

The Greenwich Journal

Of Southern Washington County, Est. 1842



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Complete local coverage

Late Sept. 2024
Vol. 183; Issue 18

Everything you need to
know in our area

Which local football team has outscored opponents 132-0? Should Amish buggies have to use reflectors for safety at night? Is the Holiday Lighted Tractor Parade changing its route? Are Village of Greenwich water rates increasing? Should town highway trucks be driven more carefully?

These questions and much more are addressed in this jam-packed issue!

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Greenwich football off to a great start

Greenwich football started off its season with two big wins.

On Sept. 7 at home, the Witches sprinted to a 64-0 victory over Ausable Valley. Ryan Ingber (with a diving leap, pictured below) and Jayden White (photo page 1) each scored two touchdowns. Joe Radovich (right) did one better, scoring three TDs.

On Sept. 14, Ingber scored five touchdowns, four via rushing and one via punt return, leading Greenwich to an easy 68-0 win at Corinth/Hadley-Luzerne.



Greenwich football has outscored its first two opponents 132-0. Find these and other Dan Pemrick sports photos on our Facebook page — fb.com/journalpress. Like and follow!

Amish, highway dept. safety concerns

The Greenwich Town board met on Sept. 10, and, among the agenda items was a discussion of safety concerns regarding Amish buggies on town roads at night and a near accident with a town dump truck.

During the public portion of the meeting, Dawn Sharts, from the audience, read into the record a letter penned by a town resident, who, while walking her dog, had witnessed a town dump truck “full of dirt and trees” loudly barreling down the hill on Aug. 27, around noon, on North Road, on the curve between the brick schoolhouse and the Sharts Farm.

The vehicle then slammed on the brakes, the letter writer said, “which caused a double-tired skid on the road and a great deal of smoke, but actually did little to slow the vehicle down. It proceeded to roar past me, still speeding, but more toward the center of the road. ... The entire stretch of the

road was left in a cloud of blue smoke that smelled like burned rubber.

“I am not seeking anything in the reporting of this incident other than to make the town aware of the way in which these vehicles are being driven and to urge the better training of people operating them on the danger of speeding downhill on a twisting narrow road in a fully loaded vehicle of that size,” the letter writer said. “I was quite scared to be passed in that manner and feared for my life and my dog, and there are pictures of the skid mark...”

During the Highway Department report earlier in the night, superintendent Stan Mattison, Jr., did not deny the account and said that he is making sure drivers will obey speed limits and drive more carefully.

As for Amish nighttime safety concerns, no Amish were present at the meeting, but through an intermediary it was conveyed

that their buggies are hard to spot at night and do not use fluorescent orange triangle reflectors. Some Amish groups in the US do use the reflectors, but it was said during the meeting that the local bishop has said no to the idea. Town Attorney David Klingebiel said that it would be difficult for the town to enforce a code requiring the reflectors because it doesn't have its own police force and county and state forces are not compelled to enforce a town code. As well, the Amish usually win such court cases when challenged. The board will use an intermediary to speak to the local bishop again about the matter.

Also at the meeting, the board issued a proclamation celebrating resident Claudia Blackler for her service to the community. See separate story, page 5.

—DJ



The Greenwich Justice Must Really Know The Judge's Job

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

- Schedule the Court Docket
- Preside Over Legal Proceedings
- Interact with Prosecuting and Defense Attorneys
- Conduct Arraignments
- Set Bail
- Levy Fines
- Issue/Deny Orders of Protection
- Manage Court Budget and Reporting to NY State

Elect Judge Rachel Clothier

The Candidate Who Is DOING THE JOB!

Paid for by Committee to Elect Judge Rachel Clothier

VOTE
NOVEMBER 5

Water rates to rise in village

At a Sept. 9 meeting of the Village of Greenwich Board of Trustees, the board voted to increase water rates, effective immediately, to meet the financial obligations associated with the recent water system improvement project.

Mayor Amanda Hurley said via a statement after: "This decision comes after careful consideration of the Village's long-term infrastructure needs and the upcoming debt service payment of \$220,000 due this winter."

While there was a relatively minor water rate increase in 2022, the Village had initially planned to start raising rates back in 2019 in preparation for this project. "However, due to the financial hardships many families faced during the COVID-19 pandemic, we chose to delay further increases until now," Hurley added. "With the completion of the new system, adjusting the rates is necessary to responsibly meet our

debt obligations and continue to provide reliable service."

Residents will see this increase reflected on their January water bill.

"We encourage all residents to practice water conservation to help reduce costs. By using water more efficiently, residents can mitigate the financial effects of the increase while contributing to the Village's efforts to manage resources responsibly."

Hurley said that a review of the water rate increase was done to ensure an equitable distribution of the 30% overall increase. Basic users inside the village that use less than 10,000 gallons of water a trimester will see approximately a \$22 increase in their total bill.

Residential users outside of the village will see a similar increase in their bill of approximately \$31 a trimester.

In contrast, high water users will see an

increase in their meter rate and the rate per 1,000 gallons.

The new rate schedule encourages water conservation for both residential and commercial users.

This rate increase is the first in a series of increases that will be necessary as the water infrastructure is modernized and improved," the mayor added.

Environmental Facilities Corporation is financing the project at a zero percent interest rate, and the Village has secured \$3 million in WIIA grants.

"In addition to the rate increase, we are reducing the reserve fee, as the new water system is expected to require less maintenance and fewer repairs. We are committed to maintaining financial stability while ensuring the long-term efficiency and reliability of our water infrastructure," Hurley said.

Baseball exhibit, films at library

From now until Saturday, October 12, Greenwich Free Library presents “Baseball: Once Simpler, Still Timeless,” a three-part exhibit on view in Greenwich Free Library’s lobby and Community Room. A broad range of ephemera and personal memorabilia will be on view in the Library’s display cases, while an extensive gallery exhibit of limited edition and original artwork is shown both in the cases and throughout the Community Room.

Baseball: Once Simpler, Still Timeless speaks of America’s National Pastime as a simple game linking generations of families and friends, cities and cultures, men and women, young and old, for more than 150 years. The exhibit is curated by Art Brod, a local resident and a lifelong baseball fan, historian and collector. Art has attended every annual Hall of Fame Induction Ceremony since 1964 and is a member of the President’s Circle at the Hall of Fame and Museum, SABR, and Friends of Doubleday Field. Art’s principal historic interest lies in baseball, as played by both youth and hometown teams, and within the Ameri-

can and National Leagues, the Negro Leagues and the AAGPBL.

Art has been assisted in organizing this exhibit by his wife Judith Ellers, with many of her original oil portraits of Hall of Fame members displayed, along with more than 60 artworks by other prominent sports artists, including several by an old Cooperstown friend, James Amore.

There will be a curator’s talk and reception on Friday, September 20 from 6:30 to 8:00pm. Patrons are invited to hear from curator Art Brod about the stories behind the objects and artwork on display, then to stay for a reception and viewing of the exhibit.

As a complement to the exhibit, three baseball movies will be shown in the Library’s Community Room during the afternoon of Saturday, September 21 from 12:00



to 6:30pm. The current screening schedule includes “Field of Dreams” (PG), “The Natural” (PG), and “A League of Their Own” (PG). Art will be available at these screenings to discuss the exhibit or simply talk baseball.

The exhibit, talk, and screenings are open to all, no registration required.

Music at the gazebo

The fourth and final installment of this summer’s Music at the Library monthly summer music series will feature Northern Borne at the Mowry Park gazebo across from the Greenwich Free Library on Monday September 23 from 5:30 - 7:00pm. Mexican restaurant Casa Reyes will once again be on hand for dinner and snacks.

Originating in the Adirondacks and currently hailing from Washington County, Northern Borne is an eclectic mix of bluegrass and folk with a hint of jam band and blues thrown in for an old-timey groove sound. Originals are derived from local experiences and often have a storytelling feel, while classic songs take an edgy twist. Their sometimes bluesy, sometimes blue-



grass style makes Northern Borne’s sound both unique and intriguing. Their music can drive down the track like a train or take you on a trip back in time.

This series is made possible with funds from the Statewide Community Regrant Program, a regrant program of the New York State Council on the Arts with the support of the office of the Governor and the New York State Legislature and administered by the Lower Adirondack Regional Arts Council.

Student poetry slam

SUNY Adirondack’s Writers Project continues at 6 p.m. on Thursday, Sept. 26 as SUNY Adirondack students are invited to share their works in Student Poetry Slam, a celebration of 100 Thousand Poets for Change, in the Student Center.

Then, at 12:40 p.m. on Monday, Oct. 14: Bernice Mennis presents “Under 300 Words, Letters to a Local Newspaper” in the Visual Arts Gallery.

Events are free and open to the public.

Blackler honored by DAR

On Saturday, September 7th, Willard's Mountain Chapter of the Daughters of the American Revolution presented Claudia Blackler with a Community Service Award.

The DAR Community Service Award is a non-competitive award consisting of a



certificate and pin. Community Service Awards may be presented for cultural, educational, humanitarian, patriotic, historic, citizenship, environmental, or conservation service activities. There is no age or length of service requirement for this award, but the service is voluntary and unpaid.

