sessions, participants will explore the history, politics, economics, and social nuances of food in America. SHS director, Johanna Batman shares her excitement for this new program, “In a Shaker context, food is so much more than sustenance. Food can be both a source of pleasure and a source of anxiety. Abstaining from certain foods was one form of piety, enjoying a shared meal in quiet contemplation was another. Offering food could be an expression of hospitality, an act of charity, or even a gift of love and respect. The recent craze for “Shaker” cuisine reflects anxieties about modern society, and a desire to return to foods that reflect simplicity and wholesomeness. Yet, the question

of who can afford to eat “clean” food today is far from simple. We’re excited to delve into this history and explore these contemporary issues through this book club.” Starting on January 18th, 2023 each session will be held on the third Wednesday of each month until June 21st, 2023 in the 1848 Historic Meeting House located at 25 Meeting House Rd, Albany, NY 12211. Registration is free but limited to 20 people. A limited number of books will be available for registered participants to borrow. For more information, please visit www.shakerheritage.org.

Facilitator Lavada Nahon is a culinary historian, interpreter, and editor. She is currently the Interpreter of African American History for the New York State Office of Parks, Recreation and Historic Preservation.

‘Give Comfort’ at Library

Through Monday, January 30, 2023, “Give Comfort!” at the Greenwich Free Library.

Their fall donations drive was so successful, they have decided to continue it for the next couple of months while it’s still cold. Join community members and patrons of the Greenwich Free Library by donating NEW warm winter accessories: socks, mittens, gloves, scarves, and hats sized for adults, teens, and children.



Donations will support the Comfort Food Community, serving local residents.

Look for collection bin near the library’s copier. Please note that all donations need to be NEW.

Photos with Santa

Tractor Supply Company aims to spread Christmas cheer this year with their Photos with Santa event. Held Dec. 16, 2022, from 10:00 a.m. until 4:00 p.m., Tractor Supply customers are invited to bring their children and pets to the store for photos with Santa and other Christmas activities. A local photographer will be on site during the event taking Christmas photos of Santa’s Little Helpers and their owners. The first 25 customers to take their photo with Santa will also receive a free magnetic picture frame. Participating event partners will include:

- H.O.P.E.o On site 10:00 a.m. to 1:00 p.m.
- Greenwich Animal Control Officer On site 1:00 p.m. to 4:00 p.m.

At Tractor Supply, we welcome families with open arms,” said Wayne Foote, manager of Greenwich Tractor Supply store. “This is one of many children and pet-friendly events held throughout the year to show our appreciation for our loyal customers and their loved ones.” This event is



open to the public and will take place at 1175 State Route 29. For more information, please contact the Greenwich Tractor Supply at 518-692-2317.

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'Twas the Night Before Christmas

Michael Levy
Journal & Press

'Twas the night before Christmas when all through the land, all the Journal's writers were putting pens in their hand.

Scribbling Christmas compositions in response to Editor's Darren Johnson's request for submissions.

In response to my parody, will more local businesses advertise, or will they let the Journal and Press meet its demise?

So now I present my Christmas missive, and hopefully the readers will not be overly dismissive.

We turned off the TV and visit the grandparents on Zoom. It is much better than having them in the room.

The children soon were nestled all snug in their beds, while visions of politically correct toys dances in their heads.

For them, no Raggedy Ann and Andy, Barbie, nor even GI Joe. The latter of whom is my favorite tiny commando.

Everything must be gender neutral at the very least, but will kids in the future ever remember the three Kings from the East?

Can you buy the hottest toys for the kiddies on a drive along Routes 22, 29, and 40? Along the way, not many merchants are in this category.

Ordering online is often better than traveling to the store. Amazon Prime left what we needed at our door.

The driver causes a notification to be sent when the packages are here. We bring them inside

quickly to prevent theft by porch buccaneers.

And now to fit together the toys, our brains work hard but the process really annoys.

Instructions were studied with care but after a long while, we were tired. The package made it sound so simple, "some assembly required."

The toys were finally complete and brought under the tree, the spouse will pour for us, the Chablis.

Out on the lawn there arose such a clatter, I sprang from the living room to see what was the matter.

Away to the window I flew like a flash. The significant other called 911 in a dash.

When what to my wondering eyes did appear, but a miniature sleigh and eight tiny reindeer.

With a little old driver so lively and quick, I knew in a moment he must be St. Nick.

As the sirens ceased and to the door the sheriff came, the red suited man whistled, and shouted, and called something out by name:

"On MasterCard, on Visa, on American Express!" He was highlighting that my spending was far in excess.

Right to my limits and maybe even more than my net worth, I really did it this time as I snickered about his girth.



I am glad that St Nicholas is not a man of repossession, or he might have filled his sleigh with my prized possessions.

And then, in a twinkling, I heard on the roof the prancing and pawing of each little hoof.

As I drew in my head, and was turning around, down the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot, and his clothes were all tarnished with ashes and soot.

The fur he wore was certainly not PETA approved, but I made no suggestion that it be removed.

His eyes—how they twinkled! his dimples, how merry! His cheeks were like roses, his nose like a cherry!

But the white-beard gent was not wearing any PPE, I just prayed that he was COVID-free.

He was chubby and plump, a right jolly old elf. And I laughed when I saw him, in spite of my-

self.

He said I was guilty of fat shaming and to that accusation there was no explaining.

A wink of his eye and a twist of his head, soon gave me to know I had nothing to dread.

And laying his finger aside of his nose and giving a nod, up the chimney he rose.

He sprang to his sleigh, to his team gave a whistle, and away they all flew like the down of a thistle.

But I heard him exclaim, ere he flew like an astronaut— "Happy Christmas to all, and to all a good random thought!"

Michael Levy is a government manager residing in Greenwich. He is also a Commercial Pilot and a Ham Radio operator.



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Charitable giving 2022

Jill Schlesinger
Special to Journal & Press

With holiday and end of year charitable giving season upon us, here's a rundown of information you will need.

Two COVID-era charitable benefits have expired. The CARES Act permitted taxpayers who claim the standard deduction to get a deduction on their 2020 and 2021 returns for cash contributions of \$300 they made to qualifying charitable organizations. It also allowed for a larger deduction (up to 100 percent of AGI, from 60%) for itemizers. Those two features are gone for 2022 and the rules revert back to what they were pre-pandemic.

Very few can claim a tax benefit for giving. To receive a tax benefit for giving in 2022, you must itemize your deductions. That means that you need to tally what you spent on state and local taxes, mortgage interest, out-of-pocket medical expenses, and charitable donations.

If your total itemized deductions are higher than the standard deduction amounts for 2022 (\$12,950 for singles, \$25,900 for MFJ, and \$19,400 for HOH), then you would

choose to itemize.

Only about 10% of tax filers itemize, which means that most people who give to charity are doing so for altruistic purposes, not for tax savings. You can try to "bunch" deductions into a single year to push you above the threshold, in which case you should accelerate charitable giving for that particular year.

