

## In need of volunteers

### Fire departments look for new recruits

Imagine your house is on fire and no one comes to help. Fortunately this is a rare event. Our nation has a long tradition of volunteers ready to respond in minutes when the worst happens. Men and women who dedicate hours to training, spend time each week reviewing and readying equipment, and are willing to drop whatever they're doing, day or night, to face danger. Twenty years of declining volunteerism, however, may put this long tradition in jeopardy.

Local fire departments are feeling the effects of this decline.

**Read more on page 4**



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# Mobile Health For Everyone.

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# Comfort Food Community's giving decade

Comfort Food Community (CFC), the largest hunger relief food distribution hub in the region, proudly marks its 10th year of dedicated service with a renewed commitment to its mission of providing nourishing food to its neighbors in need and leading the community to end rural hunger. As the region's food insecurity continues to rise, CFC is intensifying efforts to provide access to nutritious food for the community's rural neighbors in need.

Reflecting on the organization's journey, Susan Sanderson, board president and founding member of CFC, expressed her awe at its growth and accomplishments, "To think about how far CFC has come from the little one-shelf food pantry in town hall ten years ago, to a multifaceted organization distributing over ½ million lbs. of food each year - it's mind-blowing."

Since its inception, CFC has been an innovator in hunger relief, prioritizing fresh food, nutrition education, sustainability, and community in its approach to food assistance. Through the support of generous donors, dedicated volunteers, hard-working farm partners, and community collaborators, including libraries, food pantries, community centers, and schools, CFC makes a significant impact on the lives of over 20,000 individuals in its Washington, Warren, and Saratoga County service area each year.

"Through our success with the Greenwich and Cossayuna food pantries, we've developed the skills, knowledge, and infrastructure to help support the neighboring regions," explained Food Recovery Manager Joanna Tebbano. "We're committed to collaborating with our partners and filling the gaps in rural food access to provide essential aid throughout the region while deepening public understanding of the true scope of food insecurity in our area."

In celebration of its 10th anniversary, CFC is expanding its reach with a series of diverse initiatives throughout its service area. These efforts include educational programs to raise awareness of food insecurity, community events to celebrate all that's been accomplished, and new partnerships to expand impact. The goal is to continue providing life-saving assistance and cultivate a more informed and resilient community in the fight against hunger.

Reflecting on the unique approach of CFC, Nutrition Education Coordinator Carolyn Shapiro states, "There's something fundamentally different about how we do this work, and that piece is community. Every single person in our community is included - from donors and volunteers to farmers and those receiving the food. We're building a better-functioning food system, getting local food to local people, reducing waste, and improving the health and wellness of our community members. Taking this holistic approach is an investment in our community because we believe this is a community worth investing in."

As CFC reaches this significant milestone, the organization extends its deep gratitude to the donors, volunteers, partners, and community members who have continuously shown unwavering support. Through heartfelt appreciation and a reinforced commitment to its mission, CFC honors its past, celebrates its accomplishments, and sets the stage for an even greater impact in the years to come. More information about CFC's 10th anniversary and opportunities to get involved can be found at [www.comfortfoodcommunity.org](http://www.comfortfoodcommunity.org) where interested parties are urged to join them in creating a hunger-free and resilient community.



**COMFORT FOOD COMMUNITY**  
10 Years at the Table  
2014-2024

## HOW CFC SERVES

**FOOD PANTRIES**  
GREENWICH FOOD CENTER  
COSSAYUNA SATELLITE PANTRY

**SUPPLEMENTAL STUDENT NUTRITION PROGRAM**  
A WEEKEND FOOD DISTRIBUTION PROGRAM FOR STUDENTS IN THE GREENWICH SCHOOL DISTRICT

**FREE FOOD RUN**  
WEEKLY PRODUCE DELIVERIES TO EIGHT SENIOR LIVING FACILITIES AND COMMUNITY CENTERS IN WASHINGTON, WARREN, AND SARATOGA COUNTIES

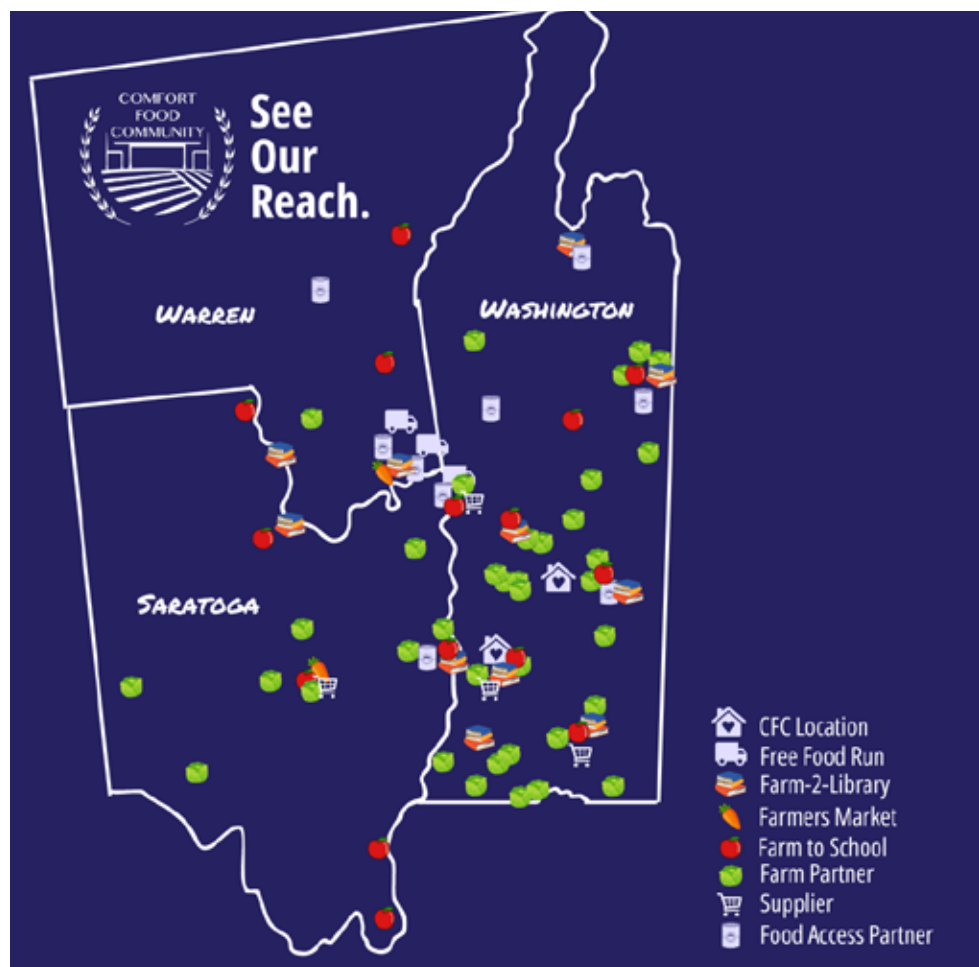
**FARM 2 LIBRARY**  
EACH WEEK, CFC BRINGS FOOD TO NINE LIBRARIES ACROSS THE SOUTHERN ADIRONDACK LIBRARY SYSTEM

**FARM 2 PANTRY**  
CFC REGULARLY DISTRIBUTES FOOD WITH AN EMPHASIS ON FRESH PRODUCE TO 12 FOOD PANTRIES AND COMMUNITY SUPPORT ORGANIZATIONS THROUGHOUT WASHINGTON, WARREN, AND SARATOGA COUNTIES.

**FARM 2 SCHOOL**  
CFC FACILITATES THE PURCHASE OF LOCAL AND NYS FOODS FOR 18 SCHOOLS ACROSS WASHINGTON, WARREN, SARATOGA, AND RENSSELAER COUNTIES.

# THANK YOU!

Ten years of feeding our community has only been possible through the support of our generous and committed donors, volunteers, partners, and community members. Thank you from the bottom of our hearts... and our bellies.

The Chamber of Commerce for Washington County



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# A steep rise in sports wagering

Darren Johnson  
Journal & Press

Gambling addiction specialists view the Super Bowl as the most perilous time of the year for problem gamblers and for people on the verge of their gambling becoming a problem. The game is heavily publicized – as are the betting odds – and advertisements to bet on the big game are seemingly everywhere.

Since being legalized two years ago, sports betting via phone apps in New York State has taken off, and the state has quickly become the No. 1 market for such betting.

An estimated \$34.4 billion has been wagered through mobile platforms, with FanDuel and DraftKings being the most ubiquitous.

Overall, about \$3 billion in revenues have been generated, with a portion of that going to the state, and approximately one percent of revenues are earmarked for initiatives to help those addicted to gambling.

However, New York's HOPEline (at 1-877-8-HOPENY or Text HOPENY (467369)) has seen a large spike in phone calls and texts since gambling apps were legalized in the state in January 2022.

Research suggests that this is affecting college-age gamblers particularly hard, as they are adept with apps, feel peer pressure from friends and social media influencers who promote gambling, and, at the same time, they may not feel comfortable seeking help, as gambling support groups are usually populated by much older people. As many as six percent of college students, skewing on the high side for males, may have the signs of a gambling problem, according to AddictionCenter.com.

I decided to get an update from Brandy Richards, who is the Director of Prevention and Special Programs for the New York Council on Problem Gambling. Here is our conversation.

**DJ: From the perspective of a younger person, or maybe the college perspective, have you seen an uptick in calls since sports betting has been legalized?**

**BR:** Yes, our demographic is changing. We're getting calls from a lot of concerned parents of people aged 18 to 24 to 30, particularly young males. That's an increase and a change in our demographic.

**DJ: Are you getting more sports-related calls than in the past?**

**BR:** A significant rise in sports-related gambling, particularly with the legalization of mobile sports betting.

**DJ: And what about the uptick with the new year regarding college bowl games and professional playoffs, followed by basketball?**

**BR:** Indeed, this period with the Super Bowl coming up, college games, and then March Madness basketball sees the most significant volume in sports betting every year. We see an increase in calls for help during this time.

**DJ: And you're noticing an uptick with college students too?**

**BR:** Their demographic experiences an increase in calls, especially from parents. They're concerned about their students in college who struggle and use financial aid to cover the costs of sports betting.



A bus with gambling advertising pulls into UAlbany

The access has become easier with the internet. This implies no barriers of time and space. Younger people are more at risk because their brains aren't fully developed yet. They're getting a constant dopamine hit with every one of those bets or the anticipation of winning.

**DJ: I remember when I was in college, the only legal gambling was to travel a 20-minute drive to an OTB which was a fairly unpleasant experience. Now it's**

**'We see an increase in calls for help during this time of year.'**

**very accessible, and it's being accepted socially, especially among the younger demographics.**

**BR:** Indeed, it's accessible and accepted.

**DJ: Even watching a football game, the language has evolved. You see billboards in the stadium mentioning DraftKings, and the celebrity endorsements.**

**BR:** It's the same thing we saw with Big Tobacco. The difference is people aren't aware of the risks, they don't view this as a potential addiction or a problem.

**DJ: Gambling has been normalized. Another example is before the games, commentators talk about point spreads.**

**BR:** Yes. Point spreads, money differentials, odds; the language has changed.

**DJ: How about social media channels like TikTok? They almost peer-pressure people into thinking that it's all right to gamble everything you have.**

**BR:** That's true. We live in a time where algorithms are key. So if someone looks for sports statistics, algorithms send them advertisements offering "risk-free" bets and incentives.

In my opinion, it's kind of predatory. And it's misleading. The \$200 they're giving you in "free money," if you read the fine print, can't be cashed out. You have to spend beyond a certain amount to get that money out. This conditions a younger generation that maybe was never interested in betting or sports before. Addictive practices can begin due to incentives and promotions.

**DJ: I agree. On one of these apps, it's easy to think of doubling down after a loss on a bet that's happening instantly. I can see how easy it would be for real money to disappear quickly because it's on your phone and seems unreal.**

**BR:** Absolutely, we're seeing that people are getting into trouble more quickly with mobile betting. Often people will seek help for substance use disorders or mental health issues, but there may be an under-detected gambling issue that comes out with those issues. We need to do a better job screening for gambling.

**DJ: Do you see any part of the state suffering more than another?**

**BR:** It's across the board, different pockets of people, different regions. It isn't to say we're not still getting calls from people struggling with casino gambling or scratch offs. We address anyone impacted by any kind of gambling harm, aiming for early intervention.

**DJ: Please give me rundown; like what was the most common issue?**

**BR:** To be honest, I don't have that data. But sports betting is becoming more prominent. I can't say for sure that it has overtaken casino betting, which used to be number one.

**DJ: What about funding? Do you get enough? I believe you get 1 percent of the revenue from the state right?**

**BR:** Yes, we get a percentage, but we will always advocate for additional funding to keep up with the demand. As the numbers continue to go up, we'll advocate for additional funding

# Fire departments face volunteer shortage

Robin Lyle  
Journal & Press

Imagine your house is on fire and no one comes to help. Fortunately this is a rare event. Our nation has a long tradition of volunteers ready to respond in minutes when the worst happens. Men and women who dedicate hours to training, spend time each week reviewing and readying equipment, and are willing to drop whatever they're doing, day or night, to face danger. Twenty years of declining volunteerism, however, may put this long tradition in jeopardy.

Fire Departments in Washington County are feeling the effects of this decline. Membership rosters are 30-50% below full staffing in many cases. Even though the personal rewards are reportedly great, recruitment is challenging.

What is causing the shortage in volunteers? People have other interests, busy families with little free time, and declines in volunteerism nationwide, exacerbated by Covid, are some of the causes, according to Glenn Bristol, Washington County's Fire Coordinator. Chief Craig Hansen, of the Easton Volunteer Fire Company, agrees. "We used to have farmers who volunteered and local employers used to let people leave to help with a fire. Now a lot of people work out of town and employers don't allow that anymore." Past Chief of Cossayuna Fire Department, Pat Donahue, says they have only half the firefighters they need with 12 active members. "The shortages started about 20 years ago. We used to have a big membership roster. The fire department was a social thing and there weren't a lot of fire calls – about 5 per year."

All three men also point to changes in fire-fighting itself that create barriers for many volunteers. Increased oversight at the state level and training and equipment mandates require more from the volunteer. At the same time, each leader found the training valuable, resulting in better skills and knowledge and improved safety. Fire Coordinator Bristol arranges training for Washington County. "Most firefighters have to have Basic Exterior Fire-fighting Operations training (BEFO). Most departments would want that before you can do anything. Also a yearly physical and OSHA training," Bristol said. The BEFO course, alone, requires 80-100 hours of training, typically conducted one evening per week over a 6 month period.

BEFO trains volunteers on "firefighter personal protective equipment (PPE), self-contained breathing apparatus inspection and cylinder changing, fire department communications, building construction and fire behavior, modern fire control research, portable fire extinguishers, rope and knot tying, ground ladders, forcible entry, tactical ventilation theory, water supply, hose and fire streams, loss control, orientation to fire origin and cause determination, fire prevention and life safety initiatives, confined space awareness, overview of first aid and buddy care, and Hazardous Materials First Responder Operations," according to NYS Fire Prevention and Control. Most firefighters will eventually also take Interior Firefighting Operations (IFO), and many other specialty courses also exist.

So far, local fire departments are still able to respond within minutes to every call. This doesn't mean the impact of fewer firefighters isn't being felt. Easton's Chief Hansen says they may have only three or four volunteers available for a daytime fire. Because of this shortage, fire departments from neighboring towns are frequently called in to assist. "With a lot of daytime fires you'll see a lot of trucks from different fire departments trying to get enough firefighters there," says Bristol, referring to the practice of mutual aid. Pressure on the individual firefighter, especially on those available during normal work hours who are



File photo of Schuylerville FD

being called out more frequently, is the result.

## Finding Solutions

How can fire departments increase their active membership? Recruiting new volunteers is challenging. "Is There A Fire In You?" is the tagline for Recruit NY, a statewide recruitment event to be held at local participating fire departments this year on April 13-14, 2024. Even with the media exposure this event enlists, the local departments haven't felt a large impact from it. Easton's recent investment in a billboard, likewise, yielded little response. Cossayuna focuses on inviting community members into the building – free WiFi always available from the parking lot was a draw during Covid. Along with a food pantry, Tai Chi classes and space for community meetings and family celebrations, residents begin to see the fire department as more than a resource they hope they never need.