Claudia Norton Blackler has spent a lifetime in service to her community. She was a librarian for many years, ending her career at the Greenwich Free library, in Greenwich, New York. Claudia has been a longtime volunteer in the "Gill Room", a repository of local history at the Greenwich Free Library. She has served as a member and on boards of several historical associations. Mrs. Blackler has furthered African American history in our community by being vice-president and one of the founding members of the Northstar Historical Association. She assisted with its many activities, including History Fairs and walks through the local



cemetery and community. She has been an educator, by teaching writing classes and sharing history through storytelling and puppetry. Claudia exemplifies the meaning of community service and is highly deserving of the DAR's Community Service award. Mrs. Blackler is pictured with her certificate and daughter Laura Lemoine.

Whiting Studio Art & Gallery

Open Studio – Sept 21 & 22 – 10am till 5pm

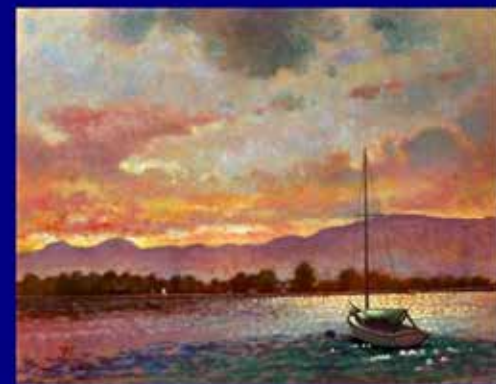


"Pathways"

by Susan Bayard Whiting

"Evening on the Queen of Lakes"

by Robert Whiting



105 Holmes Road, Argyle NY – www.whitingartwork.com

Questions and answers

Bob Henke
Journal & Press

When I started doing the column for the Greenwich Journal, I expected it to take a bit of time before the questions began to come in. There were times in the past when I was completely buried simply trying to craft responses and combine questions in order to make things fit into my allocated space, but I figured it would take a while for word of my resurrection to spread.

I was wrong.

I have been inundated with questions folks have apparently been saving. One woman wrote, “Ha! You thought you could hide! I have been saving these up!” There followed a huge email that would have been several typed pages with individual entries bearing dates starting almost two years ago. I admire her tenacity and promise I will be diligent whittling down the backlog.

I would like to turn over a new leaf in this venue and try to protect my new editor from several of our regulars in the past. For example, any time I used the word “evolution,” a particular preacher would come totally unglued and treat us to a dozen pages ending always in the word “purgatory!” A number of folks always took offense to my practice of using the adjective “godless” to describe a particular political party. I would do this once before every election. It was always dicey trying to slip that past copyeditors and, although it is fun, I will refrain this year.

However, the ones I would most like to avoid running afoul are the Sasquatch folks. Many of the recent spate of questions involve strange noises in the woods. Identifying these as vocalizations of common animals seems especially grating to a particular bunch of folks who contend that “everyone knows” these are calls of the elusive Sasquatch. The most famous of my squatch squabbles ended with receipt of a long letter created by cutting words out of magazines. It advised that a particular celebrity

had been notified of my transgressions and would at some unexpected time do something hideous to me until I recanted my skepticism. This is particularly unfortunate for a number of the current questions center around a woodland noise-maker that seems very prevalent this fall and was the very one to generate the somewhat anonymous threat. I say somewhat because, although great pains were taken with the letter itself, the lady obligingly put a return address sticker on the envelope. Apparently, squatch experts are not as elusive as their quarry.

In any event, I think the several questions can be summarized by a call I received this afternoon from a very nice lady greatly concerned with a “baby horse in distress.” She had spent a couple hours searching their woodlot but it kept moving and she could never catch sight of the poor equine. She had her phone on speaker and I could actually hear the sound in the background.

It was a screech owl.

The tiny screech owl, our second smallest North American owl, makes up for its small size with great volume. Contrary to their name, they do not really screech. They have two primary calls. The first is an undulating trill called a “tremolo” which

Sightings

Another white deer has made an appearance in the South Argyle area. There seems to be a good gene frequency for piebald pigmentation (white with some brown patches) in this area of Washington County. It is not an albino. Albinos lack the gene for pigmentation, are completely white with pink eyes and skin, and typically do not live long for they cannot tolerate strong sunlight. Piebald deer have normal eyes and skin pigmentation and can live long productive lives if allowed to do so. Some states prohibit taking white deer and I wish we could refrain from taking these deer as soon as they appear to allow them to reproduce. Some areas have a significant tourism income from people traveling to see unique leucitic (white or light phase) animals, not only deer but squirrels and other species. Olney, Illinois is famous for its white squirrels and even has one on its city crest. So many of its businesses depend on visitors to see the white squirrels it is a misdemeanor to kill one.



lasts two to three seconds and ordinarily includes between 30 and 40 individual notes. This is a Spring and Summer vocalization used by mated pairs to keep track of each other's whereabouts. Unsurprisingly, the female calls roughly twice the amount of times per day as the male. The second call is heard primarily in Fall and early winter. It is a call used to define and defend territories. When the young of the year are moving about, trying to find a home territory for the winter, they often pass through the area claimed by other owls, generating all the noise. Although it is a rather pleasant,

Please read more on the next page

OUTDOORS TOMORROW

(cont.)

albeit loud, sound to our ears, it is a nasty threat in owl speak saying, “Not here, buddy! Keep moving!” Youngsters moving into an area make the call and, if they hear a response, generally move on.

This call lasts from half a second to two seconds—the length is generally dependent on the age and gender of the caller. In this case, older males have longer, louder calls. It does resemble, to a certain extent, the sound of a rather small horse and is, unsurprisingly, called a “whinny.” The woods are quite full of whinnies this year. It must have been a good year for raising baby screech owls (unless, of course, we are totally surrounded by Sasquatch hordes.)

I know you have written about it before but can you tell me again two things? First, why do some leaves not fall off the trees in the fall. And how do leaves get their new color in the fall?

These are not uncommon questions, and I do not mind at all answering because

there are teachers who use these columns in school science classes, so there is a somewhat different audience every year. The first part is an interesting adaptation on the part of several tree species. In these species, the leaves die like other deciduous trees, but they cling to the branches until emerging buds in the spring push them free. These trees are called “marcescents.” This developed because many of the marcescent species are browsed by deer, moose, and elk and rodents during the winter

‘Contrary to their name, these owls do not really screech.’

months. If the animal is forced to swallow a great amount of leaf material, along with the buds and branch tips it is seeking, its stomach will become full quicker. By the time the animal is hungry again, chances are it will have moved on, thus minimizing the damage to any individual tree.

The color change is not the development

of new colors but rather the loss of the dominant one. The green color is chlorophyll, extremely prevalent during the growing season. It masks other substances in the leaves not only by its amount but by the green absorbing other wavelengths of light. As the photo period (length and strength of daylight) diminishes, the chlorophyll production shuts down and, as the green disappears, other chemicals in the leaves become the dominant color.

The chemicals responsible for the various shades of reds and purples are called anthocyanins. These assist with the transport of sugars produced by the chlorophyll but are masked by the green of summer. Different species of trees have different amounts of various chemical components in their leaves and in some a yellow pigment is most prevalent. The yellows are caused by “carotenoids.” Varying amounts of the two substances account for the range of color from deep maroon to orange to pale yellow.

Why do the swallows all leave so early in the year? There are still lots of insects buzzing around.

You will have to ask the swallows but the consensus of opinion is that it has to do with cooling roost temperatures and sequential hatching of various species of insects along the migratory path. The swallows will all be in the south, from our gulf states to Mesoamerica before many of our other passerine species even leave. Many of our migratory species of bats follow roughly the same timetable.

There is my first cut at the questions. I will work through them sequentially—promise! However, right now I am going to go out on the porch and listen to all the Sasquatch noises.

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



Dinner to benefit pantry

The first Fundraising Dinner of the season to benefit the Cambridge, NY Food Pantry will be held Saturday, September 28th.

The Food Pantry is located at 59 South Park St., Rt. 22 South of the traffic light

in Cambridge.. Servings will be from 4:30 to 6:30 p.m. The menu will include seasoned pork roast, mashed potatoes, a vegetable, homemade desserts and beverage all for only \$17. Diners may eat in or take their dinner home to enjoy,

Learn more about Medicare

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

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

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

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

Nate Barber: Pizza World delivery driver

Adam Harrison Levy
Journal & Press

ADAM: Where are we driving?

NATE: We're heading towards Shale Mountain Way, it's up Rt. 22, a beaten-up dirt road. It's a simple pizza order, just a six-cut.

ADAM: What are your favorite roads?

NATE: The ones I like are towards Shushan - County Route 64 around Perry Hill Road, Camden Valley Road - you get good-sized views of the mountains. You see the creeks, the Battenkill River, lots of hills, and me, knowing all the roads, it's all pretty simple. I grew up in Salem but all my friends were in Shushan, so I was either running the river or running the railroad tracks.

ADAM: What do you mean by running the river?

NATE: Canoeing or kayaking, or we would just walk the river. We get in the river and walk upstream, walk downstream.