Itemizers can still give with Uncle Sam's help. If you have a taxable investment account, you can gift highly appreciated securities to charities: you'll write off the current market value, not just what you paid, and avoid capital gains taxes.

Retirees can avoid taxable income and feel virtuous. If you're over 70.5, consider a Qualified Charitable Distribution (QCD), which allows you to gift up to \$100,000 directly from your IRA to a public charity (not to a private foundation, a charitable supporting organization or a donor advised fund), without having to include the distribution in your taxable income.

If you use the QCD, you can't

deduct the amount as a charitable contribution, but if you are lucky enough to not need the money for cash flow, a QCD will allow you to avoid paying taxes on the distribution, and it may also satisfy your Required Minimum Distribution.

Consider Donor Advised Funds (DAFs). These accounts allow you to contribute cash, appreciated assets, or investments and grant to a charity at any time; write off the current market value (not just what you paid) to escape taxes on the accumulated gains; and recommend grants to your favorite charities whenever makes sense for you. DAFs also allow you to give in a year when you have had higher than expected income, or when you are bunching deductions.

Be cautious and vet your charity. Do not donate over the phone or give anyone your credit card or other personal information until you verify it's legit with the IRS's Tax Exempt Organization Search tool.

To see how much of your donation goes to supporting programs (versus overhead), access resources like the Better Business Bureau's

(BBB) Wise Giving Alliance, Charity Watch, GuideStar, Charity Navigator and GiveWell.

Keep good records. For any cash or property valued at \$250 or more, you must have a receipt (bank record, payroll deduction or written communication) identifying the organization, the date and amount of the contribution and a description of the property.

For text donations, flag the bill with the name of the receiving organization, the date of the contribution, and the amount given. If you are facing the end of year deadline, use a credit card, so the donation is deductible as of the date the account is charged.

Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillon-money.com. Check out her website at www.jillon-money.com.



Interpersonal Edge

The how of the now

Daneen Skube
Special to Journal & Press

Q: *I enjoy reading personal growth books. They always talk about being present. I do not see how this would help me as my present is usually stressful. Why do so many personal growth teachers recommend being in the "now." How would it help my work to be present anyway?*

A: The reason that being present would help your work is the only way we can engage our reality is in moment that is now available. Yes, the price is we have to experience everything going on within us and around us and that can be stressful.

Even though being in the now can reveal upsetting truths, what we feel we can heal.

Think of feelings as being emotional riptides that if you relax pull you off shore. As the riptide pulls you away from familiar land, you may feel afraid. But, if you relax, the current will only take you a little ways off shore and then you can swim parallel to shore and come back to land.

Fighting a rip tide will only result in your drowning. Fighting an internal emotion will only exhaust and upset you. Think of each emotion as different colors of energy. Sadness dissolve our past. Anger fuels

change. Fear keeps us safe. Joy motivates us. In the now, we can use each emotion to drive a solution.

If you avoid your present moment because the color of energy you experience is one you judge as wrong, then you lose the benefits of that energy. No emotion is wrong, although behaviors you may chose when you're upset can be destructive to yourself or others.

There's an highly effective therapy called Dialectical Behavior Therapy (DBT). The main point of this therapy is our ability to act well when we feel bad. This is central to effectiveness in life and work. How can we regulate our emotions, if we refuse to be present in the now when the emotions are happening?

Try this exercise to discover the how of the now: Sit on your couch making sure you are warm, your back is straight, and close your eyes. Scan your body, starting at your head while you pay attention to all the physical sensations. Lastly, listen to your feelings and observe. Now listen to the chatter in your mind. The point of this exercise is to observe, not change, and breathe.

When you open your eyes, what did you discover about what's happening to you now? Remember, in this exercise you are allowing yourself to be conscious. Just be, and

breathe. You'll notice that being present, no matter what you discover, will calm you and make it easier for you to think.

We do not know what the future will bring, but we can guarantee many moments of now will continue to be uncomfortable. Being in the now we lean into each moment no matter how uncomfortable, and consider discomfort life's swimming lesson.

I frequently think of people who have an illness that makes them unable to feel physical pain. These people hurt themselves all the time because their bodies do not give them feedback. No matter how painful the now may be, your present moment is giving you essential feedback for your long-term well-being.

The last and most powerful how of the now is the more we take care of our present, the better our future becomes. When we fail to show up in our now, we mortgage our future because our decision making is impoverished without the data of our present.

On Monday morning, no matter your judgments, opinions, or thoughts about your now, start the habit of now and see what you discover. The discomfort of the now is temporary, but the wisdom and im-

proved decision making you'll gain are permanent.

The last word(s)

Q: *Often at work I end up feeling like a small cog in an enormous machine. The worst part is I struggle to feel like what I do matters or who I am counts. Is there a way you counsel your clients to think about themselves in the world?*

A: Yes, I agree with Eckhart Tolle, a German-born spiritual teacher and author, who recommends that we remember the following: "You are the universe, experiencing itself as human for a while." Consider the Hubble telescope photos, and realize your inner world is that infinite and awesome.

Daneen Skube, Ph.D., is an executive coach and appears on FOX's "Workplace Guru" each Monday morning. You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.



Tiny trees

There is an ongoing Tabletop Tree Festival & Raffle in the Community Room of the Greenwich Free Library running through December 21.

Visitors to the library can enjoy over 20 creative and unique tabletop tree designs created by business, groups, and individuals from the Greenwich community. The public is invited to enter the raffle, and choose which trees to bid on. Winners can take home trees with themes like A Christmas Carol, Under the Sea, Greenwich Witches, and Captain America, and trees featuring everything from classic holiday ornaments to vintage photos, from gnomes to ;ottery tickets! Raffle tickets are \$2

each; 3 for \$5; 7 for \$10, or 15 for \$20.

The 24" trees were donated to the library thanks to the generosity of Bob and Joan Jeffords of the Country Peddler Shoppe, and each tree was decorated by generous individuals and businesses. All proceeds go towards Greenwich Free Library's programs and resources.

The trees will be raffled off on December 21, and winners will be called that evening. Participants do not need to be present to win.



Love and Light

Perhaps nothing evokes holiday nostalgia more than the sound of young voices singing traditional tunes and carols. At the Salem Historic Courthouse on Sunday evening, December 4, a multi-generational crowd stood among a small forest of bedecked Fraser firs and chimed in with those voices at the 2022 Love and Light Memorial Tree lighting ceremony. Leading up to the evening, members of the community were given the opportunity to "buy" one of the twenty trees to decorate in memory of a loved one. The trees featured photos, drawings and special ornaments, but the common theme was cherished memories. The trees were purchased locally from the Nygard farm of Shushan and affixed into the green at the Courthouse, in preparation for their trimming, by a small group of volunteers. In addition to the trees decorated in memory of specific loved ones, everyone was invited to add an ornament to the "community" tree located near the entrance of The Courthouse.