Legislation that allows active firefighters to receive a discount on their property taxes or a yearly stipend is also meant to encourage participation. Both programs are small in scope, however, and are not available to every volunteer.

All three leaders noted that their best hope may lie with community youth. Young men and women can join the ranks while still in high school. "We do have some junior firefighters. We didn't have it when I was a kid and I loved to hang out at the fire department. I love the program. Kids can come in at any age and hang around. If they want to wash the truck or just hang out with us... Of all the students we've had join us, by age 16, they're excellent firefighters," past Chief Donahue said.

Argyle's J.A. Barkley Hose Company's loca-

tion across from the school benefits the fire department, says Bristol, who is a past Chief and active member of the Argyle squad. The fire department's apprentice firefighter program is attracting the nearby students, who only have to cross the street to participate. "The way we look at it is maybe we can train them and maybe they'll go to college and move away. But they may join a fire department in their new community. And, in turn, other young men and women who trained elsewhere may move here and join our department."

Chief Hansen finds youth involvement beneficial for all – the young person, the fire department and the community. He remembers a girl in high school who joined their program when she began to feel the effects of isolation during Covid. As Hansen tells it, "She got out of bed one morning and said, 'I'm going to join the fire department.' She went on to take her EMT. By helping the community, she was ready to serve in the armed services. I saw her mother recently, and she told me, 'You don't know how much of an impact you had on my daughter.'"

It was Ben Franklin who founded America's first volunteer fire company in 1736. Before that, fire companies only helped their paying members. Hopefully, young people will show us how to revive that spirit of volunteerism. Past Chief Donahue's final remark touched on this hope: "When Ben Franklin first started volunteer fire departments, pretty much everybody in the community would help. That's where we're at. If someone has a fire, we need the community."

# Sports gambling addiction (cont.)

and support. It's not just about the affected individuals, we also know that family members are impacted, so we need more resources.

**DJ: Your funding has gone up with sports betting and a new round of casinos approved in the state, right?**

**BR:** Yes, that's right. However, there are certain populations we're concerned about, like people with lower incomes as they don't have the financial stability to get out of those situations. We want to address everyone, not just young men or people with co-occurring disorders.

**DJ: Women are being targeted, too.**

**BR:** For sure, we're seeing ads targeted at women. The easier access to gambling is bringing in another demographic.

**DJ: It seems like this is a problem growing quickly.**

**BR:** Yes, and we must do more. We need to

address those who gamble as a way to numb their feelings. We need to talk to kids about gambling and treat it as a real addiction. I believe some people are aware of our services, but we can do a better job of spreading awareness.

**DJ: I heard on a podcast that there's even a rise in bookies, even though sports gambling is legal. For some people unable to get credit, they go to a bookie who can offer them credit. This gets many people in a big hole quickly. Are you seeing a rise in this?**

**BR:** I've heard from colleagues that young people on campuses are acting as bookies. What I found most alarming was that almost 60 percent of the college students surveyed stated that they had gambled at least once in the past year, primarily sports betting.

**DJ: So the addiction rate might be higher on college campuses than in the general population?**

**BR:** It's possible because younger people are

more prone to it given the accessibility and the acceptability of sports betting.

**DJ: How do you assure your independence from the state so it doesn't seem like you're tied to their money and maybe there might be a blind eye to the addicted to get more revenue?**

**BR:** Our agency maintains a neutral stance on gambling. Our funding comes from the State Office of Addiction Support and Services. Our main objectives are to raise awareness about problem gambling and connect individuals to care.

**DJ: For people feeling regret and remorse due to their increasing urge to gamble, what advice do you have for them?**

**BR:** There's help. Don't be ashamed to reach out for help. There is help and support out there, and it's just a phone call away (1-877-8-HOPE-NY).

## HVCC Biotech Connect program Feb. 5

An ongoing effort to draw more underserved people into the biotechnology and biomanufacturing industries will continue with the next session of Biotech Connect, a free four-day introductory workshop which starts Feb. 5 at HVCC South in Albany.

Hudson Valley Community College and the Capital District Educational Opportunity Center are partnering with Albany College of Pharmacy and Health Sciences (ACPHS) to bring a new and diverse audience to the career fields of biotechnology and biomanufacturing through the Biotech Connect program.

Biotech Connect hopes to recruit post-secondary-GED/high school graduates, women, people of color and refugees into a field that has been growing steadily in the Capital Region for decades.

The four-day workshop is a way to introduce

participants to the Capital Region's growing biomanufacturing and life sciences sector. The program is sponsored by the Stack Family Center for Biopharmaceutical Education and Training at ACPHS.

The workshop will run from 5 - 8 p.m. on Feb. 5, 8, 12 and 15, and introduces some of the concepts, tools and skills needed for entry-level careers in biotech and biomanufacturing with a goal of encouraging people in the community to pursue a career in the field. Participants must attend all four sessions to receive a certificate of completion from Hudson Valley.

Dinner is provided to participants thanks to funding and support from Regeneron Pharmaceuticals.



For questions details about the program or to register, email [cbet.programs@acphs.edu](mailto:cbet.programs@acphs.edu).

HVCC South is located at the Capital South Campus Center, 20 Warren Street, Albany.

## Two musical additions to Fort Salem schedule

Fort Salem Theater is thrilled to announce additional live arts events in their upcoming 2024 season. Among the highlights are two groundbreaking performances: the new musical "Beethoven: Live in Concert" and "Music From Salem."

Taking the stage from April 19-21, 2024, "Beethoven: Live in Concert" is an original musical penned by Al Budde Scholarship Recipient Jad Jacob of Niskayuna, NY. This dynamic production delves into the life of the world's first Rock Star, Ludwig van Beethoven. Set against the backdrop of the rock 'n roll revolution of the 70s, the electrifying show explores Beethoven's tumultuous life, weaving together political upheaval and family drama to narrate the tale of the man who defied fate and forever changed the landscape of classical music.

In a symphonic celebration on Sunday, February 25, 2024, at 4:00 PM, Fort Salem Theater presents "Music From Salem." Led by the acclaimed Artistic Director Lila Brown on viola, this exclusive concert promises an enchanting evening of classical chamber music. The esteemed ensemble, originating in 1986, has earned international acclaim for its intimate and evocative performances, creating a profound musical dialogue that bridges the gap between artist and audience.

Additionally, Fort Salem Theater invites audiences to indulge in an enchanting Valentine's Day Cabaret featuring the extraordinary singer, actor, and cabaret performer Brittany Rolfs on Wednesday, February 14, 2024, at 7:00 PM. With a remarkable career spanning various productions across the east coast, Brittany promises an unforgettable evening with her unparalleled vocal prowess. Limited seating is available, with VIP tables for an enhanced experience.

Fort Salem Theater continues to champion local talent with the New



Works Readings series, featuring "Moving On" by Jeremy Buechner on Friday, June 21, 2024, and "Been Bad" by Sarah Zweighaft on Friday, August 16, 2024. Both authors are Al Budde Scholarship finalists (and veterans of the Fort Salem stage), contributing to the vibrant cultural tapestry of the region.

These additional events complement Fort Salem Theater's previously announced lineup, including acclaimed productions like "Agnes of God," "Into the Woods," "Godspell," "Mary Poppins," "The Drowsy Chaperone," "Our Town," and "Snow Business." Tickets for all events are now on sale at [FortSalem.com](http://FortSalem.com) or by calling 518-854-9200.

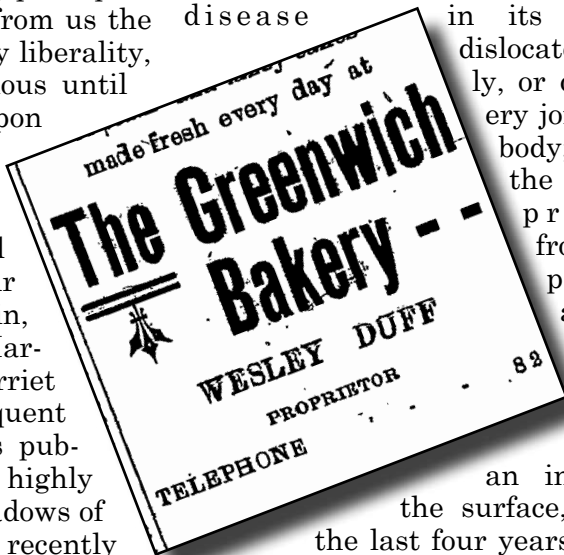
# Women can write, too; a horrible disease

Here's our regular look at articles the appeared in The Journal from decades past...

180 Years Ago  
Feb. 1, 1844

A very pretty monthly periodical has for several years past been edited by a number of the Lowell factory girls. Some ill natured person having attempted to deprive them of the honor of this production; Miss Farley, the principal editor, has written an excellent letter on the subject to the Lowell Courier, from which we make the following extract:

"Our female factory population bears a strong analogy to female society, elsewhere. It has its belles, and its blues – its models of every female virtue, and perhaps its examples of female, deficiencies and virtue. I say, perhaps – for every means are used to keep from us the vile, consistent with that customary liberality, which opposes every woman virtuous until she has done something to draw upon herself suspicion. With regard to our writers, they, of course, form a small proportion of the factory population. Miss Lydia S. Hall and Miss Lucy Larcom have been our first poets. Mrs. Betsy, Chamberlain, Miss Sarah, Jane, Kate, Mrs. Harriet, Curtis, Harriett Ives, and Harriet Farley – have been the most frequent prose contributors. Miss Kate has published a little book which has been highly eulogized, entitled "Lights, and Shadows of Factory Life"; and Miss Curtis has recently had one published, which was stereotyped in three months, and of which 50,000 copies have been sold. It is "Kate in Search of a Husband." These principal writers have formed a nucleus similar to the regular contributors of all such magazines.... About 70 of the mill girls have written for The Offering from its commence-



Disease and Suffering – We have to record one of the most remarkable instances of human distortion, that has come within the scope of our observation and reading. The subject of our remarks is Mr. Uriah Ambler, who died in this town on Thursday morning last. Mr. A. was a house-carpenter, and by exposure, when in a heated and excited state of body, about nine years since, became prey to that racking disease, rheumatism. During the whole of this long period, he was confined to his room and bed, enduring an amount and intensity of pain and suffering, which has seldom fallen to the lot of humanity. His disease in its progress dislocated, nearly, or quite, every joint in his body; caused the bones to protrude from their places, and in some instances to project half an inch from the surface, and for the last four years deprived him entirely of sight.

It wasn't every day business, and not infrequently we believe, repeated many times a day, to replace the joints, which were constantly flying from their natural positions in relationship. After death, we had a slight examination of the body, and a description of it will

convey to the mind of the reader, some idea of the nature of that disease, which could produce such a pitiful piece of deformity. We found it in the position, which, for a long time previous to death, was the only one in which it could lie. On the right side, the head and shoulders curved forward, and the legs drawn up. The bones in the feet and legs were displaced and distorted, the shoulders out of place, the arms of the elbows in the same situation, while in the case of one, if not both hands, a right angle was formed with the wrist.

The fingers were drawn from the middle joint to opposite directions, the upper half being drawn inward toward the palm, while the lower half formed a complete curve outward. This disfigurement extended even to the nails, which scarcely had a resemblance to nature. One of the attending physicians has informed us that the only

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or cure a hard cold already  
contracted.

Greenwich Pharmacy.

Ads on these pages are from 120 years ago

place that he could find to get at the pulsation of the body, was the carotid artery of the neck.

Not only was our subject, a monument of human suffering, but we learned from several sources that he was equally a monument of meek, patient and uncomplaining endurance. He murmured not at his hard lot, but with a soul imbued with the elevated and sustaining

consolations of religion, he committed himself entirely to that God, who is gracious in the midst of affliction, but whose ways are inscrutable and beyond human intelligence. Poor man. We drop a tear of commiseration of his earthly sorrows, we rejoice in God for the hope that his is a blessed immortality

—Norwalk Ohio Gazette.



120 Years Ago  
Feb. 17, 1904

No more brilliant and enjoyable social event has occurred in Greenwich in years than the Masonic ball held last night in the Greenwich theater. The members of Ashlar Lodge, who had the arrangements in charge, had spared no pains to make the affair successful, and it was the unanimous verdict of those present that their efforts were effective.

The hall was decorated with the national colors, and on the stage a drawing room setting made a background for Zita's orchestra of Albany, who gave a concert program before dancing was commenced. About 90 couples participated in the dancing, including many from Schuylerville, and some from other neighboring towns.

Please read more on the next page

## We Are Winding Up

The season's business, and offer price inducements in every departments in every department, that will dispose of our Winter stock at once

## Men's Fine Suits

at prices so reduced that you can afford to buy for next year's wear as they were made late, The styles will be just as good then as now.

We will sell you a FUR COAT cheap enough so you can afford to carry it, for next season's wear.

The balance of OVERCOATS at cost, these goods are the latest cuts, no out of date styles.

All Winter Goods, at Greatly Reduced Prices

## C. M. STEVENS,

CLOTHIER AND FURNISHER,

GREENWICH, N. Y.

# Slow mail, polluted river, new dump

An excellent supper was served in the assembly room of the theater under the direction of the lodge, after which dancing was continued until each of the 26 dances on the program was finished and encored.

## 100 Years Ago

Feb. 6, 1924

The Journal has received a letter from the postmaster at Schaghticoke and a telephone communication from the postmaster at Valley Falls concerning the article, which appeared in this paper last week about the prospect of earlier delivery of newspapers that is expected to result from a new order of the postmaster general. From what these officials have to say, it would appear that the impression was given in our article that the postmasters or carriers at the places mentioned were in some way to blame for the delay.

As a matter of fact, we had no such idea and did not intend to give such an impression. We mentioned Schaghticoke and Valley Falls, because these are the places from which we have received many complaints from subscribers, and because, as far as we know, they are the only nearby offices from which the papers are not delivered on Thursday. We are fully aware, however, that trouble has not risen from the officials at these places, failing to send the papers out promptly when received, but rather that there has been seemingly and inexcusable delay in their receiving them. We know also that the local office has dispatched the papers promptly, and we are therefore convinced that the delay has occurred at some transfer point, probably either Troy or Albany. The announcement of the Post Office department that newspapers are to be expedited the same as first class mail would seem to promise that the service in the future might be better.

If it is as first class mail service for a subscriber living in the town of Easton, 10 miles from Greenwich, to receive his paper nearly two days after it is published, then readers there have been enjoying first class service. But somehow, in this rapid age, this doesn't seem like gilt-edged mail service. A local newspaper may be of some historical interest after several days old, but its news interest is considerably diminished. A newspaper, even if it is a weekly, should be treated with as much consideration as perishable freight.

The Journal is very glad to correct any impression that there may have been gathered from the article last week concerning the service rendered by the officials at the Post Offices mentioned. We know that we can count on their cooperation in any effort to secure better service for Journal subscribers in their territory, and we have strong hopes that the proper branch of the Post Office department will be able to keep it, as promised to expedite the transmission of the papers to these offices.

## 70 Years Ago

Feb. 10, 1954

The Battenkill, which circles through the village of Greenwich, is, of course, polluted with raw sewage, which runs into it at various places, and it is understood that "something may be done" about this. The water pollution control board of the state is now surveying the streams to determine if the pollution is dangerous, and the Battenkill will come under scrutiny soon, it is said.

The idea seems to be that should the control board find the Battenkill is contaminated by the sewage, going into it to an extent that it is dangerous, the present sewers might have to be closed, and the people now using them would have to find another means of disposing of their waste. This would mean a sewer system with a disposal plant, or the building of a lot more cesspools.

## 60 Years Ago

Feb. 6, 1964

People in the town of Greenwich may use the Woolley-Monroe dump located near Clarks Mills in the town of Easton.

The Greenwich board had a special meeting last Thursday and authorized supervisor John Fullerton and Justice Loris Thompson to make arrangements with the owners of the dumping area for people in the township to use the facilities.

Since the first of January, there has been no public dumping grounds in this vicinity open to people of Greenwich outside the corporation, and this created a considerable problem for them. Previously they had used the dump maintained by the village of Greenwich, but the village closed this dump January 1, and contracted with Woolley and Monroe.