ADAM: And running the railroad tracks?

NATE: Instead of walking the main roads, we walked the railroad tracks. They led over my favorite bridge, the Rexleigh Bridge, and we'd always jump off of that bridge. We'd spend the whole afternoon, day and night, there which was nice. That's when I was younger.

ADAM: As a kid, you were walking railway lines and running the river and now you spend your days driving the roads. What's the connection?

NATE: It's mostly that I like to stay the course on one path. I like to know what the destination is at the other end. When I get there, it's like a Forrest Gump thing, I decide to turn around and I'm just gonna go back, and then I get to another point, so I turn around and go back. Like I said - one path there and one path back. But I don't consider it one path. You see the same stuff every day but some things are always gonna be different.

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ADAM: Where are we now?

NATE: We're making a delivery. There's no driveway, just a grass field. Hopefully, he's going to be ready. It'll only take me a quick second. He already paid for it.

NATE (getting back into his truck): Some places you just gotta wait for them to answer the door. He said, "Oh, I was taking a little nap". It's like, you didn't know your food was coming?

ADAM: He seemed happy to see you. Do you think that's part of your job - to be like a therapist? Or a ray of sunlight?

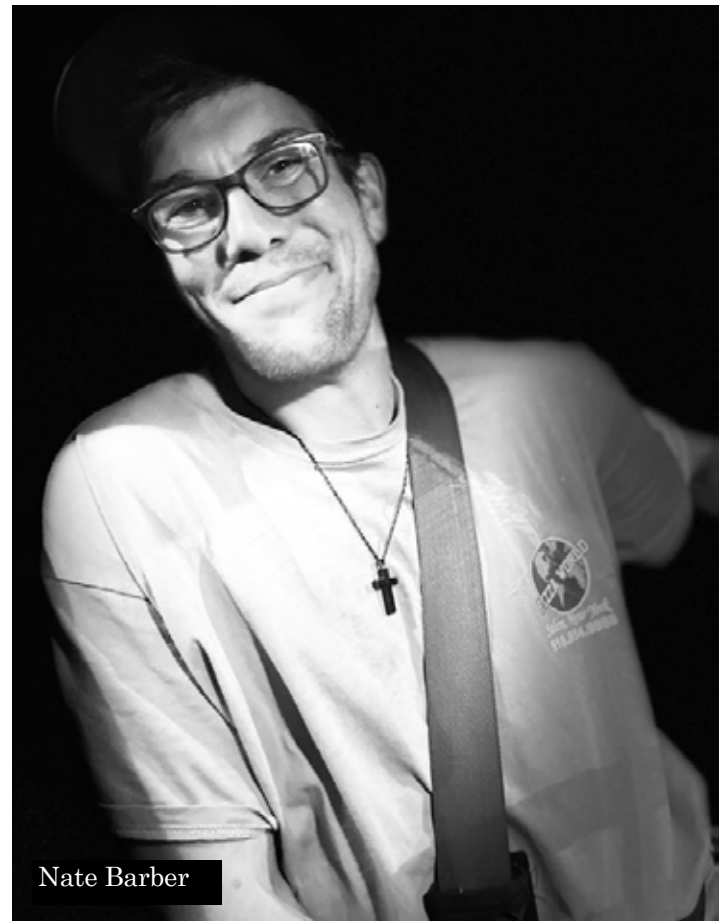
NATE: Yeah, I get that a lot when I show up at the door. Everybody's like, geez, you're always smiling? I'm like, I enjoy my job. I like to drive around. You're right, I like to put a smile on somebody's face but then you get to certain people, and it's Oh, you took a little longer than expected. I'm like, yeah, I had twenty orders before you. Well, if I had known that they say and I say, well if you'd have known that, you could have picked up your own food! But the majority of the time everybody is grateful to see me. And a lot of them are the older folks. They can't get outdoors, or they don't have a car, and they're "like can you take my garbage out? Can you check my mail"? And I say, yeah, not a problem.

ADAM: So you're delivering life as much as you're delivering pizza?

NATE: Yeah, that's what it's all about. I don't think it would matter sometimes if I weren't even delivering pizzas.

ADAM: Tell me about your horn.

NATE: It first started when I watched *The Dukes of Hazzard* when I was younger and I'm like, I wonder if I could get a Dixie horn for my truck? Also, it's a great animal deterrent. I've already hit a bear and at least two or three deer. But other than



that, it makes people instantly know that I'm showing up. When I pull into people's driveway, I hit the Dixie horn. It brings them outside quicker. Or at least they know that I'm there.

ADAM: What's the weirdest delivery you've made?

NATE: I've had some older gentlemen answer the door, partly naked in their tighty whities. I've had somebody drop a pin on my phone and say I'm up here in the middle of the woods, we're hunting, can you deliver? And I'm like, yeah, I don't see why not. But there are the good ones. There are a couple of houses around here, like Airbnbs, they have pools and hot tubs. Sometimes there are a few ladies and they're scrambling for their clothes and they're like let us tip you. And I'm like, you pretty much already did!

Please read more on the next page

RIDE ALONG

(cont.)

ADAM: And where are we now?

NATE: We're coming back into town on Rt 22 and this is where I live, right there. That's my garage and my house. My neighbor across the way owns the garden shop, Braydon's Garden. He sells vegetables and hanging baskets plants, and numerous plants. Once the hanging baskets and plants get to the end of the season, we sell veggies. He does. I just help him. It's right there on East High Street. We get a big canopy tent set up, usually all year long except this year we decided to close early. We've been doing pickling and salsa constantly for the last two weeks. I'll do that before work. When I get home after work I can't instantly unwind. I gotta go out to the garage, hang out with my buddies, do something for a little bit, get a little more tired, then I'll go inside. I've got four dogs, they're the best. But they all want to spend time with me.

ADAM: How late do you stay up?

NATE: When I get home it's eleven and I usually stay up at least until like four o'clock. So by the time four o'clock rolls around, I'm like, okay, now it's time to go to bed. And then I'm usually up by nine o'clock because that's when my dogs wake me up. By the time 10 o'clock rolls around, that's when the sun's starting to shine on my garden. I can go out and pick some flowers. I have a bunch of flowers around my house. So I go out and tend to the flowers.

ADAM: You don't sleep very much.

NATE: That's the way I've always been, even when I was little. My Mom said getting you to sleep was the hardest thing, and then keeping you asleep was even harder.

ADAM: You have another delivery. Where are we headed now?

NATE: We're going to Mill Road over in Cossayuna. I know the gentleman well enough. He has a dog that always gets away from him. We're gonna go down 22 south quick, then 29 east, and then route 49 which I guess it would be north, for a little bit.

ADAM: I guess you don't need a GPS.

NATE: Nope. Only if somebody in the shop writes down the name of a road wrong then I'll give the customer a call to reevaluate where they need it delivered to. GPS doesn't work well around here, it'll bring you somewhere that you don't even want to go.

ADAM: What's the next delivery after this one?

NATE: We're going to the milking parlor at Woody Hill Farms. I have to find those guys and get them their pizzas. And then there are two more at the Lake Lauderdale campground. These guys ordered at 7:35 so their order is only 22 minutes old. They told them about 45 minutes to an hour for delivery, depending on how busy we are. It will take me eight minutes to get to this place first and then eight minutes back. So that will be an extra 16 minutes added on.

ADAM: You know the roads by heart but you also know the time it takes to go from one place to the other!

NATE: Yup, people are like, wow, you're exactly on time. And I'm like, yeah, depending on my speed limit, I'm either going to be there sooner or right on time.

ADAM: Do you ever get lost?

NATE: I don't like to get lost. Being lost ends up confusing me. Gives me anxiety and confusion. I'm just like, okay, I need to go back and pinpoint myself to this one area, to go from there, and keep going from that point.

ADAM: How did you get this job?

NATE: My friends own the pizza shop, and I used to cook for them on and off. And then they lost their drivers. They said they weren't making enough money. And I was like, well, the only way you're going to make money is if you're there on time and you know the people. I'm thirty-nine so for thirteen years I've been delivering for the pizza shop. I'm only there three days a week, but I make a good amount of money. I don't look back like, Oh, I could have done this, or, all I could have done that. I'm mostly like, waking up in the morning, going, I'm awake! I get to look forward to this day. Every day brings something new. My roads are my roads and they are a little less traveled even though I travel them all the time.

ADAM: What about your emotional roads?

NATE: Some days I just want to stay at home. Do nothing at all. Sit around with my animals. But I can't stay not moving for too long. I'm constantly going either on the river, hiking, fishing, or I'm driving. And I call these my roads. They are my roads because I know them all. I recently went through a divorce. I never thought I would. I've known my wife ever since we were in second grade, and now we're about thirty-nine but two people can grow apart. I just wasn't expecting it. I helped her move. I told her all I wanted was for her to be happy, like I didn't want anything bad, we didn't go after each other for anything. But sometimes I feel like a doormat, somebody to wipe their feet off on, but other times I feel like a clothesline where everybody can dry their dirty linen, hang on to something, get drenched, and then cleanse themselves.

ADAM: Do you find your job meaningful?