The evening began at 4pm with a message of peace by Reverend Debbie Bessie, followed by songs led by Stephanie Russell and her daughters, Emily and Hannah. At 5pm the switch was thrown and the trees' lights went on in glowing unison. The delighted group took time

to appreciate the memories suggested by the carefully chosen decorations before heading

inside The Courthouse for a buffet of homemade and hand-decorated cookies, snacks and hot chocolate. The Courthouse Great Hall rang with holiday music and was fully draped in greenery adorned with festive and whimsical decorations (a remarkable lifetime collection donated by Jim Garland and Richard Parks). The Courthouse was decorated by an amazing crew of helpers, led by Tom Kerr, and including Heather Bellanca, Karen Pfindel, Donna Orlyk, Krista Sullivan, Quimby Mahoney, and Alice Woods. Special thanks go to Salem Central School students Charles Ceglowski, Jonah Wallace, Sam Woffenden and their teachers!

The absence of missed loved ones impacts everyone during the holiday season. The Love



and Light Ceremony at The Historic Salem Courthouse provides a festive and joyful way to celebrate those who have been lost, while finding comfort in the community of others and in the beauty of the season. The Courthouse Board and staff invite those who did not have a memorial tree this year to add an ornament of remembrance and hope to the community tree to the left of the Courthouse, facing the main entrance.

The assembly of trees can be seen on the side lawn at 58 E. Broadway, Salem NY, they will remain lit for the holiday season. For more information call 518-854-7053 or email hscpa@salemcourthouse.org.

Veterans host round table

Masonic War Veterans Turning Point Post #52 supported an open Veterans Round Table this evening at Cambridge Valley Lodge #481, where several members of the Lodge spoke about their service. District Deputy Grand Master Lester Losaw spoke about his service in the Marine Corps Reserve in the early 1970s, where he served as a Corporal on a light mortar team. He also spoke about the Grand Master's focus on veteran suicide through support of "The Battle Within" Foundation.

Retired Major Tim Kavanaugh spoke about his service as an Army officer and later his time in the US Air Force at North East Air Defense Sector immediately after 9/11. Retired Army Lieutenant Colonel Lance Allen Wang, Commander of MWV Turning Point Post, spoke about Freemasonry and military history, as well his own service in Iraq. Sergeant Chris Burke, who still serves in the Vermont Army National Guard, spoke about his service in the Marine Corps, and later his time as a Guardsman mobilized to Saudi Arabia. Local veteran

Donald Colvin spoke about his tours in Afghanistan, Iraq, and Syria as an Army Military Policeman. Wang, who also serves on the Veterans Matters committee for the Medical Society of the State of New York, brought up concerns that impact vets including veteran suicide, substance abuse, and PTSD, and stated that he hoped that the meeting was enlightening, showing how side effects of deployment quietly reach even into the smallest communities.

Pictured:

Vets at Cambridge Valley Lodge #481: (back row) Tim Kavanaugh, Lester Losaw; (front row) Lance Allen Wang, Chris Burke, Donald Colvin

Brother Chris Burke discusses his military service with the Round Table.



Television: It came from ... Schenectady?

Lance Allen Wang
Journal & Press

I'm a big devotee of the history of radio and television broadcasting – I often think of the electronic time capsule that old broadcasts present. When we think of the early days of television, we often think of “I Love Lucy,” or “The Honeymooners.” But these early 1950s comedies were already the product of a somewhat more mature vision of television programming, one that goes back to the first scheduled experimental programs of 1928.

The birth of television was a collective effort. While several contributed early developments, it was the development of the modern Cathode Ray Tube (the “picture tube”) which really sparked interest and development from those who would eventually manufacture the device. The tube was developed in parallel by inventors Philo T. Farnsworth (1906-1971) and Russian immigrant Vladimir Zworykin of the Radio Corporation of America (RCA). Once these preliminaries were completed, experimental stations began to take to the airwaves. In Schenectady, New York the names that mattered most were General Electric (GE) and Dr. Ernst Alexanderson, a Swedish engineer who turned down a job offer from Thomas Edison, preferring to work with GE on television, because he felt that Schenectady would be the “center of the technical revolution.” Dr. Alexanderson’s fingerprints would be all over GE’s early successes in television.

While a lot of mental horsepower was put behind refinements to the invention (Mr. Zworykin was already experimenting with the idea of transmitting in color in 1928), the experimental stations allowed practical lessons about what would constitute television programming in a yet undiscovered future, where televisions would be as ubiquitous as newspapers. In the late 1920s, of course, the “Golden Age of Radio” was itself still a few years in the future – radio would be king in the 1930s and 1940s.

During this early period, television’s picture quality greatly increased. The original 1928 equipment could broadcast in 24 lines of resolution at a rate of 20 frames per second. Ten years later, the equipment had increased to 525 lines of resolution. In addition, experiments proved the viability of large screen projection – the early screens were tiny, typically 3 inches by 3 inches, but in 1930, at Proctor’s Theater in Schenectady, GE engineers showed that images could also be projected, in this case on a 7-foot screen.

Television was more or less on hold during World War II. What had been approached with passion and vision through the 1930s, culminating with the televised opening of the New York World’s Fair of 1939, found itself frozen out as our country mobilized for World War II, girding not only the population but industry for war. Television was not a priority – innovations for war were. Yet during the war, six stations remained on the air experimentally, one each in Chicago, Philadelphia, Los Angeles, and two in New York City. One more operated in Schenectady.

When Federal Communications Commission Chairman Newton Minnow delivered his famous



address to the National Association of Broadcasters in May, 1961 in which he declared television programming to be “a vast wasteland,” he was not entirely incorrect. He decried “a procession of game shows, formula comedies about totally unbelievable families, blood and thunder, mayhem, violence, sadism, murder, western bad men, western good men, private eyes, gangsters, more violence, and cartoons. And endlessly, commercials – many screaming, cajoling and offending...” I am not sure we have ever entirely left the wasteland. Like many significant efforts, the effort to create television programming, which began almost 35 years before, was approached systematically and with the best of intentions.

The first regular schedule of television programming began in January 1928. It was experimental, but it took place right in Schenectady. The station’s call letters were W2XCW, but was known popularly as “WGY Television,” as sound was often

transmitted by WGY, a sister radio station operated by General Electric. In 1938, the television station was granted an FCC license as W2XB, and when commercial broadcasting began in 1942, it became WRGB.

From the Washington Post, May 17, 1928:

RADIO PICTURE SERVICE ON REGULAR SCHEDULE

“The Schenectady broadcast station, WGY, has inaugurated a regular schedule of television broadcasting. Three afternoons a week, Tuesday, Thursday, and Friday afternoon from 12:30 to 1 o’clock, Eastern standard time...”