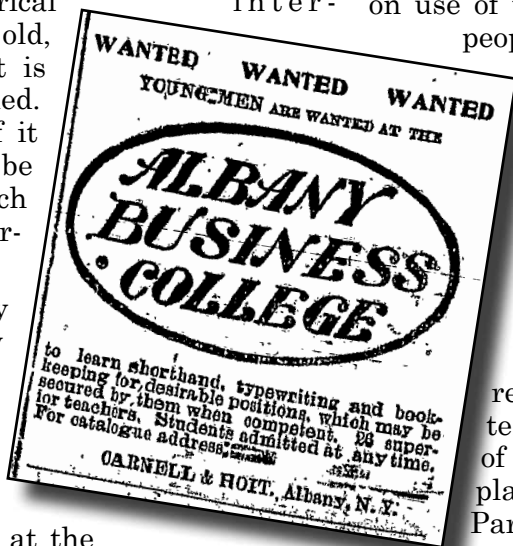
There's one restriction placed on use of the dump by townspeople and that is that dead animals may not be dumped there.

## 40 Years Ago

Feb. 9, 1984

To the Editor:

This letter is a brief reference to the September shutdown of the South Korean plane by the Russians. Particularly to the last words of congressman Larry McDonald, in the speech never uttered, because the words were so startling to the most knowledgeable Americans. "My pledge to you is that we shall resist the communists who threaten us all so long as



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God gives us breath."

WE Lyman

Greenwich

—Compiled and curated by Darren Johnson

## January Clearance Sale

We have resolved to sell out our Winter Stock and when we determine to do a thing we enter into it heart and soul. We want to clear every heavy weight garment out of our store within the next thirty days and are ready to

### 1-4 Sacrifice 1-4 Off 25 Per Cent. Discount Off

on every Suit and Overcoat for man, boy or child. Ulsters, Reevers, Single Pants, Fur Coats, Sleigh Robes, Sealskin Gloves and Mittens, and all kinds of Lined Gloves and Yarn Mittens.

Wonsocket Rubber Boots Sold at \$2.25.

This means more to the buyer than ever before. Such a chance seldom occurs, so take advantage of it. One-quarter off on all above mentioned goods. REMEMBER: The original prices remain on our goods. We make this wonderful and truthful offer at the beginning of another year with confidence in the intelligence of the people to whom this house has always given the worth of their money. These unusual values, we want the people to possess, are by far the greatest we have ever offered, or can be got at any other house. The Man or Woman who misses this sale is a loser.

## M. SONN,

Up-to-date Clothier and Furnisher,

### GREENWICH AND SCHUYLERVILLE.

# What will the groundhog see?

**Shirley Renauld**  
*Journal & Press*

February 2 is Groundhog Day. Do you want him to see his shadow as he awakes from hibernating in his den? This weather folklore came with our German immigrants to PA and continues with us for fun, so as you get up, look for your shadow and do some movements. We call them woodchucks and see the newborn crawl out of their den. Max had a pony that stepped into a hole that was an entrance to a tunnel and broke its leg--so watch where you step when hiking. Wheels of farmers' equipment bounce into them. They tunnel under dirt-floored buildings. So landowners trap them.

Good thing you left your red craft materials available because the beginning of Feb has two holidays to use them for again: Lunar/Chinese New Year and Valentine's Day. Lunar New Year starts on the 10th, and red is considered the lucky color, so put on some red clothes after your haircut for the new year and make cut-paper decorations. For wall hangings, fan-fold tissue paper-- it will be easiest to cut the several layers. For variety, fold in different dimensions, making use of the folds in the packaging. Even fold along the segments of bathroom tissue. Cut out small sizes and shapes from both sides like you did to make snowflakes. (Best to do this over a wastebasket because it's like you're making confetti.) Carefully unfold the paper so you won't tear it. Tape your hangings over dowels, on windows, the inside doors with glass, on walls...

Easier to make will be the small red envelopes. What messages or surprises will you put inside? Who will you give them to? You hope to get some with lucky money inside.

It's the Year of the Wood Dragon, but it will be easier to make its head from a large box. Paint and decorate it. Maybe get ideas as you read "Jonathan and the Dragon". Use lengths of old sheets over you and your friends to be the body for parading. Put hands on shoulders of the person in front of you, watch where you step and march in time, left, right, left, right... to Oriental music.

To end the celebration, on the evening of the 24th, in Chinatowns of NYC and San Francisco, some paraders behind the dragon will carry lanterns on poles. For your parade, make construction paper "lanterns" to carry. Cut out shapes (perhaps hearts, to use the lanterns for that next holiday). Join the sides to make a tube. Add a handle across the top. Some paraders play rhythm instruments, percussion and brass ones for the music/loudness. After the parade, eat your favorite noodles. How are you doing using chopsticks? Practice by picking up small items such as beads. Gung Hay Fat Choy!

Then to decorate for Valentines', reuse the lanterns. Make a 3-D heart to hang inside them. Remember: hold the fold to make two hearts of the same size to fit in the lantern. Use craft scissors to cut up from the point, up around the hump and then a clip downward. With straight scissors cut halfway up along the fold of one heart and halfway down the fold of its twin. Slide one into the other, attach string both to the heart and, at an appropriate length, inside the lantern, to the underside of the handle. Watch the heart turn, especially when it gets moving air.

Make your wall hangings into chains by re-fan-folding them, cutting them into sections and fastening them end to end. Where will you loop and hang them?

We express love all year round, to people and things. We love our pets and they love us. They provide playful companionship, but many dogs are working dogs, too. Have you seen a herding dog, such as a Border Collie or Australian Shepherd, round up farm animals or seen a guard dog living with a flock of sheep for protection? Have you seen a service dog help a blind or deaf person cross a street safely or one working with a policeman (thank you, Officer B)? Have you seen how search and rescue dogs help after a weather disaster? Even Annie gets help from her dog in "The Mystery of the Missing Red Mitten". Read the series of books by area author, Eileen Doyon, about "Lucky" the service dog, who teaches us that "our purpose in life is giving things". Fr Francis has a Red Australian Shepherd who especially likes children and is trained as a therapy dog. He takes it to visit people at health care facilities and group-living homes.

If you and your family are pet-lovers, you probably like to visit animal shelters, which you might do during Winter Break. You can collect used towels, newspaper, and cleaning supplies to donate when you go.. Shelters appreciate volunteer help with the animals, which your group could consider as a project. You get to know the temperament of the animals and talk with visitors. Someone might be interested in training a mild-mannered animal for therapy.

Easter is early this year, which means that counting six weeks back from it, Mardi Gras/Fat Tues.is the day before Valentines. Since we're done with red for this year, Winter Break will be a time to pack away red decorations for this year. And since Mardi Gras means the end of the feasting season, plan to have one: It cen-



ters around pancakes. For their Supper, our Easton friends have their preserves and fruit sauces, honey and maple syrup to pour over theirs, and offer homefries, bacon and sausage. You need fruit with all this, so include reds for Valentine's: Cut the points off strawberries so they'll stand up and turn raspberries and cherries upside down to make the outline of hearts. Still have a pomegranate? Cut it into sections, put them in warm water to soften the skin, turn them inside out to remove the seeds. Drain and put them (yes, we eat the seeds) along with whipped cream and melted chocolate for dipping.inside the outlines. It's our last feast for six weeks, until Easter. Get out your storage box of green, gold and purple to decorate the table. Put on purple, gold and green clothes, including all the beads.

After feasting, do you have energy for a parade. or just see what they're doing in New Orleans?.

The 19th is Presidents' Day, a federal holiday, but you have the whole week as Winter Break, so... A good way to honor our presidents would be to get out coins to identify heads and tails/backs (of course, play it, too). Identify the president on each coin. How does the picture on the back associate with him? What metals are the coins made of? How can you polish a penny? Is there use for pennies anymore? When and where were the coins made? Do some math to figure out how old they are. Feel the edges of the coins. Why is the quarter called a sandwich coin? Compare their thickness. Line them up according to value; do they increase in value with size? Ever seen a half dollar or dollar coin? Want to "make more money"? Do rubbings of the coins. Exchange them with a friend to see if you both can tell which coins you rubbed/how good a rubbing was made. Locally we sometimes get Canadian coins as change. Compare ours with theirs. Why do they have the pictures they do? Which one is not a circle?

Look at someone's coin collection: quarters of our 50 states fitted into a map (How is the picture on each appropriate for that state?), historic coins like the Sacagawea or silver dollar, buffalo or Indian-head nickel, foreign coins.

Then there are the bills we use. Which values can you look at? Again look at fronts and backs. Two-dollar bills are no longer made, but you might get one in your red envelope.

## It's Cliff Oliver Day!

February 1st is Cliff Oliver Day in Greenwich and Albany, NY. Cliff Oliver is well known in the Greater Greenwich Community. Born in the Bronx, NY, Cliff is a longtime resident of Greenwich, along with his wife, Wendy Libertore. A military veteran, he has served New York State as an Agency Photographer at NYS Parks and Recreation & Historic Preservation. He is a member of many community groups and serves on the boards of many. Cliff has a private photography studio in Greenwich, and creates wonderful works that he shares with the community. A lover of history, Cliff has researched the role of African Americans and the Underground Railroad in the Greenwich area and often reenacts historical figures, such as Solomon Northup, pictured here.





# Greenwich CSD track team places

On Jan. 21 at Union College, the Greenwich boys track and field team placed 3rd at the Wasaren League indoor track and field championships, with 98 points. Stillwater won the title, with Tamarac/Hoosick Falls coming in second. The throwers portion of the meet took place and was reported last week.

Miguel Gonzalez led the way, winning the long jump, triple jump and running an outstanding leg of the winning 4x400M relay team. Jay'den White won the 45M dash, was second in the 300M and ran closed out the 4x400M relay. with a commanding anchor leg. Event winners, Noah Davis, Miguel Gonzalez and Jay'den White were named Wasaren All-Stars, along with sophomore distance standout Brad Spiezio, who scored in three events.

The girls team placed 6th in the meet, propelled by sophomore sprinter Kendall Hamilton, who ran scorching races for second place in both the 45M dash and the 300M dash. Hamilton was also named a Wasaren League All-Star.



## Photos:

Boys indoor track and field team (minus throwers) – Cameron Meaker, Caedan Baker, Jay'den White, Miguel Gonzalez (also pictured left), Brad Spiezio, and Sam Dixon.

Girls indoor track and field team (minus throwers) – Catherine Johnson, Claudia Johnson, Kendall Hamilton, Caroline Kelly, Kylie Jirak, Julia Sgambelluri, Charlotte Collins, and Ava Aierstok.



# 500 acres preserved in Cambridge

The Agricultural Stewardship Association (ASA) announced it has received a grant through the NYS Farmland Protection Program that will permanently conserve the 504-acre Horton Farm, comprising the main property and an adjacent 125-acre critical support land, located in the town of Cambridge, NY.

The Horton Farm, a historic agricultural gem, has played a vital role in the local community since its purchase by the Horton Family in 1946. Originally a dairy operation until 2006, the farm has transitioned into a dry cow and heifer raising enterprise, supporting other local dairy operations. Earl and his son Robert (Robbie) have been the driving force behind the farm's operation, with occasional assistance from other family members and one full-time non-family employee.

The protection of the Horton Farm is a testament to the vision and dedication of the Horton Family. Earl, now in his 70s, painstakingly assembled the current farm piece by piece, investing significant time and resources to maximize its productivity. As the family eases into retirement, Robbie will inherit the farm and continue its legacy.

ASA is honored to play a pivotal role in writing and implementing

this grant, which is likely to take up to two years to go through the state process, and ultimately ensuring the property remains viable for agriculture in the long-term. The Horton family and neighbor Susan Crile, who owns the adjacent critical support land, are passionate about conserving the farmland for future generations. Their commitment to protecting the legacy of the Horton Farm reflects a deep sense of pride in their accomplishments and a dedication to the rich agricultural heritage of the region.

Renee Bouplon, Executive Director of ASA, expressed gratitude to Governor Hochul, the NYS Legislature, the Department of Agriculture and Markets, and the Environmental Protection Fund for the state farmland protection program, saying "The successful protection of the Horton Farm will be a testament to our shared commitment to safeguard not only our agricultural roots, but also irreplaceable farmland to grow our food in the future. ASA is proud to partner with the state to conserve this historic farmland, ensuring its continued impact on our community for years to come. We are thrilled to be working with Earl, Donna, Robbie and Susan to permanently protect their land."

# Hear about the town's water plan Feb. 7.

The Town of Greenwich will be holding its first Public Workshop Meeting to discuss establishing a Town Water District on February 7th, 2024, from 6:30-8pm at the Middle Falls Fire Department.

The meeting will include a brief presentation of the planning process and an opportunity for community feedback on potential boundaries of the Town Water District.

The Town of Greenwich has received funding to explore establishing a Town Water District, which was identified as a priority in the Comprehensive Plan. In the Plan, it was noted that the current absence of water infrastructure along Route 29 and in Middle Falls serves as a deterrent of development in the community. One of the solutions explored in a recent water district engineering feasibility study was extending the Village's public water to a new Town Water District. Now, as a next step in advancing this priority project in Greenwich, the public will have an opportunity to learn more about the process and provide feedback on its potential boundaries.

For more information about the project and to stay up to date on progress, findings, and public events, visit the Town website.



Could public water be brought as far as the traffic circle?

# LEGAL NOTICE

## ADVERTISEMENT FOR BIDS

### 2023 Capital Outlay

The Owner, the School Board of Argyle Central School District, will receive sealed bids to furnish materials and labor to complete the 2023 Capital Outlay Project which includes re-roofing areas of the Main Building. Bid shall be on a stipulated sum basis for the following contract:

#### Contract No. 06 – Roofing Construction (RC)

Sealed bids will be received until 3:30 PM Eastern Standard Time, on Friday, February 2nd, 2024 at the District Offices, Argyle Central School District, 5023 State Route 40, Argyle, NY 12809. Bids received after this time will not be accepted and returned to Bidder unopened. Bids will be opened and read aloud after the specified receipt time. An abstract of Bids received will be made available via [www.csarchplanroom.com](http://www.csarchplanroom.com).

Bidding Documents, Drawings and Specifications may be examined as of January 10th, 2024 free of charge by appointment only, at the following locations:

Argyle Central School District  
5023 State Route 40  
Argyle, NY 12809  
CSArch  
40 Beaver Street  
Albany, New York 12207-1511  
518-463-8068

It is the intention of this Project to be both environmentally and fiscally conscious of paper use and consumption. Therefore, documents will be distributed as digital sets. Bidding Documents may be viewed online free of charge beginning January 10th, 2024 at [www.csarchplanroom.com](http://www.csarchplanroom.com) under 'Public Projects', or electronically downloaded for a non-refundable fee of one-hundred dollars (\$100.00).

Complete sets of Bidding Documents, Drawings, and Specifications, on compact disc (CD) or USB flash drive may be obtained from Rev, 28 Church Street, Warwick, New York 10990 Tel: (877) 272-0216 upon depositing the sum of one-hundred dollars (\$100.00). Checks or money orders shall be made payable to Argyle Central School District.

Bidder must provide Bid Security in the amount and form, per the conditions provided in Section Instructions to Bidders.

All Bids will remain subject to acceptance for forty-five (45) days following the receipt of Bids. The Owner may, in its sole discretion, release any Bid and return Bid Security prior to that date.

A Pre-Bid Conference will not be held for this project. Bidders shall make arrangements for appointment to access and view the building, by contacting Mr. Bob Ellis, Superintendent of Buildings & Grounds, at (518) 638-8243, ext. 520.

Bids shall not include New York State sales and compensating use taxes on materials and supplies incorporated into the Work, as the Owner being exempt therefrom. Bidders must comply with New York State Department of Labor Prevailing Wage Rate Schedule and conditions of employment.

The School Board of Argyle Central School District reserves the right to waive any informalities or irregularities in the Bids received, or to reject all Bids without explanation.

By Order Of: Argyle Central School District

1/16,2/1

## Nursing program touts success

The 2023 graduating class from Hudson Valley Community College's Nursing program again ranked among the best in the state. More than 96 percent of Hudson Valley graduates passed the recent National Council Licensure Examination for Registered Nurses (NCLEX-RN) for the first three quarters of 2023.

Hudson Valley graduates exceeded the national average for students enrolled in associate degree nursing programs, which was 87.74 percent for the year.