NATE: Yeah, you're connected to people. You know their stories. You might have known them from childhood. Everybody's got a story and sometimes they want to share them with me. Sometimes at the end of the night, I'd get to my driveway, and I don't want to get out of my truck. I'm like, sitting there for a minute. I'm like, okay, do I gotta go anywhere else?

ADAM: Any last thoughts about roads?

NATE: A road doesn't lead you just anywhere. It's the ones that you're willing to take that are the ones that you're just willing to drive down. Some roads are going to be beyond shitty. But at the end of driving down that road, you're still getting to your destination. And even if you have to turn around and go right back through that same pile of shit, you're still getting to your destination. I'm going to be doing that again and again but I'm gonna keep smiling. And that's my biggest thing. I'm gonna keep smiling.

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

An event for animals and their owners

St. Stephen's Episcopal Church at 1 Grove St. in Schuylerville will be hosting a Blessing of the Animals on Saturday, Oct. 4, starting at 10 a.m.

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

Here is our conversation:

Journal & Press: *How did you get the idea for a Blessing of the Animals?*

Cartwright: God gave us dominion over animals and His creation. We are called to be respectful and loving stewards of His works. I'm sure we've all experienced pet ownership as a blessing and a responsibility just as important as our relationship with humans. October 4th is St. Francis of Assisi day. He is most well known as patron saint of the animals and environment and has said, "All things of creation are children of the Father and thus brothers of man..." This day is often used as a Christian celebration of that relationship and to provide thanksgiving for our animals.

Journal & Press: *Have you ever done this before?*

Cartwright: Our church, St. Stephen's Episcopal, hosted a blessing of the animals many years ago. We want to revive the event and bring the community together through our shared love of all God's creatures!

Journal & Press: *Sounds like it can be chaotic. Anything unusual ever happen before at one of these? How do you keep order?*

Cartwright: We are asking that pet parents please keep their animals leashed or crated for the safety of all attending. Please practice safe animal etiquette (for example, asking owners if it's okay to pet before touching, don't allow your dog to

rush other dogs or people). Also, please pick-up after your pet.

Journal & Press: *How many animals are you expecting on the date?*

Cartwright: We don't have an exact number we're expecting, but we're hoping at least 20+ pet families will attend!

Journal & Press: *Is there a rain date?*

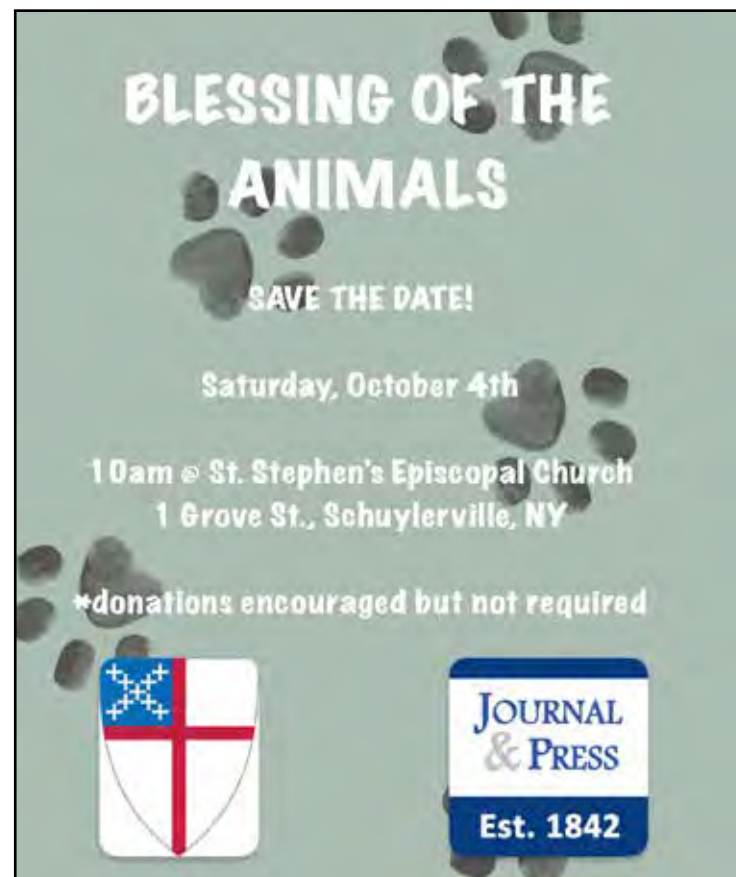
Cartwright: No rain date, this will be a rain or shine event. We're praying for good weather and will have a few pop-up tents available.

Journal & Press: *Why do you think it's important to bless the animals?*

Cartwright: Just as our Lord loves us unconditionally, so too do our animals. Pets share their life and love with us, and some serve us as police canines, search and rescue, therapy animals, etc., without asking for much in return. We are their voice and their caretakers. Through blessing our animals and caring for them we are being faithful stewards of God's creation.

Journal & Press: *What is the blessing process? For example, holy water?*

Cartwright: Our Deacon Helene Patterson will offer a prayer for the health and well-being of the animals and for a loving, respectful relationship with their owners. Deacon Helene also will have a prayer for the healing of sick animals if requested. Deacon Helene will pray over the animals and then sprinkle the animals with Holy Water from the aspergillum, the wand-like instrument used to sprinkle the Holy Water. If any pet parent feels their animal would not like the water sprinkle they can opt




out and still receive the verbal blessing. This is meant to be a relaxed event to honor God's love of our animals and engage with our community. We are happy to offer a blessing however participants feel comfortable!

Journal & Press: *What kind of animals do you expect?*

Cartwright: We're anticipating mostly dogs, but we anticipate a few cats may attend as well. I would love to see animals of all kinds – goats, reptiles, birds, guinea pigs, rabbits, etc. All are cherished members of God's creation. If a child has a favorite stuffed animal, we've got a blessing for them too.

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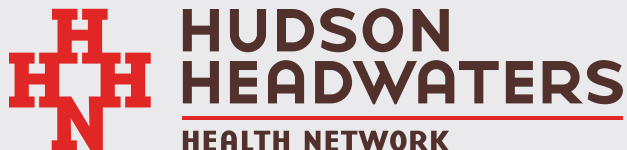
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Help Wanted: Teen Services Coordinator

Greenwich Free Library seeks a high-energy and creative person to coordinate services for patrons aged 12-18 and to support the after-school programming at the library. This is a part-time position. Starting hourly wage is \$16.25. Includes paid personal and sick time.

The ideal candidate excels at working with teens, possesses strong customer service skills, and communicates well both in person and in writing. This is a great opportunity for former (or part-time) teachers or coaches, early career library professionals, or those with counseling and social services experience who wish to deepen their connection to the community and learn more about librarianship.

Interested candidates should read the full listing of responsibilities and relevant experience at greenwichfreelibrary.org.



The role of engineers during the Revolution

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

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

patriot cause as recruits or volunteers.

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

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

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



Paul K. Walker

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it quicker this way if you live outside the region). It costs us about \$2 to mail each, plus the cost of the envelope, so we're only charging that basic cost – \$50 a year; mail it to The Journal & Press.

If you want both mailed first class in the same envelope, just add the two numbers together to get \$92/year, Mail a check.

Thank you for your support!

Bring your broken items to be fixed

At Schuylerville Public Library (52 Ferry Street) on Saturday September 28 everything centers on making repairs. Starting at 10am and ending at 12pm, 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.

Interested in volunteering for this

event, as a repairer? Simply contact Caitlin Johnson at cjohnson@sals.edu. Schuylerville Public Library wishes to organize a Repair Café on a regular basis.

By promoting repairs, the Library wants to help reduce mountains of waste

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The gift of peace

MaryAnne Brown

Journal & Press

Over the past few weeks, many of us have likely witnessed troubling signs of unrest in our world, which can easily disturb our inner peace. There is the ever-present impatience in traffic, with annoyed drivers using their horns as if to teach a driving lesson, even when others are following the rules of the road. Online, we see feuding over politics, fierce demands for rights, and harsh criticism of others. Controversies and suspicions, reported by broadcasters and print media, seem endless. Gun violence continues to impact our national spirit. Additionally, the memories of 9/11 bring a unique sadness to each of us. The deadly fighting in the Middle East is relentless. With our souls in trauma, surely we want to run away!

Yet, there must be another answer that will restore our inner peace. Author Robert Wicks in his book "Riding the Dragon – 10 Lessons for inner strength in challenging times," writes about how we can reframe these persistent crises in our personal and global life so that we are more balanced and less discouraged. He explains that "Life is chronic," and reminds us that life will always have ups and downs. However, it is how we respond to those challenges that steals, maintains or restores our inner peace.

When crises occur in quick succession, have you ever wondered, what's next or how much more can I take? Perhaps you have felt yourself slipping into an emotional and spiritual darkness that leaves you gasping for a lifeline of hope. Wicks also tells a story about Thomas Merton, an American Trappist monk, who visited an old monk and asked him how he was doing. The older monk cried, "I feel awful! I am afraid I am losing my faith," to which Merton replied with a smile, "Courage comes and goes. Hold on for the next supply." With patience, determination and courage, along with carefully planned alone time, Wicks assures the reader that we can persevere and grow stronger.