In 1928, WGY Television presented the first television drama to its several hundred viewers in Schenectady, a one-act play, forty minutes long, called “The Queen’s Messenger.” Also that year, the first regular news reports appeared on television from Schenectady, as Kolin Hager became the first U.S. newscaster, presenting farm and weather reports. In these early days, programming was presented three days a week, during limited hours. The few television receivers at this

time would also have received WGY Television’s first remote broadcast, as in August 1928, New York Governor Alfred E. Smith accepted the Democratic nomination for President.

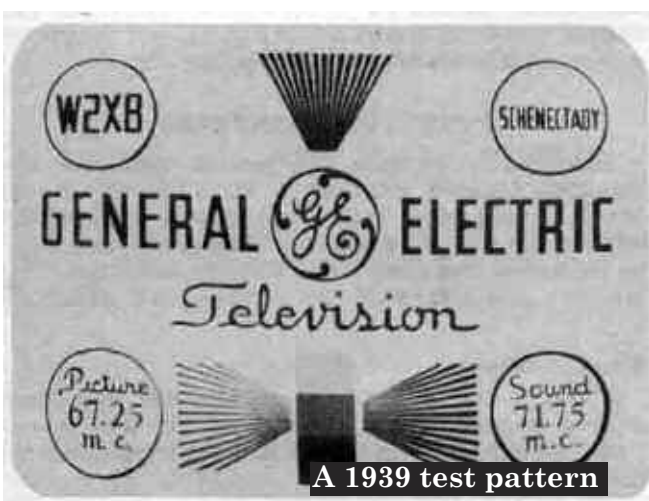
“It is planned to broadcast motion picture films as a considerable portion of the Schenectady station’s programs... Sound films, of course, will be used for these transmissions.” - Radio News, August 1939

They also demonstrated technology which would lead to network programming. From a hill-top in Schenectady, GE would receive and retransmit television programming coming from the experimental NBC station in New York City, WNBT, thus creating the first television network.

As mentioned earlier, this experimental stage of television would slow greatly during World War II when it came to further licensing of stations, as research technology was focused on America’s war effort. However, those stations on the air remained on the air, continuing to develop programming, including to support the war effort. For instance, in 1943, WRGB-TV Schenectady showed programs from “how to be an air raid warden to easy lessons in how to plant a Victory Garden.” National Radio News, in their March 1944 issue, showed WRGB Schenectady presenting a “three-part broadcast in conjunction with the local chapter of the American Red Cross...” about blood donation, complete with a staged battlefield scene of a transfusion taking place.

When the war ended, technology would again be harnessed for entertainment purposes. Our citizen-soldiers returned home to participate in a newfound prosperity. And television exploded on the scene in ways that Farnsworth, Zworykin, and Alexanderson could hardly have imagined. By 1950, 9 percent of American homes had a television. By 1955, that percentage would rise to 64.5 percent. And the rest is history.

Lance Allen Wang is a Councilman in the Town of White Creek who is also an Iraq Veteran and retired Army Infantry officer. He lives in Eagle Bridge, N.Y., with his wife Hatti.



A 1939 test pattern

Stay local and enjoy the holidays

Shirley Renauld
Journal & Press

If you wanted to cut your own Christmas tree at a farm, it was good that you “tagged” one because local farms have limited supplies. As all farms, there’s work to do all year round to provide choices of varieties of well-shaped and heights of trees. There must be replacement plantings as trees are cut. Going to the Nessel’s provided somewhat of a railroad experience from Dave’s hobby: we could walk the rails to find the best tree. At the Kuzmich’s we do hillside hiking. The Bailey Family offers fields on both sides of the road, items in a woodstove heated shop where Joann has made wreaths for years. Maybe your family or friends have been planting seedlings from Saratoga Tree Nursery or other sources. You could dig one up for the season, and then replant it. Maybe you choose an interesting one on a hike like children do in “The Little Crooked Christmas Tree” because “to be loved for just who we are, is a part of the Christmas story.” So many places to get fresh ready-cut trees sent from the Adirondacks or Canada. For health reasons or preference, or to have more than one, we enjoy artificial trees of various materials, including ceramic. Remember when aluminum was popular? People with limited space have table-top trees.

Now setting up your tree (remember the daily watering!), decorating it – and enjoying the smell. When the Old Fort House Museum decorated a tree in each room, they showed us how trees were decorated during periods of our history, from no lights to pre-electricity, burning oil in hanging glass jars or lighted candles. Early wiring was AC so when one bulb “blew,” all the bulbs on the strand went out! There were bubble lights. Finally we have DC wiring allowing for a variety of lights, both indoor and out. What is your favorite: all one color or a variety, blinking, LED...?

Lights up, now the decorations. Does your family have a collection of memorable ornaments? You’ve made some. For more, slice some of those oranges from the FFA sale, dry and hang them for more scent. Oranges were rare when transport was difficult and money was scarce. Once received, they were even put on display, usually on the mantle, among the greens, before they were eaten. The spirit of giving is shown when family members each contribute a slice of theirs to make “An Orange for Frankie” when he loses his. For more red, hang rind of pomegranates--after you get out the seeds!



Best to cut the fruit into sections and turn them inside out in warm water. Strain out the seeds to munch or sprinkle on salad. They are healthy, and their juice is tasty.

It’s decorated! “O Tannenbaum, O Tannenbaum...” It was our first German immigrants who brought with them the idea of a Christmas tree. But it was not in the culture of many other early immigrants. To them, it was a religious time of year and Christmas was a holiday. For some people, it is even now. In “An Amish Christmas” the children do their regular routine of chores before playing in the snow and ice skating in the

‘When does your family do the gift sharing and how do you take turns?’

moonlight. They do have a program for their parents at school but it consists of recitations and the singing of carols, not the Charlie Brown type pageant. There are special family meals, cookies and pretzels dipped in chocolate. Each child is given one gift, most often a practical one. As families became “Americanized”, more people brought trees inside and decorated them. But gifts were few, useful and usually handmade. Laura was so happy to be given her very own cup by Mr. Edwards in the Little House.

Aren’t you glad you made so many gifts already? With your tree decorated, it’s ready for gifts. Make your own wrapping paper and tags too. For tags that will be saved or even hung on the tree, carve names in the clay or dough that you form. Make a hole at the top for hanging and let them dry. Print or draw on paper bags be-

fore or after wrapping your gifts, or decorate the box that holds the gift. Use fabric for wrapping. Decorate the pots of your plantings and hang tags from sticks you push into the soil. Maybe when it’s sharing time, you will let people choose from among the items you’ve made. For tying, use the baler twine from the bales already given to farm animals. Decorate packages by tying evergreen sprigs, cinnamon sticks or candy canes on them--or glue on two canes to make a heart. Once wrapped, do all the gifts go under the tree? Are they used to decorate the house? Do you hide some? Small ones can hang on the tree.