"Our Nursing program has an outstanding reputation, not just in the Capital Region but around the state," said President Roger A. Ramsammy. "That reputation is proven by our consistently excellent results in the national licensing exam."

Among 2023 graduates of the Hudson Valley Nursing program, 76 out of 79 students passed

on their first attempt.

The results were a continuation of success for the program, which is well respected in the region and beyond. In 2022, the New York State RN NCLEX pass rate for Hudson Valley Nursing graduates was 95.6 percent; 2021 was 89.2 percent; and in 2020, it was 92.7 percent. The program consistently ranks among the state's best in preparing students for the rigorous NCLEX. In 2022, the first-time NCLEX pass rate was 73.7 percent for New York State.

Over the past decade, there has been an ongoing effort to accommodate the large number of students applying to the college's highly competitive A.A.S. Nursing program. A two-year Weekend Option, which started in 2022, is the latest of these efforts. A One-Year Advanced Option, which offered accelerated training for eligible students, began in May 2019. Both of

these programs run alongside more traditional day and evening course options. Currently, the college has approximately 180 students studying in its associate degree nursing programs.



## Skidmore lecture features artist

The Frances Young Tang Teaching Museum and Art Gallery at Skidmore College announces the seventh-annual Winter/Miller Lecture, to be delivered by revered multidisciplinary artist Mickalene Thomas on Thursday, February 8, at 6 pm. The event is free and open to the public.

Thomas is lauded for her bedazzled portraits of Black women, including supermodels, family friends, contemporary Black icons, and her mother, a frequent muse. These vibrant, monumental, and provocative images mingle figuration, abstraction, and collage, with subjects in elaborate settings often gazing straight into the camera. Her work has been exhibited around the world; a 2012 portrait of her mother, Madame Mama Bush, will be on view this spring in the Tang exhibition Studio/Archive.

Thomas's expansive artistic practice also

includes photography, collage, filmmaking, and site-specific installations. Her work references and rejects the overwhelming whiteness of the art historical canon by challenging conventional ideas of gender, race, sexuality, and intimacy. Thomas has cited numerous artistic influences from across time periods, including Edouard Manet, Henri Matisse, Carrie Mae Weems, Kerry James Marshall, and the Black is Beautiful cultural movement of the 1960s and 1970s.

Beyond her studio practice, Thomas has produced a Tony-nominated Broadway show, designed clothing for Christian Dior, curated museum exhibitions, and taught at colleges across the US. She has made mentorship central to her career. She is a co-founder of SOULAS House, a cultural hub and retreat for Black women, a co-founder of Pratt>FORWARD and

the founder of Art>FORWARD Artist in the Market incubator for post-graduate students.

Thomas's appearance is at the invitation of Abigail Svetlik '24, who holds the prestigious 2023-24 Eleanor Linder Winter '43 Endowed Internship, a one-year pre-professional program in museum work at the Tang for Skidmore College students. In this role, Svetlik researches, plans, and coordinates the Winter/Miller Lecture. Svetlik also works in the museum's curatorial department, assisting with writing and research about upcoming exhibitions.

Svetlik, a double major in art history and English literature, has been involved with the Tang since her sophomore year. She has been a member of the Student Advisory Council, a gallery monitor, a tour guide, and a public programming intern.

# History-themed dinner on Leap Day

SUNY Adirondack's Culinary students march into history later this winter, as Seasoned hosts a Warren County Historical Society event celebrating the 250th Anniversary of the Revolutionary War.

Three courses of time period-inspired cuisine will be prepared and served Feb. 29 at Seasoned, 14 Hudson Ave., as a benefit for the historical society.

"We are excited to partner with Chef Bolton and the SUNY Adirondack Culinary program to bring a continental flavor to the Glens Falls area," said Stan Cianfarano, Warren County historian. "The supply of food was always of prime importance to soldiers and civilians. With most colonials being self-sustaining farmers, they ate what they could grow. The menu at this event reflects the wide variety of foods consumed during the colonial period."

The dinner — which is \$60 a person — includes a talk by SUNY Adirondack alum and historical re-enactor Patrick Fayette, who will discuss food typical of the era and soldiers' rations. Historical re-enactors will mingle with guests.

The menu includes classic 18th-century French bread with herb butter; appetizer choice of pickled vegetables and charcuterie, a scotch egg in a creamy mustard sauce, corn and potato chowder or steamed little-neck clams in an ale herb broth; a main course selection of pork a la Normandy over sweet potato mash, chicken Fricassee over toasted barley, roasted venison with baked beans and root vegetables, baked haddock with zucchini fritters or a Northern bean cassoulet; and dessert choices of apple pie, molasses and cranberry bread pudding or gingerbread spice cake. Tea, coffee and soft drinks are included. Beer and wine will be

offered at Seasoned's cash bar.

"This going to be an amazing way to showcase our students and the culinary arts and baking program, while providing an educational night for our community," said Chef Matt Bolton, Culinary Arts instructor at SUNY Adirondack. "Chef Patrick Fayette, alumnus from the Class of 2023 and a chef at Radici, is actively involved in the planning of the menu and guest speaker notes. As a history enthusiast, he was the first person I called when this opportunity was presented."

Dinner seatings are at 5:45, 6, 6:15, 6:30, 6:45 and 7 p.m. Reservations are required by Feb. 19 and available on a limited basis through Warren County Historical Society. Visit 50 Gurney Lane, Queensbury, or call 518-743-0734 to reserve space; payment is due at the time of reservation in cash, by check or credit/debit card.

## Checkbook Challenge winners

The Greenwich Central School eighth Grade FACS (Family and Consumer Science) classes have been learning about Financial Management which includes learning about budgeting, banking, credit, and balancing your checkbook.

At the beginning of each 20-week class, the students receive a checkbook and are required to record their transactions in their checkbook register. They earn FACS cash--receiving a weekly direct deposit paycheck by punching a time card at the beginning of each class period and also by signing up for odd jobs. Students who sign up for the additional jobs are required to submit a letter of interest and interview for the position. Students also incur expenses, receive

invoices/bills and are required to make payment by writing a check from their checkbook for things such as borrowing/renting or purchase a writing utensil, losing an assignment worksheet, or forgetting to push in their chairs at the end of class. Late payment fees are charged for students not making timely payments. Every five weeks they then reconcile their accounts with "the bank"--a/k/a Ms. Saunders. The grade they earn is based on how accurately they maintain their checkbook register.

As an added



incentive students from each class were recognized as either having maintained the most accurate register or accumulating the highest balance.

The first semester "Checkbook Challenge" winners were Ella Celani, Avery Ellis, Mya Saunders, Jackson Slater, Claire Smith and Taylor Stewart.

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## Throwers shine in meet

Greenwich thrower Noah Davis won the shot put and weight throw events at the Wasaren League Indoor track and field championships in Schaghticoke on Jan. 15, with throws of 44' 11" and 52' 4 1/2", respectively. Davis, a senior, now ranks among the top four among all weight throwers in Section 2. Clearly Davis set the tone for teammates in the weight throw, as Peter Chuhta (46' 2 1/2") and Jackson Slater (41' 6 1/4") placed second and fourth. Chuhta and Slater now rank first and second among all freshman weight throwers in Section 2. All three boys set personal records in event.



The GCS girls also set personal records in the weight throw and scored points (top six) for the Witches. Ali Michael (4th) and Kylie Lundberg (5th) were separated by only one inch and delivered outstanding, clutch performances in a very tight contest. Michael threw 26' 9 1/2" and Lundberg threw 26' 8 1/2".

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# 'Botanical Computing' exhibit at HVCC

"Botanical Computing: Phyto-Cybernetics," an exhibition of digital "landscapes" by media artist Silvia Ruzanka, an assistant professor in the Department of Arts at Rensselaer Polytechnic Institute, opens Thursday, Feb. 1, with a reception from 4 to 6 p.m. in The Teaching Gallery at Hudson Valley Community College. An artist's talk precedes the opening at 3 p.m. in the BTC Auditorium on the Troy Campus. The talk, reception and regular gallery hours are open free to the public. The exhibit closes Saturday, March 2.

Ruzanka's projects include virtual reality, interactive installation, video and performance. (This exhibition includes digitally-animated video projections with sound and two virtual reality stations.) Her work explores the archaeology and memory of technology and media, and their intersections with everyday life. "I am interested in the tension between the rationality of the digital and the complex messiness of human experience. For me, art is a way of teasing out the irrational inside technology," the artist writes. "Human bodies, plant bodies, and digital computer bodies are all defined by material constraints."

The artist has exhibited at galleries, museums and festivals internationally, including the Museum of Contemporary Art, Chicago; the New Forms Festival, Vancouver; and Shenzhen's Bi-City Biennale of Urbanism/Architecture in China. Ruzanka holds an MFA in Art and Technol-

ogy Studies from The School of the Art Institute of Chicago and a B.A. in Physics from Smith College. In addition to teaching, she currently is a Ph.D. candidate in Visual Arts: Philosophy, Aesthetics and Art Theory at the Institute for Doctoral Studies in the Visual Arts in Portland, ME.

Her research is in the philosophy of computation and care.

The Teaching Gallery hours are 10 a.m. - 4 p.m. Tuesday, Thursday and Friday; 11 a.m. - 7 p.m. Wednesday; noon - 4 p.m. Saturday, and closed Sunday and Monday; admission is free.



## Matt Chinian opens up his studio

Matt Chinian will open up his 138 W. Main St., Cambridge, studio for an informal demonstration of a still life painting, he will go over color, value, composition, paint mixing and application. This will be a hybrid event from 12 to 4 p.m. with a demo at 2 p.m. and also a live stream on Facebook: <https://www.facebook.com/mchinian>. Event is free and open to the public. Refreshments will be served.

Artist and resident of Cambridge, Chinian graduated from Bennington College in 1984 with a major in Paint-

ing and sculpture, and in 1988 with an MFA in sculpture and drawing from SUNY Albany. An early career in sculpture fabrication, sign making and cold casting led to building restoration and carpentry and a move to Cambridge, New York in 1990. Ten years ago he returned to landscape painting, a skill he learned early in his education. Since then his unique style and philosophy of prosaic realism emerged



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# Leo F. Flynn, 69

Leo F. Flynn, 69, OFG, passed away peacefully at his home on Friday, January 19, 2024, surrounded by his loving family, after a long courageous battle with cancer. He was born in Albany NY, September 23, 1954, to the late Raymond Flynn and Helen (Blanchfield) Flynn. He was an inspiration, a role model, a mentor, a coach, a true leader, a great family man and a great friend to so many.

Besides his parents, he was predeceased by his cousin Daniel Flynn, and his close family friend, who was like a son, Brian Buell, and his beloved dogs Barney and Otis.

He married Marybeth Davis-Flynn on August 25, 1990, and they provided a loving home to their four children; Jake Davis-Barron (Tabitha), Christopher Flynn, Lindsey Sawtelle (Alex) and Jason Flynn, all of Greenwich, as well as many other local kids that showed up on their doorstep over the years. Some of his fondest memories were in Old Orchard Beach ME, where he vacationed every summer for almost 40 years with his family.

He is also survived by his grandchildren who were the lights of his life - Jake Davis-Barron Jr., Zethra Davis-Barron, Helen Flynn and her sister Bella Huff, Molly Sawtelle, Griffin Sawtelle, Nash Sawtelle; sister Lisa Gillis (Bill) and his very close cousins Margaret (Sissy) Kinyon and Debbie Brophy (Pete); sister-in-law Beth Charron (Ken); all of Greenwich, and brother-in-law Rae Davis Jr. (Leitha) of South Glens Falls; nieces and nephews – Brian Davis, who he thought of more as a son (Stephanie), their children Noah, Olivia and Dillan; Kaitlin Akin (Jeff) and her children Casey, McKenzie and Bradley; Jonathan Davis (Brianna) and his children Asher, Jaxon and McKenna; Jesse Lamb, Tyler Lamb and his children Ava and Callihan, all of Greenwich and Chelsea Charron of Greenfield NY.

He LOVED sports, especially his NY Giants and the NY Mets. His mind was literally a sports encyclopedia, and he was the envy of many sports trivia enthusiasts.

He was a 1972 graduate of Greenwich Central School where he played football. After graduating ACC in 1975, he began working for the Greenwich Department of Public Works and

became Superintendent in 1982; where he was still employed on a part-time basis.

Leo was a member of BPOE Elks 2223 for 40+ years, the Sons of American Legion 515, and VFW Auxiliary Post 7291. He was a lifetime member and past Assistant Chief of the Greenwich Fire Department for over 40 years, joining at the age of 17.

His true passion was coaching football and baseball, for local youths for almost 50 years. He coached the GFD Little League baseball team for many years and assisted his cousin Dan Flynn with the local Sandy Koufax and Mickey Mantle baseball teams, for many years. Leo's fondest coaching memories came from his time spent with the Greenwich High School football team where he coached the offensive line for over 32 years. He enjoyed coaching alongside some of his mentors like John Perrick, Bob Kuba and Bud Kenyon as well as Brandon Linnett. He was so proud of each and every, young man that crossed his path over the years. He loved hearing "Hey Coach" when he would meet one around town. He truly enjoyed his conversations with them as they became parents and coaches themselves. He was also an advisor to the group that started the Greenwich Youth Football League in 1992.

To expand on his love of football, he became a football official for the Adirondack chapter and was recognized in October 2023 for his 40 years of service to the A.C.C.F.O. He officiated high school and semi-pro games over the years. His high school officiating included numerous sectional games, eight regional, four semifinal and one state championship games. His semipro officiating included seven final games. He served as the President and the co-assignor of officials. Leo's excellence was recognized by the Capital District Chapter of the National Football Foundation and College Hall of Fame with the Outstanding Official Award in 2019. He was inducted into the Capital Region Football Hall of Fame in August 2023 as an Official.

Leo was elected Town of Greenwich Justice in 2021.

The Family would like to thank Leo's DPW crew Mike Smith, Ken Charron, John Hogan, Nick Casey, Al Gutasy and Mark Rogers for



their unwavering support over the past 16 months, Drs. Edward Liebers, Martazza Singapore Walla, Rubenstein and Ying and their staffs for their wonderful care throughout Leo's illness, especially his infusion nurse Maggie; and Jenna Brophy for her compassion and expertise in helping Leo deal with his illnesses.

A funeral mass was held at 10 am on Wednesday, January 24, 2024, at St. Joseph's Church in Greenwich. Following the mass, family and friends were invited to the Greenwich Elks Lodge #2223, 130 Bulson Rd, Greenwich, NY, 12834 for a reception.

Family and friends may call from 4 – 7 pm on Tuesday, January 23, 2024, at Flynn Bros, Inc. Funeral Home, 80 Main St, Greenwich, NY, 12834.

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



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**TOWN OF GREENWICH  
PUBLIC WORKSHOP**

**February 7<sup>th</sup> 6:30-8:00 PM**

**Middle Falls Fire Department | 1034 State Route 28, Greenwich**

**WE WANT YOUR INPUT ON LOCATIONS FOR  
A POTENTIAL TOWN WATER DISTRICT!**

The meeting will begin with a brief presentation and then include time for community feedback on potential boundaries for the Town Water District.

The Town of Greenwich has received funding to explore establishing a Town Water District, which was identified as a priority in the Comprehensive Plan. In the Plan, it was noted that the current absence of water infrastructure along Route 29 and in Middle Falls serves as a deterrent of development in the community. One of the solutions explored in a recent water district engineering feasibility study was extending the Village's public water to a new Town Water District. Now, as a next step in advancing this priority project in Greenwich, the public will have an opportunity to learn more about the process and provide feedback on its potential boundaries.

**For questions or comments about the meeting, please contact:** Norabelle Greenberger, LaBella Associates [ngreenberger@LaBellaPC.com](mailto:ngreenberger@LaBellaPC.com) | 518-824-1933

# County roads, take us home

Sandy McReynolds  
Greenwich Free Library

Route 40.) That road today is County Route 49.

The cost sharing was to be as follows: the Town pays for all grading, draining, culvert construction, and sluices. This was to be under the approval of the County engineer. The County, in turn, will then pay for the cost of surfacing the road, with the Town to furnish the equipment to do the work.

There were two types of roads approved for the county-wide project, both of which were required to be ten feet in width. The first was water bound macadam (the gaps between the surface stones using a mixture of stone dust and water to make the surface smoother). The second option was the use of gravel instead of crushed stone and a tar binding. The cost was not to exceed \$3,000 per mile, and not more than twenty-five percent of a Towns allowed mileage to be built in any year.