On Sunday, Sept. 8, as I sought peace from
Page 16 | Late Sept. 2024

these earthly troubles, I found the perfect remedy with the Easton Friends at their South Meeting House. It was the annual Easton Day, during which they honored their "Feathers of Peace Story," which took place on these grounds during the Revolutionary War in 1777. I arrived in time to join the others as we entered the meeting house, singing "Walk in the Light," composed by George Fox, the English preacher and founder of the Society of Friends (or Quakers).

In this simple setting, we revisited the meeting that occurred 247 years ago. We listened to the holy words from Psalm 91, urging us to "Be not afraid," and to "Trust in God." We lingered in sacred silence and connected with the Holy. We heard the retelling of the parable of the early Easton Friends, who were surrounded by indigenous warriors fighting

'We can serve as safe places for others to bare their souls.'

for the British. Sent to kill the white men, the natives joined the Quakers in their stillness and meditation. Seeing no weapons and observing the calmness of the people, the natives left them safe and sound, in peace.

One account noted that the Quaker elder shook hands with the warrior chief, who conveyed in halting English and sign language, "Find no guns, no arrows, no knives! White man worship Great Spirit. Great Spirit inside Indian, too. Great Spirit say, 'No kill 'em!'" He left a white feather from an arrow over the doorway as a sign of peace between the Quakers and the indigenous people.



South Meeting House in Easton

What a comfort to discover that a culture of Peace was possible in the midst of war in 1777. Can we, too, serve as "feathers of peace" as we encounter fierce modern day warriors who are battling anger, frustration, injustice, or other sources of mounting violence? While conflict is natural and expected in the everyday, we can strive for peaceful relationships by our efforts to understand, resolve conflict, and seek reconciliation. But first we need to take time to breathe as we sit in sacred stillness so that we can sense the Great Spirit within us, who will give us wisdom and guidance and restore our inner peace.

World peace may seem like a far out, impossible dream, but let's never give up extending peaceful practices in our own corner of the world.

May you be at peace.

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



News from local churches

Hebron United Presbyterian Church

On Sunday, September 22 at 12 noon, the church will present “Hebron and Salem: Our Biblical Heritage -- a Talk by Rev. Dr. Julie Faith Parker.”

Hebron and Salem are mentioned in the Bible. Where are they located? What is their significance?

Old Testament scholar Rev. Dr. Julie Faith Parker will share a talk accompanied by a PowerPoint presentation that explores the area’s connection to these biblical places.

Dr. Parker is a Visiting Scholar at Union Theological Seminary and a Biblical Scholar in Residence at Marble Collegiate Church in New York City. She is also the author of the recently published book: “Eve Isn’t Evil: Feminist Readings of the Bible to Upend Our Assumptions.”

Dr. Parker resides with her husband, Rev. Dr. Bill Crawford, in New York City and Hebron, NY. More information about Dr. Parker can be found at www.juliefaithparker.com. This program is free and open to the public.



Roman Catholic Churches

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

The Diocesese Women’s Conference, Unleashing Love, will be held at St. Edward the Confessor in Clifton Park on Saturday, October 19 with keynote speakers Bishop Scharfenberger and Lalura Phelps. For more conference information and registration link, please go to <https://www.rcda.org/unleashingLove>.

An Adult Bible Study: Women in the Old Testament Part one, take you on a journey through Isreal’s beginnings from the perspective of the earliest women of salvation. The introduction and 5 lessons begin September 23. Please visit the website or bulletin for times and places. All session will be available on Zoom. Registration forms are available in Church and the website.

For more information, please visit the Parish website, www.battenkillcatholic.org where people prepare for Sunday liturgy, find the weekly bulletin, access the Lifelong Faith Formation materi-

als, and much more.

On October 3, Immaculate Conception Church in Hoosick Falls is holding a Basket Bingo. The tickets, (\$10 if pre bought, or \$15 at door) will be available at the parish office, or Thorpe’s Pharmacy.

Health Care professional and Respect Life Month Mass will be held Saturday, September 28 at 4 PM at the Parish Mater Christi. The 52 Annual Diocesan Marriage jubilee with Bishop Scharferberger will be held Sunday, September 29 at 3 PM at Christ Our Light Church, Loudonville, NY.

For more information, please visit the Parish website, www.battenkillcatholic.org where people prepare for Sunday liturgy, find the weekly bulletin, access the Lifelong Faith Formation materials, and much more.

Please continue to support your local food pantry!

Bottskill and Lakeville Baptist Churches

All are welcome to the Bottskill Baptist Church Sunday Services starting at 9:15 and the Lakeville Baptist Church starting at 11:00. You are invited to join us as we celebrate our Christian faith led by Pastor Lydia Widbin. Sunday School Classes will begin at Bottskill in September 15th at “Rally Day” with exciting new curriculum and activities. The Lakeville Church is located at 625 Co Rte 49, Cossayuna, NY and Bottskill’s location is at 26 Church Street, Greenwich, NY.

The Events Committee has announced that the Bottskill’s Annual Mum and Pumpkin Sale will be held the 6th and 7th of September. Mums, Pumpkins, gourds and Baked Goods can be purchased each day with pre-orders picked-up on the 6th. (The Pumpkins and Gourds selling were planted from seed by our own Sunday School Kids) Prices for the mums are; 9” pots \$10, 6 ½” pots \$8.00, Baskets \$36. (Great Prices!) Contact Eileen Dinisio at 518-937-1838, or edinisio1@gmail.com.

Our church’s Men’s Coffee Group will be meeting at 9 o’clock at the church on September 7th. Please come and join our always interesting and fun discussions.

The Bible Study Groups planned for the month of September are: The Study Group lead by Steve Morse will be focusing on “The Sermon on the Mount” and will be held on the 14th and 28th starting at 9:00; Pastor Lydia’s Study Group is planned for Sept. 17th and 24th at 10:30 with the topic “The Prodigal Son.” Both groups will be meeting at the Bottskill Church.

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

Turncoats

Lance Allen Wang
Journal & Press

I've always had a fascination for the history found in the back corners of a topic – those specialized areas sometimes found in the footnotes. As much as I've studied America's wars, I have also become versed in the stories of some of America's turncoats and deserters. This isn't about the ones who avoided military service, rather these are the ones who donned the uniform and then, often for reasons known but to them, served the enemies of our country.

The United States' origin story has a chapter on our OG turncoat, one General Benedict Arnold, who switched sides and attempted to turn our base at West Point over to the British in 1780. Arnold, a fine combat leader with several successes to his name with the Continental Army, was motivated by personal ambition and grievance along with a British-friendly second wife with high social aspirations, a bad combination for his legacy, it turned out.

During our War with Mexico, the "San Patricio" Battalion, a foreign legion fighting for the Mexicans, included many European nationalities, especially Irish immigrants. The 1840s were not a good time to be Irish or Catholic in the United States, and their treatment by the Army did not necessarily inspire loyalty. Led by brevet Major John Riley, himself an Irish immigrant who deserted the United States Army, the unit included deserters from the United States' 1st, 2nd, 3rd, and 4th Field Artillery Regiments, 2nd Dragoons, and the 2nd, 3rd, 4th, 5th, 6th, 7th, and 8th Infantry Regiments. After the Battle of Churubusco in 1847, members of the San Patricio battalion who were found to be American deserters were tried by court martial. During the week of September 10-13, 1847, 50 were executed – of thousands who deserted the American military during the two-year war, the only ones executed were those who took up arms against the United States, in what is still to date, the largest collective execution in



General Benedict Arnold turns over the plans

our nation's history. Riley escaped execution on the grounds that he deserted prior to America going to war; after his release he returned to Mexico and continued to serve in uniform. Forgotten in the United States, the San Patricios are still memorialized by their adopted Mexico.

I'm going to skip forward a bit now, simply from a standpoint that the Civil War raises even larger questions about loyalty and duty to our nation, our fellow citizens, and the principles that should and do govern a nation founded as we were. That is a longer discussion for another time. No, I will skip forward instead to 1953.

In 1953, the first of many exchanges of American prisoners took place at the 38th parallel in Korea after the cease-fire. Imprisonment had been brutal for Americans in the North. The 38% death rate among American prisoners during the war was severe. After repatriation of the approximately 4,000 prisoners, 500 were investigated for collaboration with the enemy in captivity, of which only 14 went to trial and 11 convicted. Much of the collaboration was deemed to be the result of a physically brutal and often mentally tortuous captiv-

ity. The mental torture was documented, and "brainwashing" entered the American lexicon. One Pentagon refinement out of the American experience in Korea was the "Code of Conduct" for military personnel. It expands on the simple instruction of "You only have to give your name, rank, and serial number." It explains things like the need to keep faith with your fellow prisoners, to take advantage of opportunities to resist and escape, not to accept rewards or "parole" from the enemy, and to remember who you are and what you represent. It concludes with "I will trust in my God and the United States of America."

Which makes the defection of four American soldiers in the early 1960s fascinating. While there was no longer the full-blown shooting war in Korea that there was in the previous decade, the border was still a tense place, and every year there were a handful of casualties along the demilitarized zone from North Korean probes and other chance contacts.