Gifts ready, now what will you do with others in the community? So many collections are made by organizations this time of year to help with. Programs in schools have long been traditions as have pageants in churches, caroling around the community, a community sing at tree lighting and visiting to sing for shut-ins. Local farms have held a Living Nativity with local people portraying the First Christmas in a setting with animals (thank you, Fran).

Pet animals help a family celebrate Hanukkah despite a snowstorm in “Latkes and Applesauce”: Their dog digs through the snow and ground to get the potatoes for the latkes and the cat climbs the tree to knock down the last apples to make into sauce to have with them. You can thaw some of the applesauce you made and make your own latkes: Grate some potatoes and onion, add eggs and maybe some of the grated zucchini you froze, too. Fry the mixture in oil as you

would make pancakes. Oil because the holiday celebrates when enough lamp oil for only one day actually lasted for eight days. That’s why there are holders for eight blue candles, four on each side of the taller white service candle, on the menorah. On Dec 18 this year, we light the service candle and then use it to light the first one the left. Each day we light an additional candle, prayers are said and we are given a small gift on each of the first seven days and a larger one on the eighth. We sing “Dreidel; dreidel. dreidel ...” as we spin a dreidel to play the game.

We are thankful for all additional lights since the shortest day of the year is the 21st, Winter Solstice, when the sun’s direct rays are farthest from us and over the Tropic of Capricorn. Get out your globe to best understand that. Shine a flashlight, to be the sun, directly over the Tropic of Capricorn and look at how little light we are getting up here. Then on the 22nd, Uncle Lee says, “When the days begin to lengthen, the cold begins to strengthen.” So are you ready to bundle up for outdoor fun? Better try on your skates to make sure they fit. Maybe you traded for larger ones at the Willard Mt sale. Maybe it’s a secret if they are to come from Uncle Dave’s Club’s Sale.

When does your family do the gift sharing and how do you take turns? Do you do it all in one sitting or on more than one occasion? Remember that you didn’t put all the gifts under the tree: You might have a scavenger hunt, especially for those that were not possible to wrap.

What traditions does your family have for Christmas Eve? Clement Moore wrote “A Visit from St. Nicholas” for children

Up to 15 years for Hall

Washington County District Attorney Tony Jordan recently announced the conviction of Lloyd S. Hall, for Attempted Kidnapping, Attempted Sexual Abuse in the First Degree and Endangering the Welfare of a Child.

The Cambridge-Greenwich Police Department on May 4, 2022, arrested Hall, 59, who lives in the Village of Greenwich, N.Y.

Hall had approached a 10-year-old girl after she got off the school bus and gave her a note that professed his feelings about her. Lloyd was arraigned at Washington County Central Arraignment and placed on house arrest. His sentence will begin on Jan. 6 and he could serve up to 15 years in state prison, according to the District Attorney.

In a press release, the DA added: "Fortunately, this brave little girl and her parents did the right thing. She turned the letter over to her parents and her parents contacted law enforcement. What could have been a certain tragedy was thwarted by the brave acts of the

young girl, the attentive parents and the quick action of law enforcement."

In May, according to witnesses, Hall was arrested at the Greenwich Little League field, where he had thought he was going to meet up with the victim after a series of text messages. But, on the other end of the messages, instead of the victim, it was police responding as a decoy.

Cooperating agencies were the Cambridge-Greenwich Police Department and New York State Police BCI Investigators. Assistant DAs Brandon Rathburn, Kim Sullivan and Robin MacNeil, the Senior Crime Victim Specialist, also worked on this prosecution.



(cont.)

and it was printed in the Troy NY newspaper. The poem soon became famous but under the title of its first line, "Twas the Night Before Christmas." We can enjoy it illustrated by Tomie de Paola, Jan Brett and others. Will Moses painted illustrations of his story of a baby born on Christmas Eve in a country home in "Silent Night." Someone can play guitar as you all sing "Stille Nacht..." in the way that Franz Gruber first did when he set the poem to music.

Brett has also given us "Home for Christmas". We welcome our college students back for the holidays. We are so proud of them but especially this time of year it's good to have them home and for them to renew their energy.

Advent and Christmas over; activities continue: We continue the countdown to Epiphany on Jan 6 with the "12 Days of Christmas" in song and books by various illustrators. From afar, we have seen the star in the East atop the silo at Booth's Compost farm. Are you enjoying all the stars in Schuylerville?

Will you participate in the Ski School at Willard Mt? Have you started Winter indoor sports – are you into basketball, volleyball, wrestling?

The 26th is Boxing Day. What do we do with all of those boxes – besides play with and in them?

On the 26 we join our African-American friends for Kwanzaa, as they celebrate their culture. A Kinara is used to hold seven candles: three red, a central taller black one, and three green. We light an additional candle each day and end with a community feast, singing and dancing.

We remember that it's only until the 30th that the Holiday Lights are at the Fairgrounds. It's also the last day to enter to receive pairs of pygmy goat kids from Wash Co 4-H. Call CCE for details.

The 31st is the last day to enter "Make Milk Moments" campaign to share the favorite way you have been using milk this season. Fill out the form at

makemilkmoments.com to enter for a cash prize and prize pack.

Make so-called Christmas Crackers, so you can use them for New Years: Put a surprise in small sections of paper towel rolls, then roll each one in tissue paper long enough to tie both ends so you and a friend can hold them firmly to pull to get a pop and the surprise.

So much about deer this time of year. Even though hunting season is over, we still see deer. Are some of them reindeer? In "The Wild Christmas Reindeer" Teeka learns the advantage of kindness as she trains them. Is there a difference between deer and reindeer, or are they all the same? Answer next year...

"Happy Christmas to All..."

'The Beatles of Kids' Music'

What could be more fun than rocking out with Steve & Jack of the Zucchini Brothers, known as the "Beatles of kids' music!" At 3 pm on Sunday, January 15th, the zany group will bring their family-friendly show to the Historic Salem Courthouse for a lively, interactive show. Their performances are billed as "100% healthy and fun!" Check out their website, zucchini-brothers.com, for samples of their music and more information about individual group members.

Tickets are being offered at just \$25 for a family four-pack so that parents, grandparents, and others can give children the gift of experiences rather than more "stuff" this holiday season. There will be drinks and light refreshments available for purchase at the event. Doors will open at 2:30 p.m. In order to help our neighbors this winter, please bring a pair of new, warm socks or mittens. Thanks in advance for your generosity.

Additional revenues from the event will go towards supporting vital community programs such as Girls on the Run; the free summer Lunch, Learn, and Play program; the Battenkill Kitchen; the Community Garden and other educational and cultural events.

Tickets are available at the Historic Salem Courthouse at <https://salemcourthouse.org/jack-steve-zucchini-of-the-zucchini-brothers/>.

DWI crackdown

This holiday season, the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) is partnering with the Washington County Sheriff's Office to share the message about the dangers of drunk driving. NHTSA the Washington County Sheriff's Office want all drivers to remember this lifesaving message: Drive Sober or Get Pulled Over. Drivers will see officers working together December 16, 2022, through January 1, 2023, to take drunk drivers off the roads.