Maintenance was to be covered by the Town furnishing materials (except oil), while the County provides labor and oil—not to exceed \$100 per mile per year.

One of the stipulations of this broad project was that the towns could not proceed with a new road until the one already started was finished, and the Board of Supervisors for the County must approve the order in which roads were constructed. Within the first few years, it was planned to have 153 miles of roadwork done.

*Sandy McReynolds is Greenwich Town Historian as well as Gill Room Historian at the Greenwich Free Library.*


We take them for granted as we travel around the area, the five-sided blue and yellow signs marking out our county routes. Alongside our road names and state routes, the numbers just tend to roll off our tongues as we describe how to get from point A to B...”take 372 to 74A, go left at the Y onto Stump Church Road which brings you to 60...”

The early part of the twentieth century brought around an abundance of travel improvements. One of those that impacted us in this region was the reconstruction of our roadways. What was once a dirt, hole-filled muddy mess was transitioning to hardened packed surfaces ready to easily connect us with our neighboring communities.


But when did they start? For that answer we need to go back to 1919, when the County decided they wanted their own road system. It was to be a joint effort between the towns and county to transition some existing thoroughfares alongside the creation of new roads to meet up with the State highways. The goal was to improve the driving experience.

The plan was to have one section improved in one town connect with another improved section in a neighboring town. On the docket to be one of the first in Greenwich was the roadway connecting the Dunn Tavern corner on the Greenwich-Salem state road (Route 29) through Cossayuna to the Argyle line (where Argyle would then continue the road to meet with the Argyle-South Argyle state road,






**Washington County Public Health**  
415 Lower Main Street  
Hudson Falls, NY 12839  
518-746-2400



## 2024 Rabies Clinic Schedule

Vaccinate Your Pets!

**All Clinics are By Appointment. Registration Required. No Walk-ins.**  
Pre-Register Here: <https://washingtoncountyny.gov/305/rabies> Or use QR Code:  
Note: The link is **only** open during the registration dates listed for each clinic.  
If the clinic fills up before registration end date, registration will be closed.



Clinic Date:	Location:	Time:
<b>Saturday, March 23</b> Registration dates: 3/13/24 - 3/20/24	Whitehall Town Highway Garage Route 4, Whitehall, NY 12887	9:30 AM – 12:30 PM
<b>Saturday, April 20</b> Registration dates: 4/10/24 - 4/17/24	Granville Town Highway Garage 1300 Co Rd 24, Granville, NY 12832	9:30 AM – 12:30 PM
<b>Saturday, May 18</b> Registration dates: 5/8/24 - 5/15/24	Argyle Town Highway Garage 5062 Rt 40, Argyle NY, 12809	9:30 AM – 12:30 PM
<b>Saturday, June 15</b> Registration dates: 6/5/24 - 6/12/24	Washington Cty DPW Municipal Complex 399 Broadway Bldg #203 Fort Edward, NY 12828	9:30 AM – 12:30 PM
<b>Saturday, September 14</b> Registration dates: 9/4/24 - 9/11/24	Fort Ann Highway Garage 11249 NY-149, Fort Ann, NY 12827	9:30 AM – 12:30 PM
<b>Saturday, October 5</b> Registration dates: 9/25/24-10/2/24	Cambridge DPW Garage 6 Memorial Drive, Cambridge NY 12816	9:30 AM – 12:30 PM
<b>Saturday, November 2</b> Registration dates: 10/23/24 – 10/30/24	Kingsbury Highway Garage 437 Vaughn Rd, Hudson Falls NY 12839	9:30 AM – 12:30 PM

All Dogs & Cats should be vaccinated against rabies at 3 months of age and re-vaccinated one year later, then every 3 years. Ferrets should be vaccinated against rabies at 3 months of age and re-vaccinated yearly.  
Pets must remain in vehicle until vaccine given. All pets need to be on a leash or in a carrier.  
Vaccines are administered in accordance with National Association of State Public Health Veterinarians (NASPHV).  
All Clinics are free, (donations are accepted.) Pre-Registration Required. No walk-ins. rabiesclinic24(g)

PTSA Organized

# REALITYCHECK

A GAME OF LIFE

It's a GAME, It's an EXPERIENCE,  
It's an OPPORTUNITY...

ADMISSION IS FREE  
GRADES 7-12 WELCOME

Embark on a transformative journey with Reality Check—a captivating Game of Life organized by the Greenwich PTSA. This simulation math/financial literacy game is designed to empower students in mastering the art of money management and budgeting. Navigate through real-life financial opportunities, encountering a mix of both anticipated scenarios and life's unexpected twists. Furthermore, students will have the invaluable opportunity to delve into real-life career exploration, engaging in meaningful conversations with local business owners and professionals. Prepare to unlock a world of practical knowledge and skills that extend far beyond the confines of the classroom.

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- \$100 Apple Gift Card

MANY MORE PRIZES  
TO BE ANNOUNCED!

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We are actively seeking additional volunteers and professionals who are passionate about sharing insights into their careers with our students.

**To volunteer please contact:**  
Tara Graves: [graves3575@gmail.com](mailto:graves3575@gmail.com)

Save the date

Tuesday,  
March 12

12:15 – 4:00 PM

12:15-1:00 8th Grade  
1:00-1:45 11th Grade  
1:45-2:30 12th Grade  
2:30-4:00 Grades 7-12

**Where:**  
Greenwich  
High School  
Media Center

Follow the PTSA on Facebook for updates

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ASSOCIATE OWNED





# Mental health is key to physical health

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

**Q:** *These last few years I've been sick a lot. Doctors tell me I have a compromised immune system. I'm doing everything the doctors say but still not recovering. I've never done therapy, but need to feel better to work. What part do you think mental health plays in physical health?*

**A:** Mental health, according to research, plays a critical part in physical health. There's a lot you can do to support your overall well-being in addition to going to your current doctors.

Scientists have been able to figure out the human genome (what our genetics say about our health). But they do not entirely understand what turns genes on or off. Let's say two identical twins have a cancer gene. What causes one twin to develop cancer when the other twin does not?

A well-researched theory is that emotions turn on or off the expression of genes. This doesn't mean if you're angry, you'll get cancer. It means if you're chronically angry with no resolutions or insight, you may increase your chance of illness.

Norman Cousins, author of *Anatomy of an Illness*, believed our biochemistry powerfully affects our emotions. He thought laughter helped him heal from several chronic diseases.

Cousins' theory doesn't mean we have to laugh our way through our day. However, tragedy and comedy are flip sides of the same coin. People often quip during adversity, "Hey, one day this will be funny...just not today." The connection between tragedy and comedy points

out the power of perspective.

As an executive coach and therapist, I spend a lot of time doing what my field calls "reframing" situations for clients. Think of a photo with a tattered frame. After you reframe it, you're pleased to hang it on your wall again.

My clients often use words like devastated, catastrophe, or disaster. I reframe events by using a different perspective and along with that, words — like challenge, disappointment, or set back. Walking around chanting that our

## 'Learn to cherish your well-being and watch your health.'

life is a "catastrophe" would make anyone feel ill.

Effective therapy gives anyone who is willing the power of changing his or her perspective. Science tells us that the belief we're powerless can literally make us sick. As a therapist I don't try to replace negative emotions with positive ones. Instead, I teach tools to give power in upsetting situations in which my client believes he or she has none.

We, in many ways, are all running experiments on what works in life. Try keeping a mood diary for one week. At the same time, keep a symptom diary. Then compare the two records and see where they overlap. If your symptoms worsen when you're emotionally up-

set, then learning to work effectively with your feelings should improve your health.

All adults will have negative feelings in and out of the workplace. However, only a few adults will go get the tools and wisdom to respond to events without sacrificing their well-being.

Think of your immune system as a metaphor through which your body is demanding you learn self-advocacy. Learn to cherish your well-being and watch your health and career flourish.

### The last word(s)

**Q:** *You often talk about ways to use suffering at work to help us grow up. Do you use any phrase for yourself as a reminder that things tend to get better when we get better?*

**A:** Yes, I often consider the words of Swiss psychiatrist Carl Jung (1875-1961), father of analytical psychology, who observed that, "No tree can grow to heaven unless its roots reach down to hell." Adversity carves our cup out to contain more joy and helps us grow deep roots!

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



## JILL ON MONEY

# Credit card debt resurfaces

**Jill Schlesinger**  
Tribune Content Agency  
Special to Journal & Press

Debtors' prisons were abolished by Congress in 1833, which is good news for the millions of Americans.

According to a recent survey from Bankrate, nearly half of consumers (49 percent) say they carry a credit card balance from one month to the next, up a full 10 percentage points from 2021.

And of those who revolve their balances, 58% (56 million people) — have been in debt for at least one year.

The recent uptick in borrowing is a big turnaround from the progress that consumers made in the early pandemic period. According to the Government Accountability Office, from April 2020 to December 2021, "many people likely used their pandemic stimulus payments to pay down their credit card balances. Pandemic assistance was also associated with better credit scores and fewer delinquencies."

Of course, it was a lot easier to beat back debt levels when you were stuck in your house and annual inflation was running at a rate of 1.4%, like it was in December 2020.

As the economy opened up, consumers unleashed their pent-up demand and spent their savings and then some. Unfortunately, by mid-2021, the rise in prices was gathering steam and more Americans turned to credit cards to absorb higher expenses.

The Bankrate survey found that about a

quarter of respondents said day-to-day expenses, like groceries, childcare and utilities caused debt to pile up.

Another 43% who carried a balance said that it was caused by unexpected or emergency expenses, like medical bills, or necessary car and home repairs.

Although the current percentage of people who carry credit card debt is similar to the share seen prior to the pandemic, today's debt-

## 'Start with the highest interest debt first and work down.'

ors have a bigger hurdle: as of November 2023, the average interest rate for all credit card accounts was 21.5% vs. 14.5% two years ago.

If you are seeking ways to dig out from under the mound of debt, start with the highest interest debt first and work your way down. You should also consider these actions:

— Call and ask for a lower credit card APR: A 2023 LendingTree report showed that 76% of people who asked for a lower interest rate on their credit card in the prior year got one. You may be able to get a reduced or waived annual fee, a higher credit limit and a waived late fee. You have nothing to lose, so pick up the phone and ask!

— Consider a zero percent balance transfer:

This is usually for those with decent credit scores, but if you can snag one, a transfer can provide a year (or more) at 0% to pay off debt, without accruing any interest on the transferred balance. Warning: There are usually upfront fees and a higher interest rate at the end of the term if you can't pay off the debt.

— Carefully weigh bankruptcy: This is a BIG step, but if you are really drowning, it may be time to discuss your situation with a qualified bankruptcy attorney. According to the federal court system, bankruptcy can help those "who can no longer pay their debts get a fresh start by liquidating assets to pay their debts or by creating a repayment plan."

Personal bankruptcy does not erase all debts, like child support, alimony, parking violations and fines, student loans and recent federal and state income taxes owed.

Additionally, a bankruptcy can stay on your credit report for up to 10 years and can impair your ability to obtain credit during that time. Before unleashing judgment about bankruptcy, remember that the most common reasons that Americans file are job loss, medical debt, and divorce.

*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@jillonmoney.com.*





# The veteran and the loner

Lance Allen Wang  
Journal & Press

In 1965, World War II veteran and Hollywood writer Rod Serling was a year past the cancellation of "The Twilight Zone," a show which made him a celebrity and household name. While the science fiction series earned him the esteem of writers, science fiction was always a tough sell to the networks and sponsors, as it was not considered "serious" writing. The show was cancelled twice during its original five-year run, and Serling was ready for a new challenge by 1965.

He had gained his television chops in the mid-1950s working on 90-minute programs for a series called Playhouse 90. Never one to write light fare, stories like "Patterns," about politics in the corporate world and "Bomber's Moon," which would reflect on the moral dilemmas facing a commander ordering men to their deaths during World War II were typical of the weighty dramas that Serling was writing at this point.

A native of Binghamton, New York, as a young Jewish man watching Europe fall to the Nazis he dreamed of going to war and once of age, enlisted in the Army, hoping to be a tail gunner on a B-17 bomber. His poor eyesight ended that dream, so he decided to become a paratrooper. Assigned to the 11th Airborne Division, Serling fought in the Philippines on both Leyte and in Manila. Assigned the particularly hazardous job of working on a demolition team, the 5'4" Serling was twice wounded during the war, and saw a good friend killed in an air drop accident right in front of him. That was quite a lot for this young man to carry.

After the war, he took up writing in college on the GI Bill as it had always been an interest of his, but more importantly, the mental trauma he carried from the war needed to be processed, needed to be dealt with. "I needed to get it out of my gut," he wrote, "Write it down. This is the way it began for me." Like many veterans, he carried trauma not just from the war, but also was plagued by the world he returned home to. After fighting a war for idealistic causes, Serling came home to racism and segregation, and later, the Cold War, Senator Joe McCarthy and the House Un-American Activities Committee. He saw a world that seemed to be walking blindly down a path to nuclear annihilation.

As he attempted to incorporate these themes into his writing, he began to explore science fiction. It gave him freedom as a writer, as network censors (on high alert due to the threat of McCarthy's committee) were less apt to censor a science-fiction program, or as Serling put it, "Aliens can say things that humans can't." Nonetheless, Serling was outspoken, and he often carried the reputation of being television's "angry young man."

After "The Twilight Zone" went off the air, Serling embarked on a new series, this time in the most archetypal and popular American format, the western. Starring Lloyd Bridges and debuting in September 1965, "The Loner" would last for one season. With Serling's hands guiding it, "The Loner" was very different fare than the standard TV western formula called for.

After watching a few episodes, and being familiar with Serling's story, I can't help but

think the protagonist played by Lloyd Bridges is a stand-in for Serling. In the series, his name is William Colton, a former Union cavalry Captain traumatized by the war and now seemingly riding aimlessly out west. The series captures the various episodes and encounters in his travels. No longer veiled by science fiction, the show backs away from the relative subtlety of the Twilight Zone. In its only 26 episodes, we see the series explore themes including war, racism, pacifism, PTSD, stolen valor, lynching, and immigration. And the violence, when it occurs, usually has consequences.

Colton encounters these situations seemingly randomly and represents a different kind of Western hero. Rather than the stereotypical bluster and blather, a Western hero with a bigger hat and bigger six-shooter, Colton instead represents hard-won experience. His credibility and seeming moral authority means he doesn't need swagger or bluster. He can shoot straight, but it's not his preferred mode. He represents right over might – one of Serling's recurring themes.