In May 1962, Private Larry Abashier (1943-1983) abandoned his post along the DMZ and crossed over into the north. He

Please read more on next page

(cont.)

was a lone American in North Korea until September, when another US Army soldier, Private First Class James Dresnok (1941-2016) crossed a minefield and surrendered to North Korean soldiers. The following year, Corporal Jerry W. Parrish (1944-1998) joined them, and finally in 1965, Sergeant Robert Jenkins (1940-2017).

All requested to defect to North Korea. Why?

In the case of Abashier, from Urbana, Illinois, no one knows. Jenkins later described him as “a simple, sweet, good-hearted soul who was more than a little dumb and easy to take advantage of.” Dresnok, from Norfolk, Virginia, was facing court-martial for forging his sergeant’s signature and going AWOL. His upbringing was nightmarish, he had a broken marriage, and his brief time in the military was already a disaster. He felt he had nothing to lose. Corporal Parrish, too, had nothing to return to. According to Dresnok, Parrish said “if he ever went home, his father-in-law would kill him.” Sergeant Jenkins deserted as part of a plan to avoid going to Vietnam – there were rumors that his unit was about to be deployed there. So, one evening after drinking some liquid courage, Dresnok slipped away from his squad on a border patrol and navigated his way north with a white T-shirt tied to the end of his rifle and surrendered.

Did they have a great life in North Korea? Aside from the constant surveillance,



1960s North Korean propaganda photo of four American defectors

occasional beatings (especially early on), and the fact that the dynamics among the four were as dysfunctional as the lives they left behind, they lived well relative to the average North Korean. They were provided eventually with wives, jobs, and in a bizarre twist, a movie career in North Korean propaganda films playing “evil Americans.” They became minor celebrities, often being hailed by their film names and being asked for autographs about Pyongyang.

Eventually, after Abashier and Parrish had passed away, Jenkins’ wife was allowed to return home to Japan, after North Korea acknowledged they had kidnapped her all those years before. They later allowed Jenkins to join her. He reported to the United States Army Headquarters in Japan, surrendered, and received sentence after court-martial, becoming the longest missing deserter to return to military control. He was reduced to Private, given a Dishonorable Discharge, and 1 year of confinement, later reduced to 30 days.

Dresnok, as the sole remaining member of the four defectors in North Korea, said unequivocally in 2006 that he “... don’t have intentions of leaving. Couldn’t give a s**t if you put a billion damn dollars of gold on the table...” In remarks about the famines that swept North Korea in the 1990s, he stated in an excellent documentary called “Crossing the Line,” - “When I eat my rice I think about the people who died who starved to death but yet they fed me. Why do they let their own people starve to death and feed an American?” He passed away of a stroke in 2016, leaving two very Western-looking sons who still serve the North Korean government and appear in films, proudly following in their father’s footsteps, as “evil Americans.”

None of these men sought to adopt a political system. Arnold’s duplicity was purely for status and profit. The San Patricios were fighting what was perceived or experienced as ill-treatment of im-



Private Dresnok in a 1970s North Korean propaganda film

migrants in the United States military, and Mexico’s “foreign legion” offered them what they felt was justice. And the strange group of draft-era American defectors that crossed to North Korea were not running to gain anything except refuge, they were all running away from something, enough so that they crossed a dangerous, mined border.

In the end, what we have is the military of a democracy; the military is a reflection of the nation it serves at that moment in time. While there is screening and a process through which we create fighting men and women, most of our nation’s political, racial, and religious diversity is reflected in the military to one degree or another, along with our limitations. Arnold became representative of a large number of loyalists to King George III. The San Patricios were reflective of anti-immigrant sentiment in the United States during the 1840s, and which would rear its head again in the next wave of immigrants at the end of the 19th Century. And finally, the four defectors to North Korea were reflective of the sometimes sub-standard soldiers the military found itself keeping during a period where our military was stretching to address tensions in Cuba, Berlin, the Dominican Republic, Korea, and South Vietnam. Their stories continue to fascinate, and even more so in historical context.

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



The bare-bones truth about boneless wings

Greg Schwem

*Tribune Content Agency
Special to The Journal & Press*

Ohio, thank you for contributing to my upcoming rapid weight loss.

The Buckeye State already has taken center stage now that J.D. Vance hopes to exchange the title “Ohio Senator” for “U.S. Vice President,” even if it means cozying up to a man he once called “reprehensible” and a “total fraud.” Now comes another reassessment, this one courtesy of the Ohio Supreme Court.

Boneless chicken wings aren’t really boneless.

The 4-3 decision, handed down last month, comes seven years after Hamilton, Ohio, resident Michael Berkheimer sued Wings restaurant. Berkheimer claimed his order of boneless wings did in fact contain a bone, which he swallowed.

The result, according to the lawsuit, caused a tear in Berkheimer’s esophagus, a two-month hospital stay and long-term heart and lung damage.

Nevertheless, the court said chicken bones are naturally occurring foreign objects and consumers should be aware of potential hazards, despite what a restaurant menu or food label states.

My heart aches for Berkheimer, for I have eaten countless boneless wings — never mind the misleading title.

It doesn’t take an ornithologist to Google: “Are there bones in chicken wings?” and discover that yes, radius, humerus and ulna bones reside in every one. Maybe I’ve just been lucky all these years. Or maybe the sauce I prefer on my wings is zippy enough to dissolve whatever it touches. My esophagus has stayed intact; but my eyes have suffered excruciating pain over the years, mostly while trying to remove my contact lenses after consuming, by hand, boneless wings rolled in sauces with names like “Butt Buster” and “Murderer’s Row.”

Now I’m looking at every food item in my kitchen, wondering what hazards lie within and whether or not they are “naturally occurring.”

Case in point: Several years ago a sharp peanut piece from the chunky peanut butter I spread on my morning toast caused bleeding in my mouth. I’ve opted for smooth peanut butter since. But what if a random “chunk” is hiding somewhere in my current jar? Are my lunchtime PB&J sandwiches destined to become only J?

And, as long as we’re on the subject of jelly, what about seedless grapes? I’ve encountered a few seeds and while I’ve never thought much of it, I definitely don’t want to see a Merlot seed floating in my 40 dollar glass of wine.

Then there’s my ongoing battle with gluten. I have tried, with some success, to eliminate it from my diet, as research says it causes joint inflammation. If you suffer from celiac disease, consuming gluten also can lead to horrible intestinal issues. But according to multiple studies, gluten is a “natu-



rally” occurring protein. I guess that means if I order menu items labeled “gluten free” and I wake up the next morning with aching knees, I should hold off on contacting a lawyer.

While I applaud the food industry for trying to help us deal with all our intolerances, be it soy, dairy, wheat, tree nuts, eggs or anything delicious, the Ohio court ruling basically says, “Eat at your own risk.” Or don’t eat at all.

So goodbye, french fries. For I just discovered potatoes contain naturally occurring toxins called solanines and chaconine. I have no interest in visiting an emergency room following a trip to McDonald’s.

My doctor told me to add nuts to my diet following cancer surgery. Boy is he going to be embarrassed when I tell him I now suffer from chronic mycotoxin exposure. I better cease eating almonds before those mycotoxins kill me. Naturally.

I currently weigh 190 pounds. I may be down to 175 before nightfall.

What could be more natural?

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

Visit Greg on at www.gregschwem.com.



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It's going to be an A.I. Christmas

Darren Johnson
Journal & Press

The big holiday gifts this year will be AI (Artificial Intelligence) fueled electronics.

Phones, tablets, computers — even toasters eventually can be AI enhanced.

So what does this mean, exactly?

These items will be able to understand you intuitively and learn your thought processes.

If you want to send an original emoji of, say, a donkey in a tutu kicking a loaf of French bread, okay — never been done before — but go for it.

If you want to create a flyer for your garage sale but don't know the steps? The AI computer will help you through the process.

I know a lot of people who don't know how to operate their modern TV, thus they are limited to just a handful of channels. AI will actually help them figure out how to watch more than just "Young Sheldon."

As for that toaster, say you like your bagels lightly toasted but your bread darker, the toaster will figure that out, and what other people in your home like.

The problem is — what happens when your toaster becomes so intelligent it doesn't want to be a toaster anymore?

AI and Journalism

Newspapers have been using AI in very limited ways for a while now. For example, plug in a sports box score and AI can turn that into a basic sports story.

I sometimes use it to create images like the one above to decorate a column, when space permits.

But pundits are predicting that AI will really impact the media business soon.

First off, it can create myriad fake newspapers, that can fool local readers toward a particular political point of view, and, as well, pull in ad dollars that normally might go to a real newspaper.

Second, I heard a pundit on a podcast say that AI could help small papers like *The Journal & Press* by enhancing coverage — for cheap or free.

For example, AI can cover the local football game in a faraway town we can't, so if we have this added service for readers that may result in getting more subscriptions.

I don't see it this way.

Sure, a newspaper could use AI to cover a game or a meeting — but that means, so can everyone else. Everything will be connected. A person can just ask Siri or Alexa or whomever, "Who won the game last night? Who scored the winning touchdown?" Or, "What was discussed at last night's town board meeting?" No need for the newspaper as a

middle-person.