According to NHTSA, 11,654 people were killed in motor vehicle crashes in 2020 that involved an alcohol-impaired driver. On average, more than 10,000 people were killed each year from 2016 to 2020, and one person was killed in a drunk-driving crash every 45 minutes in 2020. This is why the Washington County Sheriff's Office is working together with NHTSA to remind drivers that drunk driving is not only illegal, it is a matter of life and death. As you head out to the holiday festivities, remember: Drive Sober or Get Pulled Over.

"It's important that drivers act responsibly, and that includes refraining from impaired driving," said Sheriff Jeffrey Murphy "The holidays are a special time of year for many, and we want our community members to enjoy this season. We need commitment from drivers that they'll keep the roads free of drunk drivers so that everyone can have a safe holiday. This enforcement period allows us to get the message out that drunk driving is illegal and it takes lives.

The Washington County Sheriff's Office and NHTSA are reminding citizens of the many resources available to get them home safely. "Drunk driving is not acceptable behavior," said Undersheriff John Winchell. "It is essential to plan a sober ride home before you ever leave for the party. There are too many resources to get you home safely. There are just no excuses for drunk driving," he said.

For more information about the Drive Sober or Get Pulled Over enforcement period, visit www.nhtsa.gov/risky-driving/drunk-driving.

College news

Tyler Humiston, of Argyle, NY, was one of more than 40 SUNY Oneonta students who provided sports and exercise workshops to local children during a new "Little Red Dragons" program held from Nov. 28 to Dec. 5 at the Oneonta Boys and Girls Club (OBGC).

Tyler, who is studying Exercise Science, and students from several different majors participated in the pilot program as part of their Human Growth and Motor Development course.

"The Little Red Dragons program is an experiential learning assignment," said Dr. Katie Griffes, the course's instructor and assistant professor of Sport and Exercise Sciences. "It is designed to give students hands-on experiences implementing and observing content they have learned throughout the semester."

What you've been reading

Sarah Murphy
Greenwich Free Library

A few weeks ago, the library staff shared some of our favorite recent reads, and this time around, I thought you'd all like to know a little more about what you've been reading. So I've been doing some investigating into the top circulating titles of 2022 (so far) at Greenwich Free Library. It is important to note that the data only report titles and numbers, not identifying information about patrons (rights to privacy are essential to library ethics). As I look over these titles, which represent many of the varied tastes and interests of our community, I see that this may also prove as a useful holiday gift guide for the readers on your lists. I hope so!

Starting with adult fiction, because that is what you're checking out most often (6,294 combined checkouts and renewals), we find *The Lincoln Highway* by Amor Towles (2021) sitting in the number one spot. I was delighted to see that a nearly 600-page feat of literary fiction that the *New York Times* calls a "mischievous, wise and wildly entertaining novel" tops our list. That a pivotal early scene takes place in a library is a nice touch, too. Towles has written two previous novels: *Rules of Civility*, a story of social ambition in 1938 Manhattan, and *A Gentleman in Moscow*, about a Russian aristocrat turned prisoner on hotel arrest in the Soviet Union. Towles's latest—as many of you know—is an American road odyssey set in 1954.

Next up is the always-popular Nicholas Sparks with his 2020 *The Return*. Sparks's website boasts, "All of his books have been New York Times bestsellers, with over 105 million copies sold worldwide." Sparks's romantic, easy drinking fiction is always popular with a wide variety of patrons, and I expect his more recent books, *The Wish* (2021) and *Dreamland* (2022) will make next year's list.

More fiction you can't get enough of: Kristin Hannah's 2011 fast-moving trauma drama *Night Road* and Abbi Waxman's insightful and humorous update on domestic fiction, 2018's *Other People's Houses*, tie for third among our top circs. The indefatigable Jennifer Weiner comes in at number four with one of the older titles on our list: 2004's blockbuster *Little Earthquakes*. The newest title to break the top five, and one that has barely spent more than a day lingering on our shelves since it arrived in March of 2022, is the collaboration between Dolly Parton and James Patterson, *Run, Rose, Run*. (In a moment of doubt, I just googled "Is James Patterson a real person?" He is!) Most of us can't resist anything Dolly Parton creates, so it's no surprise y'all love this country music mystery.

When it comes to nonfiction, there are 2,623 checkouts and circulations, and not as much overlap from patron to patron. I love this, because it tells me that we must continue to add a wide variety of perspectives on history, society, cooking, nature, and more to our library collection. Many of us use books to help guide our thinking about how to approach challenges, and several of the top circulating titles fall into what I'll call the "life hacks" genre, with subtitles tell readers exactly what to expect: *Atomic Habits: Tiny Changes, Remarkable Results: An Easy & Proven Way to Build Good Habits & Break Bad Ones* by James Clear; *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk; *Boundaries: When to Say Yes, when to Say No to Take Control of Your Life* by Henry

Cloud and John Townsend.

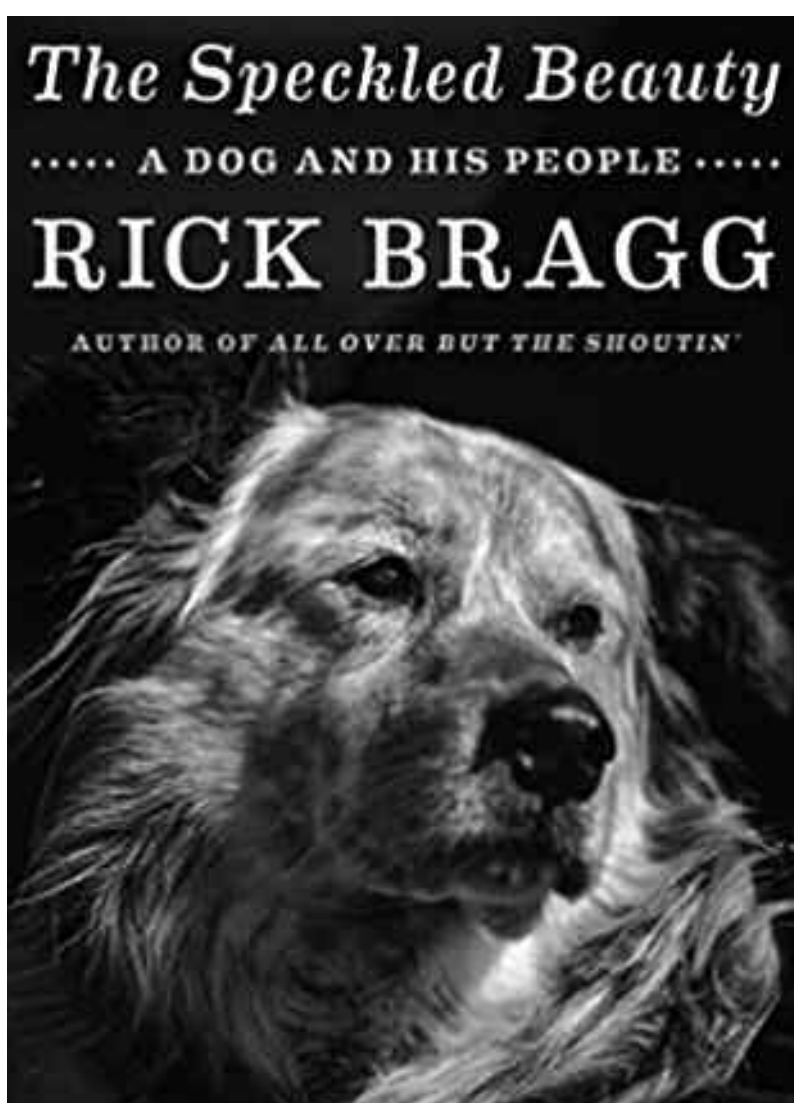
You're also reading books like *Entangled Life: How Fungi Make Our Worlds, Change Our Minds and Shape Our Futures* by Merlin Sheldrake, *Eager: the Surprising Secret Life of Beavers and Why They Matter* by Ben Goldfarb, and *Finding the Mother Tree: Discovering the Wisdom of the Forest* by Suzanne Simard to expand what you thought you knew about the natural world. And, speaking of what you thought you knew, James W. Loewen's *Lies My Teacher Told Me*, first published in 1995, continues to fly off our shelves.