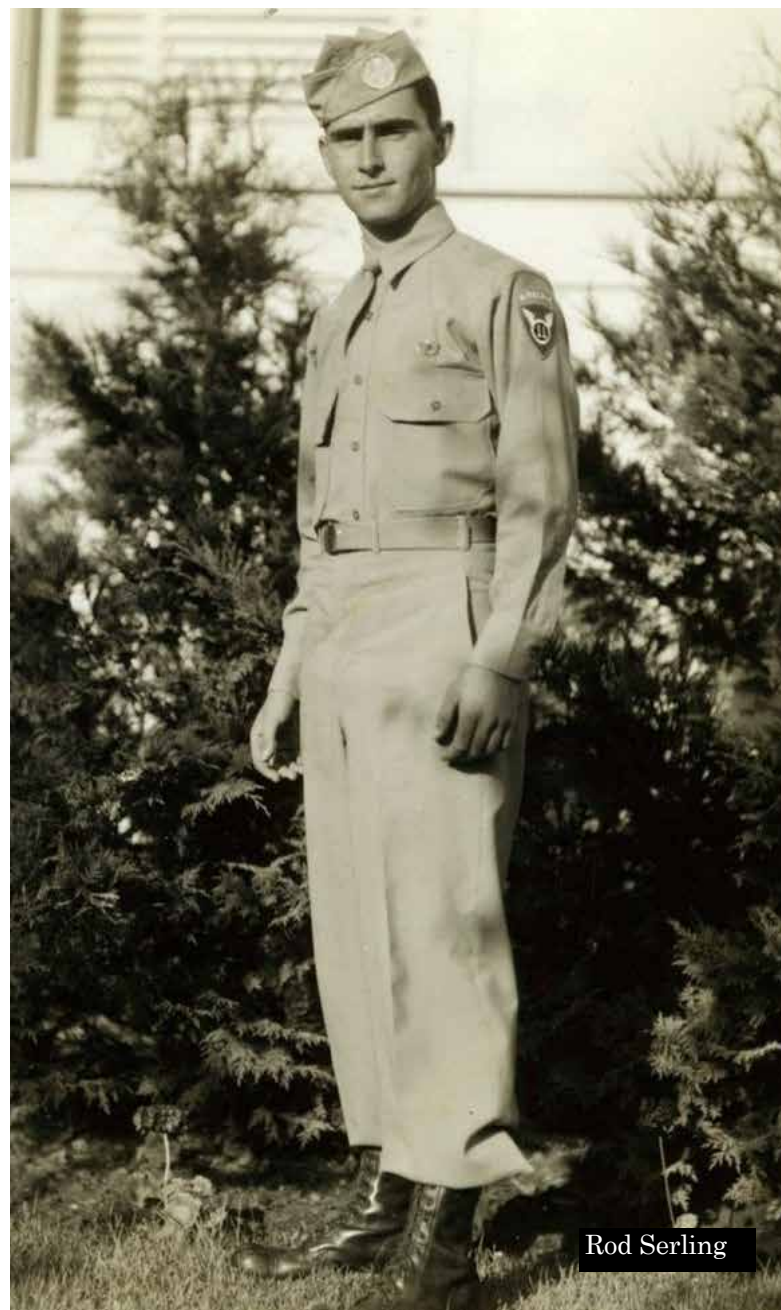
Considering this show's place in time, in the backdrop of backlash to the Civil Rights Act and a growing anti-war movement, some of the themes were provocative (and perhaps a tougher sell to advertisers). Nonetheless, each episode gave Serling another place to state his vision, not as the host bookending a Twilight Zone episode, but through Lloyd Bridges' portrayal of the central figure.

Another veteran and writer who used the western formula, this time set in space, to explore contemporary themes was Gene Roddenberry. A former Army Air Force pilot who flew B-17s in the Pacific, Roddenberry decided, after surviving his third plane crash in 1947, to switch from flying to writing.

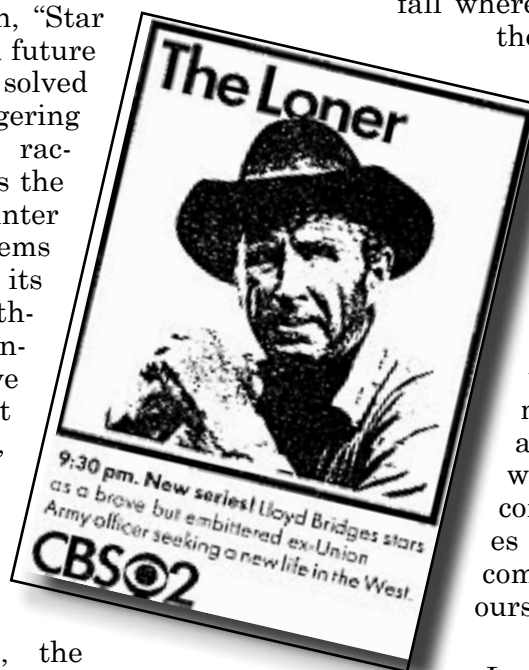
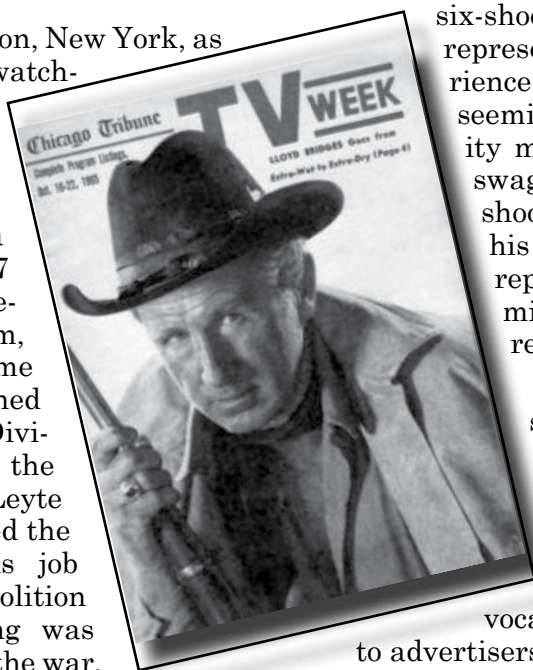
Roddenberry stayed in a zone in his creation, "Star Trek," by creating a future where mankind has solved most of its own lingering problems such as racism, and rather it is the worlds they encounter which have problems mirroring those of its 1960s audience. Rather than Colton's "Loner," we instead have an ensemble cast as the ship's crew, much like during Captain Roddenberry's war.

Nichelle Nichols, who played Lieutenant Uhura, the Enterprise's communications officer on the show, often told a story of how she once told Roddenberry, "Gene, these are just little morality plays!" And he smirked, put his finger to his lips, and said, "Sssssshhhhhh. Don't tell anyone!"

In October 1963, President John F. Kennedy



Rod Serling



spoke of the importance of the arts and the artist in a speech at Amherst College. When I think of the works of veterans like Serling and Roddenberry, as well as the recently departed Norman Lear, Kennedy's words come to mind:

"If sometimes our great artists have been the most critical of our society, it is because their sensitivity and their concern for justice, which must motivate any true artist, makes him aware that our Nation falls short of its highest potential. I see little of more importance to the future of our country and our civilization than full recognition of the place of the artist..."

"But democratic society--in it, the highest duty of the writer, the composer, the artist is to remain true to himself and to let the chips fall where they may. In serving his vision of the truth, the artist best serves his nation..."

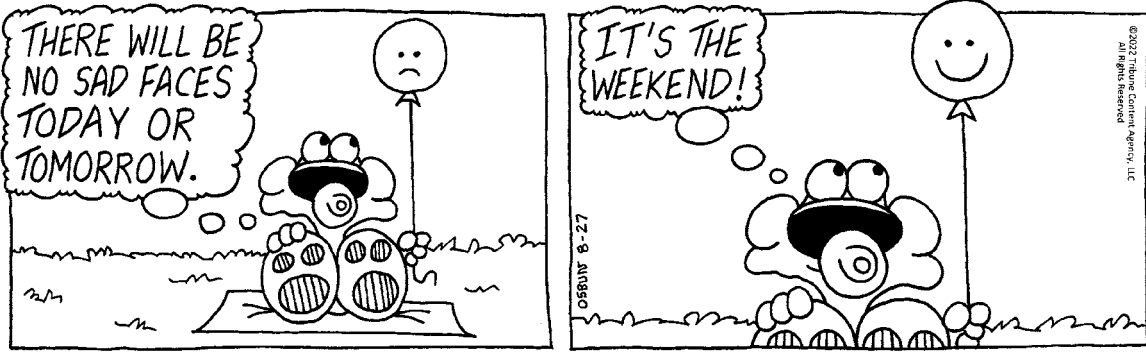
Whether through the mirror that Serling held up to our world, refracting our foibles back at us through a science fiction lens, or through Roddenberry's fantastical United Federation of Planets visiting worlds often remarkably like our own, these two veterans used their wartime experiences and traumas to communicate both cautionary and idealistic visions. It is through the writer's lens that our own world often comes best into focus. The more lenses we see our world through, the more complete a picture we get of the world for ourselves.

Lance Allen Wang is Supervisor-elect in the Town of White Creek who is also an Iraq Veteran and retired Army Infantry officer. He lives in Eagle Bridge with his wife Hatti.

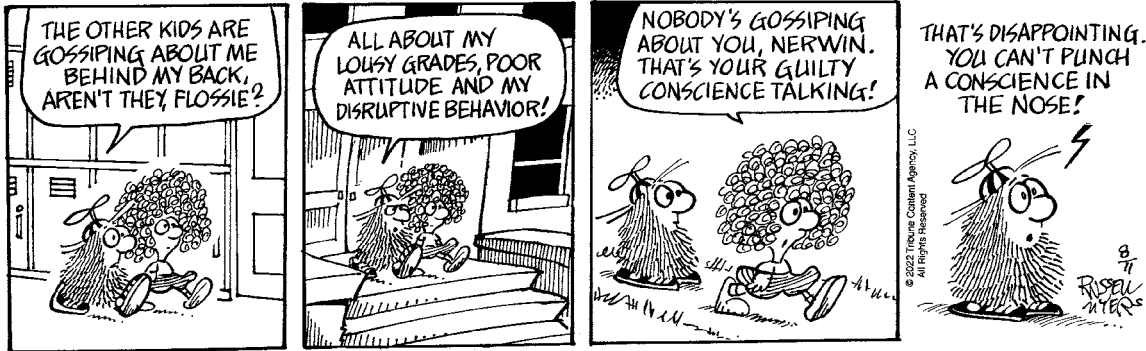


# FUN, GAMES & FAST FACTS

## Animal Crackers by Fred Wagner



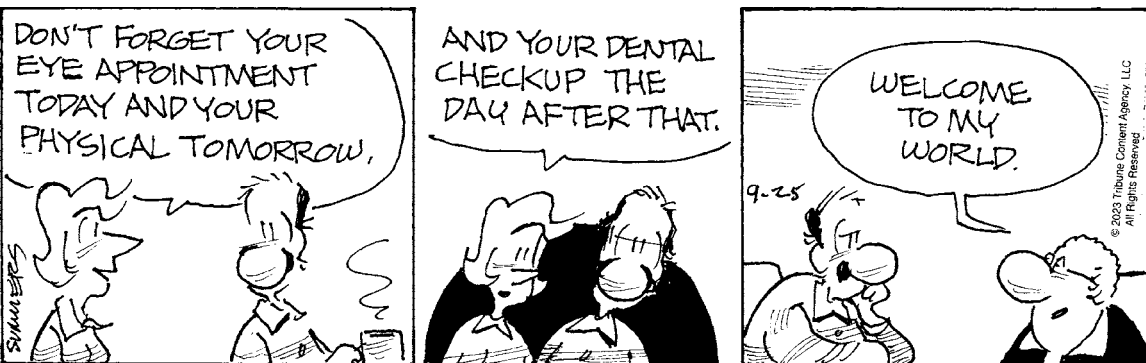
## Broom Hilda by Russell Myers



## Gasoline Alley by Jim Scancarelli



## The Middletons by Dana Summers



## Rover's World by Jim Gray



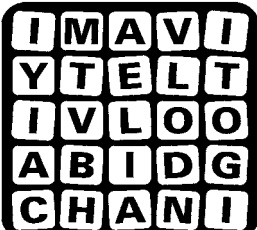
## 9 to 5 by Harley Schwadron



"Sims looks like he's doing nothing, but actually he's coming up with conspiracy theories about why his salary never goes up."

## Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek



**INSTRUCTIONS:** Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a 4x4 grid of paper. You may only use each letter once and only in a single word. Find words with a length and compare word finds, 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 = 5 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

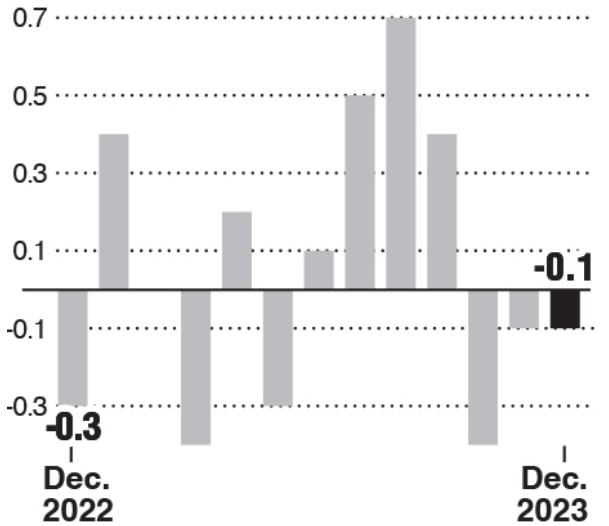
**Boggle BrainBusters Bonus**  
 We put special brain-busting words into the puzzle grid. Can you find them?  
 Find AT LEAST EIGHT COUNTRIES ENDING WITH A VOWEL in the grid of letters.

Answers to Last Sunday's Boggle BrainBusters: COUNTRIES ENDING WITH A VOWEL: BAGDON, BASTON, BOSTON, COVOTE

## Fast Fact

### Producer price index

Index of prices U.S. producers receive for goods and services, percent change from previous month



Graphic: TNS  
Source: Bureau of Labor Statistics

## Word Play Answers Page 20

### JUMBLE

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

TEREX  
 YUFIN  
 SCURPE  
 DROOEV

### THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



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

Answer here: [Circled letters from the Jumble words: T, R, E, X, Y, U, F, I, N, S, C, U, R, P, E, D, R, O, O, E, V]

## Argyle Acrostic By Frank J. D'Agostino

- |  |  |  |                               |
|--|--|--|-------------------------------|
| Find these words associated with fine art (and find Frank's acrostic books on Amazon): | Chalk<br>Colors<br>Concept<br>Crayon<br>Design<br>Easel<br>Genre<br>Illustrate<br>Lines<br>Montage | Mosaic<br>Mural<br>Museum<br>Pads<br>Pastel<br>Pencil<br>Prints<br>Realism<br>Signed<br>Sketch | Style<br>Visual Arts<br>Works |
|--|--|--|-------------------------------|



## SCRABBLE G R A M S

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Five racks of Scrabble tiles:

- RACK 1: A1, E1, E1, I1, N1, G2, L1
- RACK 2: A1, E1, E1, G2, L1, R1, L1
- RACK 3: E1, Y4, P3, D2, T1, C3, R1 (Double Word Score)
- RACK 4: A1, A1, E1, E1, L1, T1, B3
- RACK 5: A1, O1, Y4, L1, P3, R1, L1 (3rd Letter Triple)

PAR SCORE 255-265  
BEST SCORE 325  
FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

# MORE FUN & GAMES

## Filbert by LA Bonté

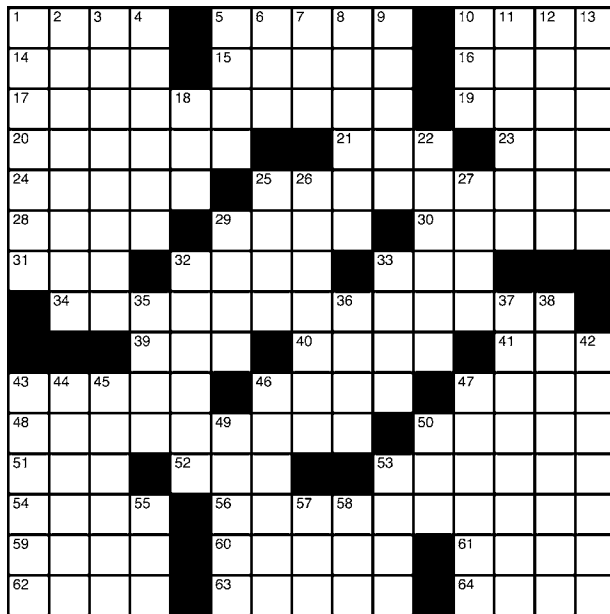


## Political Cartoon of the Week by Dana Summers



## Cambridge Crossword

- Across
- 1 Peruvian people who cultivated potato varieties
  - 5 Channel that covers Capitol Hill
  - 10 Puzzle that may have dead ends
  - 14 More than a snack
  - 15 Words to live by
  - 16 Emotional request
  - 17 Spring flower painted by van Gogh
  - 19 Feminine pronoun
  - 20 Like one's back during cat pose
  - 21 Throw shade at
  - 23 Finger food at luaus
  - 24 "Mossy, bossy" Seuss character
  - 25 A-plus student
  - 28 Amtrak sta. times
  - 29 Slot in a cash drawer
  - 30 Twisted humor
  - 31 Female sib
  - 32 "East of Eden" director Kazan
  - 33 Docent's deg.
  - 34 Hard-to-open cap
  - 39 Air gun shot
  - 40 Jazz singer Anita
  - 41 Op. \_\_; footnote abbr.
  - 43 Diet based on the eating habits of early humans
  - 46 Business attire
  - 47 Mexican coin
  - 48 Coffee order similar to a latte
  - 50 Not quite foggy
  - 51 Post-op area
  - 52 \_\_ card: smartphone need
  - 53 Lively dances
  - 54 Novelist \_\_ Neale Hurston
  - 56 Scold harshly
  - 59 Like 8 or 88
  - 60 Gabrielle of "Being Mary Jane"
  - 61 Filmmaker Preminger
  - 62 Depend (on)
  - 63 Trivial, as a complaint
- Down
- 1 Sticks a stake in, as a vampire
  - 2 Overly anxious
  - 3 Dramatic end of a cinematic chase scene
  - 4 Socially dominant figures
  - 5 Kept in the email loop
  - 6 \_\_ Lanka
  - 7 A pop
  - 8 Athletic brand with a three-stripe logo
  - 9 Deferential denial
  - 10 Dashboard abbr.
  - 11 Pepper named for a Syrian city
  - 12 Focus (on)
  - 13 With very little effort
  - 18 Luthor of the comics
  - 22 Looking swell
  - 25 Short cut?
  - 26 Save, as a newspaper article
  - 27 Eurasia's \_\_ Mountains
  - 29 Alero automaker, informally
  - 32 Macaroni often used in cold salads
  - 33 Zoo trench
  - 35 "Yeah, sure"
  - 36 Dog that licks Garfield
  - 37 Enjoy the lake in winter, perhaps
  - 38 Aversion
  - 42 Place to buy gifts for kids
  - 43 Vaccine manufacturer
  - 44 Tucked-away recess
  - 45 Bay leaf source
  - 46 Gymnast Biles who won four gold medals in Rio
  - 47 Cushion
  - 49 Ask for a donation
  - 50 "Calvin and Hobbes" bully
  - 53 Measly
  - 55 "\_\_ takers?"
  - 57 Trivial complaint
  - 58 Received