Yes, it will result in a bot interpreting information, and there will be glitches and maybe some mistakes, but will busy people care that much about that? And if a mistake is made, will Apple, Amazon, Facebook or Google really care to correct the record? I think people will just get used to having their local information presented by these national corporations, and learn to be voiceless if there are errors.

People will have their favorite bot. It will serve them like a good butler. But a good butler also conditions you toward certain expectations.

It's like government representatives — people say they hate the assembly, senate, congress, etc., but they also report that they like their local incumbent (and they overwhelmingly vote for incumbents). People will like their bot.

So get ready to ask your toaster about the coming Tractor Parade, or whatever.

(This year it's expected to start closer to the traffic circle, as opposed to the school, and head into the village.)

Find these and other opinions pieces — and some breaking news, too — on our Substack. Visit journalpress.substack.com and subscribe. It's free! We even do a Sunday paper there.

FUN & GAMES SOLUTIONS

Boggle: FERRET
BADGER GOPHER
WALRUS BEAVER
GERBIL WEASEL

Jumble: APART
PLUSH DISMAY
HAPPEN — MADE A
SPLASH

SCRABBLE G|R|A|M|S SOLUTION

L ₁	I ₁	P ₃	R ₁	E ₁	A ₁	D ₂	RACK 1 = 63
O ₁	L ₁	E ₁	S ₁	T ₁	R ₁	A ₁	RACK 2 = 57
S ₁	C ₃	O ₁	L ₁	D ₂	E ₁	R ₁	RACK 3 = 80
E ₁	X ₈	C ₃	L ₁	A ₁	I ₁	M ₃	RACK 4 = 68
M ₃	U ₁	D ₂	F ₄	I ₁	S ₁	H ₄	RACK 5 = 66
PAR SCORE 265-275							TOTAL 334

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

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

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

Beware the poison parsnip

Beth Ulion

Special to The Journal & Press

I have a shameful story to share. In 2021, my husband and I moved to Salem from Chicago. As a lifelong environmentalist I saw moving to a rural community and buying land as my opportunity to steward a small corner of the Earth. I envisioned cultivating an oasis of native plants offering birds, bugs, and bigger wildlife a lush habitat. We found our corner in Salem and set to stewarding. The previous owner left us extensive information about the plants inhabiting her meticulous gardens. This included a warning:

“Beware the Poison Parsnip.”

The wild parsnip is an invasive plant that takes over fields making the land unusable. The parsnip’s cruel sap causes the skin to burn in the sun. Many Salemites likely have the scars to prove it! With the note, the previous owners left a weapon: RoundUp.

Now, for any environmentalist the words ‘invasive’ and ‘RoundUp’ bring flashes of fear and anger. Do I rid the land of a dangerous invasive by using a toxic herbicide that will damage the ecosystem in other ways? Or do I let the invasive plant spread, potentially outcompeting native plants? This was an emergency. The enemy was setting seed. I had to be decisive. Parsnip psychosis took hold.

I outfitted myself and my patient husband in garden gloves and long-sleeved shirts. Armed with garden shears and the spray bottle, we began patrolling our property lines. I clipped each flower stalk and pointed to my husband to spray the stump at the root. These biennial plants only flower in their second year. I honed my vision to spot the clusters of toothed leaves of first year parsnips in a tangle of roadside vegetation. We were merciless.

As my parsnip vision sharpened, I started seeing it everywhere. To my horror the roadsides across the county filled with yellow, lacey blooms. I became obsessed with lopping off the flowers in my path. I sent

a desperate plea to the DEC for backup. They were only interested in giant hogweed, a 15-foot behemoth that causes skin burns and blindness. Fair enough. I was on my own.

Maybe it was the late-night internet searches about the life cycle of parsnip, the mounting stress of this obsession, and not having many friends (I just moved!) but I convinced myself that I had found Third Year Parsnip. Six-foot, purple stalks with white, spherical flowers that grew along creeks. The star flower in Maleficent’s Garden. I tucked my pants into my socks and waded through the tick infested brush to the only third year I could reach. After hacking through the thick stalk with tiny garden clippers, we pushed the loaded seed heads into a garbage bag. We celebrated watching the bag deflate in the sun for over a week. The scorched earth policy had cleared the enemy threat and established a parsnip-free perimeter around the property.

Soon after, on a walk with a friend, I bragged about this victory and pointed out an unreachable Year 3 Parsnip down the road. She nodded encouragingly. She also went home and fact checked me. Somehow, she could not find anything about this third-year parsnip variant. After furious Googling, and deeply questioning my sanity, I accepted the fact that I had committed the sin of misidentification. I had targeted an innocent being. The evil queen flowers were the native, water loving, paradise for pollinators, *Angelica atropurpurea*. Grateful for the fact that I had only managed to murder one *Angelica* I called off the patrols and retired the spray bottle.



Over time, I made peace with the deep rooted, soil stabilizing, well-defended biennial parsnip. Those yellow flowered patches now represent a repository of sweet, crunchy parsnips ready for harvest if needed. I committed to letting things grow. To trusting nature. To learning about the unique ecology in Washington County, the threats to biodiversity here, and the work that will really allow healthy ecosystems to flourish.

I intend for this monthly column to be an exploration of local environmental issues, from the Salem sewer plan and threats from increased extreme weather, to the expansion of solar farms and regenerative agriculture projects. Please reach out to me with story ideas, information, and questions at WashCoEnviro@gmail.com.

Beth Ulion is an environmental journalist, community gardener, and non-profit schemer in Salem. Contact her at bethulion@gmail.com.





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Author event at Battenkill Books

Please join Battenkill Books on Tuesday, October 1st, at 6 pm, for an author talk and book signing with one-time-Cambridge-resident, Kate Sweeney, who will present her new young adult novel, *This Is Not a Dead Girl Story*.

Remy Green is missing. Eight days after the death of her boyfriend, River O'Dell, the magnetic, golden-haired girl disappeared in the dead of night. Jules Green, Remy's cousin, is her opposite in every way: awkward, shy, and a bit strange, never feeling at home in the small town of Black Falls, NY. The only place she has ever belonged is with River and Remy. Now she's on her own--and everyone around her believes that Remy is dead. But Jules can still hear Remy's voice in her head, urging her to keep looking. With the help of River's cousin Sam, a troubled and mysterious boy, Jules starts untangling the truth of what exactly happened. Through her search, Jules must delve into

the dark corners of her hometown--unearthing family secrets and hidden truths about the two people she thought she knew most.

Who was Remy, really, behind the popular-girl façade she wore? What trouble was she involved in? And can Jules find a way to save her from it? Or is this a dead girl story after all?

Kate Sweeney was born in Athens, Georgia, and has since lived many places, including Los Angeles, New York, Salt Lake City, and Cambridge, NY. She began writing when she was sixteen. Her father--a novelist and screenwriter -- had died five years prior, and in writing she found a way of bringing his voice back to her ears. For the past fifteen years she has resided in the Bay Area, where she spends her time making music with her bands, Magic Magic Roses and July, and working in Education. She is also the author of *Catch the Light* and *This One's for You*. You can visit Kate Sweeney at



Kate Sweeney

KateSweeneyWrites.com or follow her on X and Instagram @KateSweeneyWrites.

Battenkill Books is located at 15 East Main Street in Cambridge, NY. The event is free and open to the public. Please call 518-677-2515 for additional information.

'Songs of Peace' at Greenwich Library

Greenwich Free Library invites listeners to enjoy "Songs of Peace," a peaceful evening of anti-war and protest songs from many eras with local musicians This Time Around on Wednesday, September 25 at 6:30pm in the library's Community Room. Admission is free.

This Time Around features Christopher Tucker, Victoria Young, Debbie Wever, and Dave Wever.

Christopher Tucker is a local musician and music educator with a bachelors and masters degree in music education from the College of St. Rose. His career spans 29 years, most of which have been in the Schuylerville school district. He also has served as choir director at the Old Saratoga Reformed Church for over 20 years and sang in the choir before that. Chris also has a long list of credits both on and off stage with the Schuylerville Community Theater. Performing music is one of his passions and his credits over the years include playing bass in several bands and

the saxophone in the summer months with several community bands.

Victoria Young is a multi-instrumentalist, having played in a plethora of various musical groups throughout the years. She is a retired music teacher and currently teaches private music lessons to learners of all ages. When not playing or teaching music, she enjoys volunteering with the Spotlighters Theater at the Malta Community Center, gardening, and riding her horse named Java Jive.

Debbie Wever has played bassoon in area bands and an orchestra. She has been choir director for children's church choirs, directed children's musicals, and has sung in several adult choirs. She has been with This Time Around since its beginning well over a decade ago.

Growing up with musical parents, Dave Wever developed a love for classical music, band music, musicals, sacred music, and songs from the American Songbook. As a



child, he first heard Peter, Paul, and Mary sing Bob Dylan's "Don't Think Twice, It's Alright" and was hooked on folk music from that moment on. He has played trombone, euphonium, and tuba in community, marching, and college bands and sung in several choral groups over the many years.