Like all readers, you're looking to biography and memoir to learn about the famous (Walt Disney, Mel Brooks, Dr. Ben Carson, Anthony Bourdain) as well as those whose stories are riveting though their names are not well known. Like Annie Wilkins who, after a terminal diagnosis in 1954, "took her dog and got on a horse" and rode it to California, as we learn in *The Ride of Her Life* by Elizabeth Letts.

It's no surprise that the pet memoir is as enduringly popular as its human counterpart. *The Speckled Beauty: a Dog and His People* by Rick Bragg has a cover that asks, "what are you, made of stone?" and answers, "I dare you to resist reading me!" Equally irresistible are *Wallace: the Underdog who Conquered a Sport, Saved a Marriage, and Championed Pit Bulls—One Flying Disc a Time* by Jim Gorant and *Cleo: the Cat who Mended a Family* by Helen Brown. I can't even read the blurbs about these titles without bursting into tears. Your pet interests aren't limited to dogs and cats, as evidenced by the surprising popularity of a book called *A Petkeeper's Guide to Hamsters & Gerbils* by David Alderton, published in 1986 and evidently still helpful.

Those who read history are often keen on World War II, and several new titles about that era appear on the list this year: Alex Kershaw's *Against All Odds*, John Carr's *Escape from the Ghetto, The Nazis Knew My Name* by Magda Hellinger and Maya Lee, *The Sisters of Auschwitz* by Roxane van Iperen, and *Damn Lucky* by Kevin Maurer. Beyond WWII, your investigations into history took some fascinating and important turns into subjects like the aspirations of women during the mid 20th Century with *The Barbizon: the Hotel that Set Women Free* by Paulina Bren, and the "Reign of Terror" perpetrated by white Oklahoma citizens against their Osage neighbors in *Killers of the Flower Moon: the Osage Murders and the Birth of the FBI* by David Grann. Many of you have also delved into the highly regarded and much debated 2021 book centering the lasting consequences of slavery on the American past and present: *The 1619 Project* edited by Nikole Hannah-Jones.

The children of Greenwich are reading, too, of course, and their most circulated list is full of whimsy and joy and absolutely stuffed to the gills with the work of Mo Willems. Of the top 50 titles, 14 of them are by Willems. This might concern or confuse me if I weren't such an Elephant and Piggie devotee. There's almost zero change that the young kids in your life don't already love these books, but if you haven't read them yet, treat yourself as soon as possible. Other top books in



our kids' room this year are the truly excellent *The Great Eggscapade* by Jory John and Pete Oswald, the cautionary tale *If You Give a Dog a Donut* by Laura Numeroff, the optimistic *Pete the Cat's Groovy Imagination*, the heartwarming *We Are Moving* by Mercer Mayer, and the classic *Grimm's Fairy Tales*.

Bigger kids, or young adults as publishers call them, are heavy into series and speculative fiction. The top two circulating titles, *Shadow and Bone* and *Siege and Storm* are from the fantasy trilogy by Leigh Bardugo, and the third book of the series, *Ruin and Rising* also makes the list. Other popular YA titles are *The Inheritance Games* by Jennifer Lynn Barnes and *One of Us Is Lying* by Karen M. McManus. Graphic Novels continue to be popular among teens (and many of the rest of us) and this year's top titles include the supernatural adventure *Mamo* by Sas Milledge, the queer teen romance *Cheer Up: Love and Pom-Poms* by Crystal Frasier and Val Wise, and the coming-of-age *Huda F. Are You?* by Huda Fahmy. All three of these graphic novels are complex and sophisticated examples of the form; I'm impressed, teens of Greenwich!

Finally, let's address the top circulating items that aren't books at all: the most popular of our DVDs. Four different seasons of the Jane Fonda and Lily Tomlin hit comedy, *Grace and Frankie* made the list this year along with *The Pallisers: the Complete Collection*. I confess to complete ignorance about this title, which circulated quite a lot over the last year! It's a 1974 BBC television adaptation of Anthony Trollope's parliamentary novels set in Victorian-era England. As popular as *The Pallisers* might be, it is not currently available to stream on any major service. So, don't throw away your DVD players just yet, and don't forget to visit us for movies and television.

If you don't see yourself or your tastes reflected in the titles listed above, keep this in mind from Haruki Murakami's *Norwegian Wood*: "If you only read the books that everyone else is reading, you can only think what everyone else is thinking." But if you do recognize and love some of the titles on this list, know that you are in excellent company.

Sarah Murphy is Greenwich's Library Director.



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Answers

Boggle: PERU IRAN IRAQ HAITI CHILE
CHINA NEPAL GHANA JORDAN

Jumble: OUNCE KNIFE DECODE GLITZY
"I KID YOU NOT"

Kid: PEN DECK HUGE RINK - "GREECE"

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

Fun & Games

(solution below)

Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek

G	D	R	O	N
A	H	C	O	A
N	I	H	R	J
T	A	L	R	I
I	P	E	N	U

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

BOGGLE POINT SCALE
3 letters = 1 point
4 letters = 2 points
5 letters = 3 points
6 letters = 4 points
7 letters = 6 points
8 letters = 10 points
9+ letters = 15 points

YOUR BOGGLE RATING
151+ = Champ
101-150 = Expert
61-100 = Pro
31-60 = Gamer
21-30 = Rookie
11-20 = Amateur
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 TWO-SYLLABLE COUNTRIES in the grid of letters.