## Salem Sudoku

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

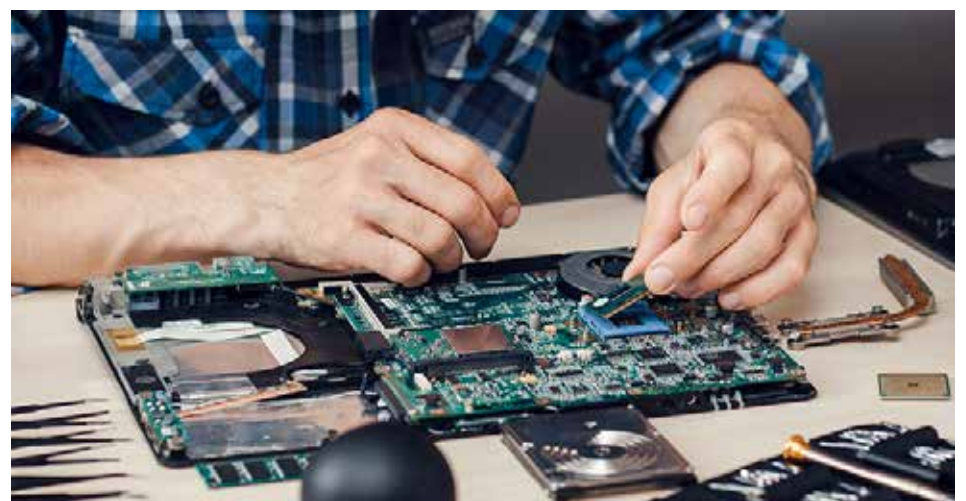
				1			7	9
		9				1		4
	3			2			8	
		5		4		2		1
	6							9
9		2		3		5		
	4		2					6
1		8					7	
5	2			7				

# Have something that needs fixing?

What do you do with a broken toaster? Or with a lamp that won't work? Or with a favorite shirt that is ripped? Toss it? No way! Schuylerville Public Library is organizing its third Repair Café on Saturday, February 3 from 10am until 1pm.

At Schuylerville Public Library (52 Ferry Street) on Saturday February 3 everything centers on making repairs. Starting at 10am and ending at 1pm, various volunteer repair experts will be available to help make all possible repairs free of charge. Most tools and materials will also be on hand. People visiting the Repair Café will bring along their broken items from home. Limit of two items per person. Small appliances, lamps, hair dryers, radios, clothes, toys... anything that is broken and small enough to carry is welcome and can more than likely be repaired. The Repair Café specialists almost always have the know-how.

By promoting repairs, the Library wants to help reduce mountains of waste. According to Library Director Caitlin Johnson, "By repairing instead of tossing, we lessen the strain on our environment." This event is being co-sponsored by Climate Smart Schuylerville, a group whose mission is to help the Village of Schuylerville develop and promote environmentally responsible practices in order to preserve Schuylerville's rich heritage, reduce energy and environmental costs to the Village and taxpayers, and move toward environmental sustainability for present and future generations.



Interested in volunteering for this event, as a repairer? Simply contact Caitlin Johnson at [cjohnson@sals.edu](mailto:cjohnson@sals.edu). Schuylerville Public Library wishes to organize a Repair Café on a regular basis. News about dates of up-and-coming editions will follow as soon as possible!

The Repair Café concept arose in the Netherlands, in 2009, and was formulated by Martine Postma, at the time an Amsterdam-based journalist/publicist. In 2010, she started the Repair Café Foundation (see [Repaircafe.org](http://Repaircafe.org)). This foundation provides support to local groups around the world wishing to start their own Repair Café. The foundation also supports the Repair Café in the Schuylerville Public Library.

### Can You Help?

Repair Café is looking for local residents with different skills who can be present as repair experts during the Repair Café (on February 3, 2024 from 10am to 1pm at 52 Ferry St, Schuylerville). They are especially looking for people who are handy with small electrical appliances or clothing/sewing and who enjoy sharing their knowledge with their neighbors. Want to sign up as a volunteer? Send an email to Caitlin Johnson at [cjohnson@sals.edu](mailto:cjohnson@sals.edu) and please include Repair Café in the subject line.

## Eagle Scout honored

Nicholas Campbell Eagle Scout for Boy Scout Troop 127 was honored on Sunday, January 14th at Christ the King Spiritual Life Center with a Court of Honor Eagle Scout Ceremony surround by scouts, family and friends. Nicholas organized, oversaw and completed a 60' Snowmobile Bridge on Trial C9 of the SnoBlazers Snowmobile Club Trail system for his final Eagle Project with the support of the Troop, Snowmobile Club, Friends and Family. Nicholas is the son of

Scott & Christa Campbell and has a sister Kathryn Campbell attending the University of New Hampshire. Nicholas plans to enter the United States Air Force after his 2024 Graduation from Greenwich Central School where he will study Aeronautical Engineering and will continue as a Scout Reserve helping out Troop 127. Thank You to all who participated and supported him throughout his scouting career.

# Get ready, world, a new, 'rizz-ful' me is headed your way

Greg Schwem  
Tribune Content Agency  
Special to Journal & Press

Forget weight loss. My 2024 New Year's resolution is to sound um...wait, uh...the word is on the tip of my tongue...sound...

Smarter.

Time is of the essence; right now some 13-year-old with an artificial intelligence voice cloning tool is probably doing it for me. I don't want to see, and hear, myself on TikTok spewing all kinds of malarkey that I know never came out of my mouth.

OK, "malarkey" is probably not the best word to use if one wants to sound smart...wait, if one wants to sound shrewd and nimble-witted. There, that's better. Thank you, Google Dictionary. Instead, any chance I get, I vow to pepper my conversations with "rizz."

Defined as, "the ability to attract a romantic or sexual partner," rizz is the Oxford University Press Word of the Year.

As each year draws to a close, I look forward to the word of the year reveal as much as I look forward to traffic-free expressways. I'm not sure why Oxford gets to choose the word; I've been to Oxford University, and I couldn't understand what anybody was saying, even though that may be due to my difficulty in deciphering strong English accents. That's why I quickly lost interest in "Ted Lasso." It's also why I will probably never date a British lady; constantly saying, "Can you repeat that?" is hardly rizz-like.

In years past, inserting the word of the year into casual conversation has proven quite easy. According to Oxford University Press, the word is **chosen** based on the "ethos, mood, or preoccupations of that particular year and to have lasting potential as a word of cultural significance." In 2013 that word was "selfie." Even my 88-year-old mother has used that one.

Going back further, 2005 was a simple year, times two, as Oxford chose words for both the U.K. and U.S. dictionaries. The Brits were



gifted with "sudoku" while we Yanks received "podcast." Kudos to Mom for embracing one of those words. I'll let you, the reader, guess which one.

I have used "toxic," the 2018 winner, multiple times this year. Perhaps that's due to my impending divorce. Sadly, I struck out last year, failing to call out myself, or anybody for that matter, as entering "goblin mode." The phrase which loosely is defined as giving one license to reject societal norms and embrace what, to the user, "feels right," was the 2022 winner.

Rizz seemed like a perfect word to include in my online dating profile. "Funny, athletic and unlimited rizz" should generate some "likes" and "swipe rights" from members of the opposite sex.

One would think.

Instead, I got a lot of puzzled emojis and "???" responses.

Maybe I needed to speak the word, as opposed to writing it.

"That's some serious rizz you have going," I said to the woman who I met in my condomin-

ium's lobby.

"I beg your pardon?" she asked, before checking her phone and dashing out the door.

Well, maybe I needed more time to explain what I meant. UberEats delivery drivers are always so rushed.

After a few more failed attempts, I started to

**'Rizz seemed like a perfect word to include in my online dating profile.'**

realize that, as a 61-year-old man, my best rizz days may be behind me. But I have a whole year to remedy the situation. I will eat healthier, work out more and get more sleep, all of which should increase my rizz factor. Then, I will unleash my rizz qualities on an attractive woman who, knowing the word's definition, will tell me she's feeling serious rizz vibes, courtesy of me.

Together we will go back to her place, where we will spend the rest of the evening playing Sudoku and listening to podcasts.

Thank you, Oxford.

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

Visit Greg on the web at [www.gregschwem.com](http://www.gregschwem.com).



## Students of the month

Greenwich CSD students of the month of January: Gabriel Kessler, Amelia Cripps, Claire Smith, Abigail Burch, Lillian Spicer, Averi McQueen and Penelope Talmadge.



## FUN & GAMES SOLUTIONS

**Boggle:** TOGO MALI CHILE  
INDIA CHINA HAITI ANGOLA  
LATVIA

**Jumble:** Jumbles: EXERT UNIFY  
SPRUCE OVERDO – PROCURE  
ONE

**SCRABBLE G|R|A|M|S SOLUTION**

L <sub>1</sub>	I <sub>1</sub>	N <sub>1</sub>	E <sub>1</sub>	A <sub>1</sub>	G <sub>2</sub>	E <sub>1</sub>	RACK 1 =	<b>58</b>
A <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>	E <sub>1</sub>	G <sub>2</sub>	E <sub>1</sub>	R <sub>1</sub>	RACK 2 =	<b>58</b>
D <sub>2</sub>	E <sub>1</sub>	C <sub>3</sub>	R <sub>1</sub>	Y <sub>4</sub>	P <sub>3</sub>	T <sub>1</sub>	RACK 3 =	<b>80</b>
E <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	A <sub>1</sub>	B <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 4 =	<b>59</b>
P <sub>3</sub>	A <sub>1</sub>	Y <sub>4</sub>	R <sub>1</sub>	O <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>	RACK 5 =	<b>70</b>
PAR SCORE 255-265							TOTAL	<b>325</b>

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

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



# History Book Club takes on Asa Finch

Washington County Historical Society's Local History Book Club will meet from 12 PM until 1 PM on Friday, February 9, at the society's headquarters, 167 Broadway, Fort Edward, NY. Historical society membership is not required.

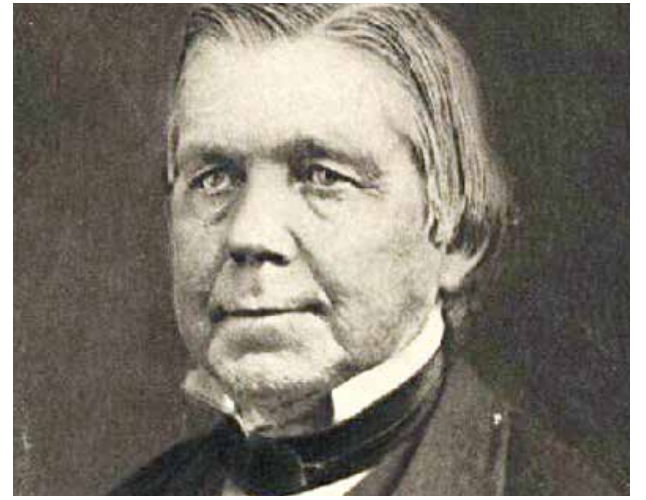
The upcoming session will focus on Dr. Asa Fitch's life and accomplishments and will begin with an icebreaker quiz. Attendees are asked to read "Their Own Voices, Oral Accounts of Early Settlers in Washington County," collected by Asa Fitch and edited by Jeanne Winston Adler; Asa Fitch and the Emergence of American Entomology by Jeffrey K. Barnes; or any other work by or about Dr. Fitch.

Dr. Fitch was born in 1809 in Salem, NY and by 1865 he was one of the world's premier ento-

mologists. Additionally, Fitch was a renowned historian. His laboratory in Salem is on the National Register of Historic Places.

The book club meets regularly on the second Friday of the month at 12PM, usually at the Washington County Historical Society Wing-Northup House in Fort Edward. The March meeting will focus on An Introduction to Historic Resources in Washington County, NY published in 1976. It has chapters on each of the towns, with detailed maps.

Future sessions of the club will include books about the larger Adirondack area as well as works by local authors. Proposed topics include the temperance movement in our area, agricultural fairs in Washington Co., and the county poorhouse. For additional information,



email Connie Harris Farrington at [connieandlee@roadrunner.com](mailto:connieandlee@roadrunner.com).

## News from local churches

### Roman Catholic Churches

Mass at Holy Cross Catholic Church on Sunday is at 8:15 AM; at St. Patrick's at 11:30 AM and offers the 'Children's Liturgy of the Word'; and at Immaculate Conception in Hoosick Falls on Saturday at 4 PM and Sunday at 10 AM. Holy Cross offers a coffee and fellowship hour on the 1st Sunday of the month to which all are invited. Ash Wednesday, February 14, services are as follows; 9 AM at St. Patrick's, Mass with ashes, at Holy Cross, Noon service with ashes, and at Hoosick Falls, 6 PM service with ashes. Fr. Peter can be reached by calling St. Patrick's office at 677-2757. If after hours, please leave a message with your name and number. The Holy Cross Pastoral Council will meet on Tuesday, January 30 at 7 PM. Topics will include discussion of ways to build parish participation and outreach programs. How will the community be served? The council is in need of new members. Interested persons should contact Mary Rosmus.

St. Patrick's Pastoral Council will meet on Monday, February 5 at 6:30 PM.

Lenten Fridays Fish Fry will again be held at St. Patrick's. Please consider supporting them.

Consider visiting the Parish website: [www.battenkillcatholic.org](http://www.battenkillcatholic.org). People can sign up for Flocknote notifications, prepare for Sunday Liturgy, access Adult Faith information and so much more.

The Salem food pantry is especially in need of tuna fish, coffee, cereal, pancake mix and oil. The Cambridge Food Panty is in need of dry, boxed cereal, oatmeal, tuna fish, chicken noodle soup and jam or jelly. Thank you for your continued support.

### Easton Methodist Church

The Easton Methodist Church, 12053 Route 40, North Easton will host Soup-To-Go on Super Bowl Sunday, February 11 from Noon to 2:00 pm. Soup will be take out only to be picked up at the Church. A 16 oz. container will cost \$5. The choices will be Clam Chowder, Chicken Tortellini, Chili, Broccoli Cheese and Tomato Bisque. Pre-ordering by February 9th is encouraged. To pre-order, email [eastonchurch126@gmail.com](mailto:eastonchurch126@gmail.com) or call 518-531-4558 (leave message). Someone will call or email you to confirm your order. Visit [eastonumc.org](http://eastonumc.org) for information.

For Fat Tuesday, the church will serve a Pancake Supper in the Church Dining Room on Tuesday, February 13 from 5:00 to 7:00 PM. On the menu will be pancakes and waffles with maple and fruit syrups, hash brown potatoes, bacon, sausage, applesauce and beverages. Cost is only \$10. No reservations necessary. Visit [eastonumc.org](http://eastonumc.org) for information.

### Methodist Churches

In December, the Methodist Churches of Easton, Greenwich, North Cambridge, South Cambridge and Eagle Bridge sponsored a concert which featured the Racing City Chorus, a men's a Cappello group, singing Holiday songs. The proceeds of the concert were donated to local fire companies in Easton, Greenwich, Cambridge and Buskirk. The churches appreciated the time and talent donated by the Racing City Chorus and those who helped organize the event. Pictured is Chief Craig Hansen of the Easton Volunteer Fire Company



receiving the donation from Eric Allen, treasurer in the Easton Methodist Church.

### Hebron Presbyterian Church

Hebron United Presbyterian Church (HUPC) has welcomed a new Pastoral Leadership team with the appointments of Rev. Dr. William Crawford, Pastor, and Rev. Christine Dungan, Parish Associate.

Rev. Dr. Crawford comes to Hebron from his last parish at Larchmont Avenue Presbyterian Church in Larchmont, NY. He has also served as university chaplain and seminary dean of students. Rev. Bill comments that "HUPC is a wonderful place of wonderful people - with a rich history, a dynamic present, and with great possibilities ahead!"

Rev. Dungan has served various churches, most recently in Portland, Oregon. She is "delighted to serve in a team ministry which is writing the next chapter in the life of HUPC."

Hebron United Presbyterian Church remains a vital presence in the community with easy accessibility, including an elevator and an outside ramp. Please join us for services on Sundays at 10:30am at 3153 County Route 30 in Hebron, NY.

### First United Presbyterian Church

The Deacons of the First United Presbyterian Church in Salem are selling delicious pies for the 11th year from the popular Smith's Orchard Bake Shop. The price is \$16 for these delicious homemade pies, they come frozen ready to bake when you need a large full pie for your guests. This is just in time for Easter. The Orders are due by February 29th for delivery at the church on March 16th. There are many varieties of pies offered, please call Jane Keys @ 854-3418 to place your order. The Deacons appreciated your support for their fundraiser and give back to the community and church with the profit earned.

*Have a local church announcement? Send it to [editor@journalandpress.com](mailto:editor@journalandpress.com).*

# Fort Salem kicks off with Zahn as star

Fort Salem Theater is thrilled to announce the kickoff of its highly anticipated 2024 season with the gripping drama “Agnes of God” written by John Pielmeier. Scheduled to run from March 1 to March 10, 2024, this production promises an intimate and immersive in-the-round experience in the Cabaret Room, setting the stage for a thought-provoking and captivating theatrical journey.

Directed by Fort Salem’s Artistic and Executive Director Kyle West, the play revolves around court-appointed psychiatrist Dr. Martha Livingstone, portrayed by the remarkable Emmy Award winner, Benita Zahn. Joining her on stage are accomplished actress Siri Allison as Mother Miriam Ruth and the exceptionally talented Dorothy Slim Van Pelt in the role of Agnes. The play debuted on stage at the Eugene O’Neill Theater Center in 1979, but is perhaps best known as the Golden Globe winning film, which featured Jane Fonda, Anne Bancroft and Meg Tilly.

“We are delighted to launch our 2024 season with this moving play on our cabaret stage,” shared Kyle West. “This space was originally the chapel built in 1882 and still has its original stained glass windows, providing a perfect backdrop for this drama. The incredible 3-woman cast is also a match made in heaven, pun intended, for this thought-provoking production.”

“Agnes of God” unfolds as Dr. Martha Livingstone is summoned to a convent to assess the sanity of young postulant Sister Agnes, who is accused of murdering her newborn. Mother Miriam Ruth determinedly keeps young Agnes from the doctor, further arousing Livingstone’s suspicions and leading to a re-examination of faith and the power of love. The play builds to a dramatic and compelling climax, exploring profound questions about life and belief.

In the role of Dr. Martha Livingstone, Benita Zahn brings not only her Emmy-Award winning talent, but also over four decades of news anchoring (WNYT) and professional acting. A certified health and wellness coach, Benita has recently transitioned her career, making guest appearances in theater, film, and TV, including a recent role in “The Marvelous Mrs. Maisel” on Amazon Prime. A proud member of Actors Equity Association, Benita’s diverse theatrical background includes performances with Park Playhouse, Capital Repertory Theater, and various independent films. At Fort Salem Theater, she has appeared in “Steel Magnolias,” “They’re Playing Our Song,” and “Getting My Act Together and Taking it on the Road.” She is also well known for her performances with the “The Singing Anchors.”

Playing Mother Miriam Ruth, Siri Allison, a



Salem resident, started her acting journey at the age of 12. With a notable career in New York City, Siri joined two repertory companies in the 1980s and performed off-Broadway in productions like “The Second Man,” “Honor Bright,” “Tartuffe,” and “Romeo and Juliet.” Locally, Siri is a member of the Story Circle of the Capital District, and her extensive repertoire includes performances with Hubbard Hall, The Footlighters, and the annual touring group “Whispering Bones.” At Fort Salem Theater, she has appeared in “The Savannah Disputation” (Margaret), “Grease” (Miss Lynch), and “Footloose” (Betty Blast), and recently assistant directed “A Midsummer Night’s Dream.”

Starring as Agnes is Dorothy Slim Van Pelt, who made her stage debut only 2 years ago as the title character in Fort Salem Theater’s “The Diary of Anne Frank.” For her performance, Nippertown Magazine raved, “You could not want more from someone playing Anne than Dorothy Slim Van Pelt. The theater and this production are blessed by her presence.” Dorothy is a senior at Greenwich High School, applying to the top theater schools in the country to pursue her craft. She was also recently seen in Fort Salem Theater’s “Steel Magnolias” (Annelle) and “A Midsummer Night’s Dream” (Hermia). Her other stage work includes “Twelfth Night” (Antonio), and a script she co-created and performed that advocated for Social Justice among climate change and the BLM movement. Dorothy spent two semesters studying Meisner and Stanislavski techniques for monologuing at the Saratoga Performing Arts Center School of the Arts.

Joining the aforementioned Kyle West as director are Fort Salem Theater Artistic Associates Courtnie Harrington and John Norine Jr. as Production Stage Manager and Technical Director, respectively.

Tickets for “Agnes of God” are currently on sale at [www.FortSalem.com](http://www.FortSalem.com). However, due to the intimate in-the-round setting in Fort Salem Theater’s Cabaret Room, seating is limited. Don’t miss the chance to witness this powerful and thought-provoking production.

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## Let them serenade you

The Saratoga Springs based Racing City Chorus is now accepting your order for Singing Valentines for Wednesday, February 14th. A barber-shop quartet dressed in tuxedos, will serenade your special someone with a love song, deliver a rose and a sampler of chocolates. Quartets will go to their workplace, school, restaurant, nursing home, residence or other venue in the Saratoga region and surrounding area.

This is a “Romantic Surprise” that will “WOW” your Sweetheart!

Rusty Senecal, president of Racing City Chorus states, “this is a great way to provide a unique and lasting gift to your loved one.”

\*See [www.RacingCityChorus.org](http://www.RacingCityChorus.org) for more details.

# Salem Fire Department announces events

The Salem Volunteer Fire Department Inc., located at 53 South Main St, announces a series of exciting events in the upcoming months. Mark the following dates on your calendar:

## Superbowl BBQ - Sunday, February 11, 2024

Gear up for the Superbowl with the sizzling Superbowl BBQ on Sunday, February 11, 2024. Tickets, priced at \$15.00 each, are available for pre-sale only. This is a take-out event featuring a choice of a half a rack of BBQ ribs or a ½ BBQ Chicken. Secure tickets at A & J Agway, Salem Hardware, Salem Firefighters, or by calling 518-321-9430.

## Blood Drive - Wednesday, March 13, 2024

The commitment to community well-being continues with another Blood Drive on Wednesday, March 13, 2024, from noon to 5 pm. To schedule an appointment, contact the Red Cross at 1-800-Red-Cross.

## Breakfast - Sunday, April 14, 2024

Join for a delightful breakfast on Sunday, April 14, 2024, from 7 am to 11 am.

## Memorial Day Weekend BBQ - Sunday,

## May 26, 2024

Kick off Memorial Day Weekend with the BBQ on Sunday, May 26, 2024. This take-out event offers a choice of a half a rack of BBQ ribs or a ½ BBQ Chicken. Tickets are available at A & J Agway, Salem Hardware, Salem Firefighters, or by calling 518-321-9430.

*Don't miss these fantastic events brought to you by the Salem Volunteer Fire Department Inc. For inquiries, contact [salemfd4434@hotmail.com](mailto:salemfd4434@hotmail.com). Participation is highly encouraged!*

# Piano Man meets Rocket Man

— Legends collide Saturday February 10, 2024, in an evening of dueling pianos, presented by the Cambridge Lions Club at the Greenwich Elks Lodge. The incredible River of Dreams tribute band starring John Cozolino meets up with the talented Bill Connors starring in American Elton.

New this year, an Italian Dinner buffet catered by the Wandering Food Dude. Also, lite fare snacks available, basket raffle, 50/50 and

a cash bar provided by Greenwich Elks. The proceeds from this event will help with Cambridge Lion's Gazebo Revitalization Project.

Tickets are on sale now! Reserved seating and General Admission available. For more information, please contact Tina in Doctor Mattison's Office at 518-677-5422. Tickets are \$30,



## Volleyball clinics at ACC

SUNY Adirondack is set to host volleyball clinics for young athletes, beginning Feb. 16.

"The players and I are excited to share our love of the sport with children," said Viola Kotulak, head coach at SUNY Adirondack. "These clinics are a great way for the kids to develop a strong skill set and to inspire them about the future of the game."

Kotulak and SUNY Adirondack volleyball

team members will lead the clinics, which will be held in two sessions. The first session runs Fridays, from Feb. 16 to March 22, and the second from April 12 to May 17. In each, girls from kindergarten to second grade take the court from 4:30 to 5:30 p.m. and girls and boys in grades 3 to 6 from 5:45 to 7 p.m. Registration for the younger age group is \$98 a player; the older age bracket is \$130.

Email [volleyball@sunyacc.edu](mailto:volleyball@sunyacc.edu) with any questions. Learn more and register at <https://www.sunyadktimberwolves.com/sports/wvball/clinic/2024>.

To register in person, visit Patty from 8 a.m. to 4 p.m. Monday through Friday in the Faculty Student Association office in the Student Center. Please call 518-681-5610 with any questions regarding payment.

## Steimle honored as top admin

The New York State Association for Women in Administration (NYSAWA) announced the nomination and selection of Dr. Jennifer Steimle as a Phenomenal Woman Speaker for the upcoming annual event celebrating women in administration.

Phenomenal Women, "a highly anticipated event organized by NYSAWA, aims to spotlight the remarkable stories and experiences of today's educational trailblazers. Among the distinguished speakers, Dr. Jennifer Steimle stands out as an exemplary leader, educator, and advocate," a press release issued by the NYSAWA stated.

"Dr. Steimle, a seasoned professional with

a distinguished career, will be delivering an impactful speech during the event, offering insights into her remarkable journey in the field of education. Attendees can expect to gain valuable perspectives from her wealth of experiences and achievements.

"The Phenomenal Women event serves as a platform to honor and celebrate the achievements of women in administration, acknowledging their contributions to the field. Dr. Steimle's selection as a speaker underscores her outstanding dedication, leadership, and commitment to advancing education.

"Dr. Steimle's participation as a Phenomenal Woman Speaker is a testament to her significant impact on the educational landscape. NYSAWA invites

everyone to join in celebrating the accomplishments of Dr. Jennifer Steimle and other phenomenal women in administration at this momentous event."







**Washington County  
Public Health**  
Prevent. Promote. Protect.

## Tai Chi for Arthritis & Falls Prevention

**What is Tai Chi?**  
Tai Chi is an ancient Chinese practice of slow, continuous, whole body movements, strung together in a "form." Like dance, the movements are learned and followed one after another, in a specific order.

Registration Required

To Register or Ask Questions call:  
Washington County Public Health  
(518) 746-2400

Tai Chi for Arthritis & Falls Prevention

Classes are 9:30am-10:30am and begin March 12th.

Tuesdays & Thursdays  
Cambridge American Legion  
2106 NY-22, Cambridge, NY 12816

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Tai Chi for Arthritis  
ADVANCED CLASS

Mondays & Wednesdays

Virtual Class via Zoom for those who have previously taken Tai Chi for Arthritis & Falls Prevention.

Classes are 9:30am-10:30am and begin Wednesday, March 13th.

Please leave your name and a phone number where you can be reached for a call back for registration confirmation.

About Tai Chi for Arthritis Classes:

- ◆ Classes are Free.
- ◆ For Washington County residents.
- ◆ Classes are taught by a Certified Tai Chi Instructors.
- ◆ Participants meet 2 times a week, for 8 weeks. The form is learned in order, so it is important to come to as many classes as possible.
- ◆ You will be given handouts to support what is covered in class, to help with your practice at home.
- ◆ Classes are tailored to your abilities, all ability levels are welcome!

Great for beginners!  
Step-by-Step instruction makes it EASY to learn!

What are the Benefits?

- ◆ Increase strength, balance, posture, flexibility, sense of wellbeing
- ◆ Reduce risks of falls
- ◆ Improved mind, body and spirit
- ◆ Reduce stress and joint pain



This program is offered as part of the NYS Department of Health Older Adult Fall Prevention Program. Classes are brought to you by Washington County Public Health, Washington County Aging & Disability Resource Center and our location hosts.

DO YOU HAVE A

## CHRONIC DISEASE?

STROKE

CANCER

ARTHRITIS

LUNG PROBLEMS

TOBACCO-RELATED CONDITIONS

HYPERTENSION

DEPRESSION

OBESITY

HEART DISEASE

ANY PHYSICAL & MENTAL DISEASE

### JOIN OUR FREE 6-WEEK WORKSHOP!

In-Person Chronic Disease Self-Management Program

- FREE 6-Week Workshop for people with chronic diseases/illnesses and/or their family members, friends, or caretakers.
- An SMRC Evidence-Based Self-Management Program originally developed at Stanford University
- This program does not replace any of your existing programs or treatment
- This workshop is currently offered to Washington County residents only. For classes in your area, visit [gethealthynoco.org](http://gethealthynoco.org)

Space is limited - registration required!

Learn Skills to Manage Your Chronic Disease

- Action-planning, problem-solving & decision-making
- Communication with yourself, others & your healthcare providers
- Healthy Eating, Sleep, & Physical Activity
- Stress & Symptom Management
- and more!

Every Thursday

1:30-4:00pm

March 21st - April 25th

Class will be held at  
**Proudfit Hall**  
181 South Main St, Salem

Feedback from Previous Participants:

"This course has made me understand myself better, and how to make changes necessary to live the life I want to live."

"Wonderful program!"

"The class was very helpful in problem-solving and knowing other people have the same issues and how they handle them."




For more information or to register, call Mallory at 518-746-2400 ext. 3774

# Winter at

# Wallie's

## Wednesdays

Gather in our Pub with coworkers and other like-minded industry friends.

Burger & Beer Special \$20 • Draft Pints \$5

- Feb 7** Horsing Around:  
Equine Folks
- Feb 21** Auto Mechanics, Sales, Parts
- Feb 28** All Things Ag
- Mar 6** First Responders
- Mar 13** Builders (Contractors,  
Plumbing, HVAC,  
Electric)
- Mar 20** Medicine (Nurses, PT/OT,  
Aids, Techs, Doctors-Human  
& Animal, Office Staff)
- Mar 27** Show Me the money  
(Bankers, Accounting,  
Financial Planning)

## Weekly Winter Specials\*

**Wednesdays:** Chicken Parmigiana

**Thu/Fri/Sat:** Chef's Specials  
on Facebook or call

**Sundays:** Roasted Turkey Dinner

\*offered through March, except holidays

## Valentine's Week Specials

♥ New England Clam Chowder

♥ 8 oz. Filet Mignon

♥ Lobster Ravioli

♥ Red Velvet Cake



## Live Trivia

Thursdays 6:30-8:30



Wed/Thu 4-8pm  
Fri 4-9pm  
Sat noon-9pm  
Sun noon-7pm

54 Main Street • Greenwich  
518-531-4573