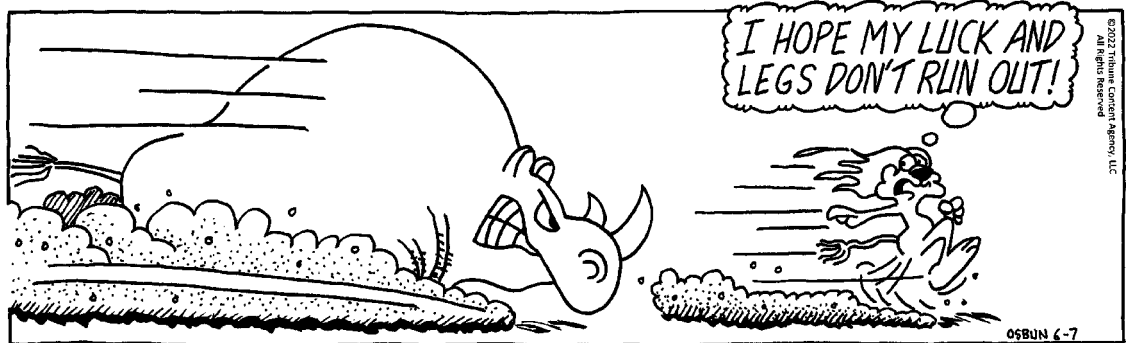
Answers to Last Sunday's Boggle BrainBusters:
LILY IRIS ROSE LILAC TULIP PEONY GARDENIA

Salem Sudoku

(solution below)

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

Animal Crackers by Fred Wagner



Gasoline Alley by Jim Scancarelli



The Middletons by Dana Summers



Filbert by LA Bonté



Broom Hilda by Russell Myers



SCRABBLE G R A M S

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A ₁	A ₁	A ₁	V ₄	K ₅	L ₁	B ₃			
A ₁	O ₁	O ₁	T ₁	T ₁	R ₁	P ₃			
A ₁	A ₁	E ₁	Y ₄	R ₁	S ₁	D ₂			
A ₁	A ₁	E ₁	V ₄	R ₁	L ₁	P ₃			
A ₁	I ₁	I ₁	Y ₄	T ₁	L ₁	B ₃			

PAR SCORE 255-265
BEST SCORE 328
FIVE RACK TOTAL _____
TIME LIMIT: 25 MIN

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

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

When people mailed Christmas cards

Darren Johnson
Journal & Press

Here are some snippets from past editions of *The Journal & Press* from late Decembers decades ago:

70 Years Ago

Dec. 17, 1952

With Christmas scarcely a week away there is a real bustle of business at The Greenwich post office, and Postmaster William J. Whitney says it looks like a record year for both incoming and outgoing letters, cards, and packages. Christmas cards already are streaming in and out, and the post office force is working overtime, to see that they are dispatched and distributed without delay. Sunday there was an extra delivery of mail to the local post office and the men have been working nights to keep up with the business. Saturday afternoon the post office will be open until 6 p.m. for the convenience of customers. There are two ways that people can help the dispatchers considerably and speed their letters on their way. One is to sort cards in two groups -- those for delivery in Greenwich and those to go to out-of-town post offices. The cards should face the same way and be tied separately. Another suggestion that Mr. Whitney has for correct delivery of cards is that those sent to children should be sent in care of their parents. Often the mail sorters are not well enough acquainted with all the children's names to know to whom the cards should be delivered, so there are apt to be mix ups, but if the parents' names are included in the address, there will be no trouble or delay. The post office department suggests that cards be sent first class mail, for then they can be forwarded, if the address is incorrect, or they may be returned to

the sender. All cards sent at the two-cent rate, which are not deliverable at the given address, are destroyed by the post office authorities. Mr. Whitney expects to have six extra helpers on the job for the last week of the Christmas rush, in order to keep the mail moving.

30 Years Ago

Dec. 17, 1992

State Police reported that a Schenectady man was arrested on trespassing charges after several people called to complain about being pressured into letting him into their homes on Tuesday, December 8. Glenn Tennant, 50, was taken into custody and charged with two counts of second degree criminal trespass, a misdemeanor. He allegedly entered the homes of two people near East Greenwich without the owners' consent. State Police said that the Washington County Sheriff's office began getting the calls about an aggressive salesman on Tuesday afternoon. Complainants said he was trying to get them to buy antiques. State Police and the Washington County Sheriff's office investigated the complaints jointly. Trooper Eric Amenguel, Sheriff Robert Endee and Deputy Don Cooper were in charge of the investigation. Tennant was arraigned before Greenwich Town Justice John Pemrick and was sent to Washington County jail in lieu of \$1500 bail. He is to reappear in court on January 5.

10 Years Ago

Dec. 20, 2012

It happened once again. A tractor trailer operator failed to note the low (11-foot) clearance warning for the Eddy Street railroad overpass shortly after 4 o'clock on Thursday after noon,

December 13, The rig, owned by RM Distribution of St. Eugene, Ontario, Canada, became so well wedged beneath the overpass that Cambridge-Greenwich police, village DPW personnel, volunteer firemen, and others were at the scene for hours, some until past 10 p.m. Mathieu C. Joanisc, 25, of St. Eugene, was ticketed for failure to obey a traffic control device (the warning sign just a short distance beyond the beginning of Route 372 at the stop light on Main Street) and operating a truck with a height above a posted limit. He was not fined under a new village ordinance that has yet to be approved by the state. The burden of the peeled back trailer: large rolls of paper. With a forklift from Capital Tractor and other equipment and manpower, the rolls were off-loaded and taken to dry storage on village property. Traffic had to be rerouted for about 6 hours following the too close encounter of trailer with trestle. Chief George Bell reported Friday morning that on his way to the Community Center from Cambridge he encountered another truck on the North Star Bridge, one from the same distribution company. He stopped the vehicle and assisted with turning it around so that it would not suffer the same fate as the rig from the day before.

2 Years Ago

Dec. 16, 2020

Sara Idleman uses her column to dig deep inside the Wallie's restoration. It's the restaurant on Main Street in Greenwich we've all been waiting for. We devote three pages to telling you about all of the meticulous work that went into the marvelous recreation of this timeless staple, beloved by generations.

SCRABBLE GRAMS SOLUTION									
B ₃	A ₁	K ₅	L ₁	A ₁	V ₄	A ₁	RACK 1 =	82	
T ₁	A ₁	P ₃	R ₁	O ₁	O ₁	T ₁	RACK 2 =	59	
D ₂	A ₁	R ₁	E ₁	S ₁	A ₁	Y ₄	RACK 3 =	61	
P ₃	A ₁	L ₁	A ₁	V ₄	E ₁	R ₁	RACK 4 =	64	
A ₁	B ₃	I ₁	L ₁	I ₁	T ₁	Y ₄	RACK 5 =	62	
PAR SCORE 255-265							TOTAL	328	

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