Photo: Joan K. Lentini / Hill Country Observer

BATTENVILLE BRIDGE ENDANGERED!

ELIGIBLE FOR LISTING IN THE
STATE & NATIONAL REGISTERS OF HISTORIC PLACES

- The NYSDOT is considering demolishing and replacing this landmark which crosses the Battenkill at Route 61 off Route 29 in Battenville, NY
- It can be repaired! Preserve our rural roads & landscape, protect this historic community, keep the friendly wave-to-fellow-drivers going, as we take turns driving through this one-lane significant bridge
- Contact us/Join the effort: BattenvilleBridge@gmail.com

FRIENDS OF THE BATTENVILLE BRIDGE

Jackson Design

New books

Some new items added to the collection at Bancroft Public Library in August 2024 include:

Adult Fiction

Desperation Reef, T. Jefferson Parker

What Have You Done?, Shari Lapena

The Lion Women of Tehran, Marjan Kamali

Slow Dance, Rainbow Rowell

The Lost Coast, Jonathan and Jesse Kellerman

Shadow of Doubt, Brad Thor

The Frozen River, Ariel Lawhon

And I Roar, Abi Dare

The Perfect Son, Freida McFadden

Close Knit, Jenny Colgan

I Need You to Read This, Jessa Maxwell

Adult Non-Fiction

My Beloved Monster, Caleb Carr

Rethinking College, Karin Klein

Young Adult Fiction

Such Charming Liars, Karen M. McManus

The Grandest Game, Jennifer Lynn Barnes

The Brightwood Code, Monica Hesse

How it All Ends, Emma Hunsinger

Children's Fiction

On a Summer Night, Deborah Hopkinson

Little Ghost Makes a Friend, Maggie Edkins Willis

Just What to Do, Kyle Lukoff

The Haunted States of America

Felix Powell, Boy Dog, Erin Entrada Kelly

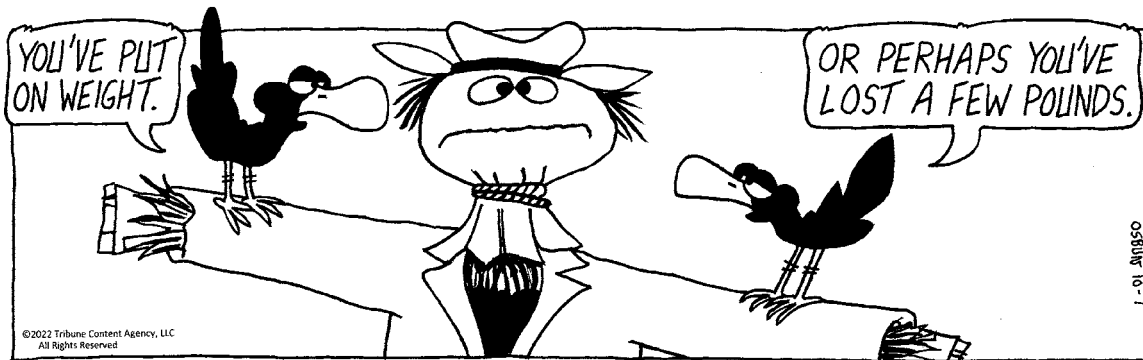
**Hardy Fall Mums & Perennials
Mixed Containers & Houseplants
Local Honey & Syrup**

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518-854-3833
laurasgardensite.com**

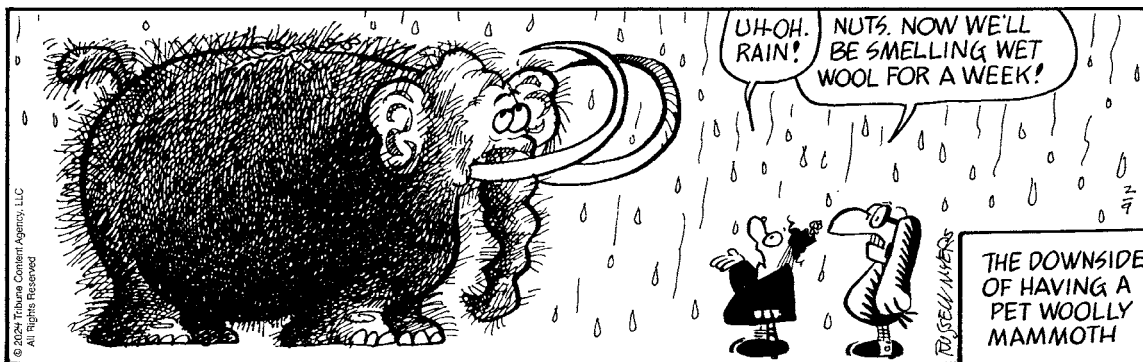


FUN & GAMES

Animal Crackers by Mike Osburn



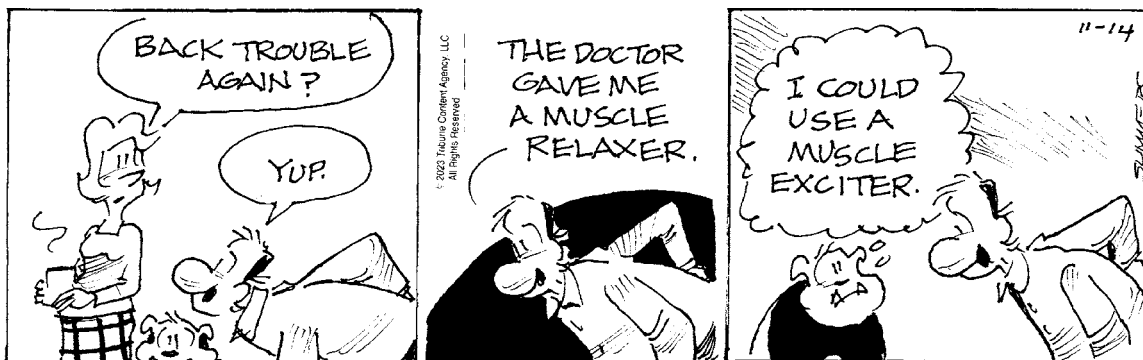
Broom Hilda by Russell Myers



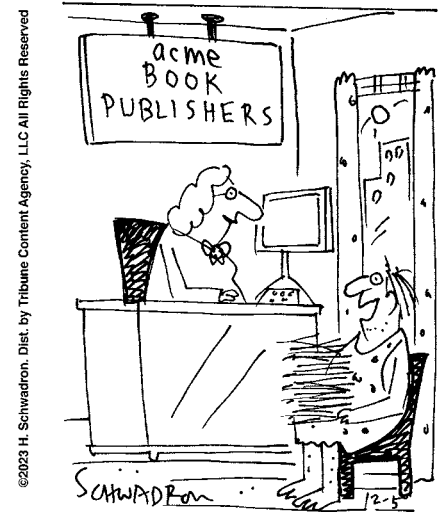
Gasoline Alley by Jim Scancarelli



The Middletons by Dana Summers



9 to 5 by Harley Schwadron



"And I wrote it all on a manual typewriter."

Word Play Answers Page 21

JUMBLE

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

TAARP

SUHLP

SYDIMA

PHANEP

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Ans. here: A

THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



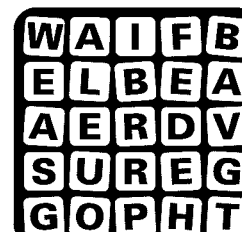
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Boggle BrainBusters!

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

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

By David L. Hoyt and Jeff Knurek



Boggle BrainBusters Bonus
We put special brain-busting words into the puzzle grid. Can you find them?
Find AT LEAST SEVEN SIX-LETTER MAMMALS in the grid of letters.

Answers to Last Sunday's Boggle BrainBusters:
FIG DATE PLUM LINE MANGO BANANA ORANGE APRICOT

FUN & GAMES

More Word Play Answers Page 21

SCRABBLE G₂ R₁ A₁ M₃ S₁

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

A₁ E₁ I₁ L₁ P₃ D₂ R₁ 3rd Letter Double RACK 1

A₁ E₁ O₁ L₁ T₁ R₁ S₁ RACK 2

E₁ O₁ L₁ D₂ C₃ R₁ S₁ Triple Word Score RACK 3

A₁ E₁ I₁ L₁ X₈ M₃ C₃ RACK 4

I₁ U₁ H₄ D₂ F₄ S₁ M₃ RACK 5

PAR SCORE 265-275
BEST SCORE 334

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

Word Find By Frank J. D'Agostino

Find these words associated with an online college course (and find Frank's word find books on Amazon):

Abroad	Join	Screen
Apply	Laptop	Skype
Course	Learn	Study
Deadlines	Major	Virtual
Degree	Online	WiFi
Enroll	Professor	Zoom
Field	Program	
Funding	Register	
Home	Remote	
Internet	Schedule	

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

Filbert by LA Bonté



@FilbertCartoons

The Political Cartoon by Joel Pett



Crossword

Across
1 Furnish funds for
6 Sleep restlessly
10 Three-time Olympic gold medalist Devers
14 Jeweler's glass
15 Dance that tells a story
16 "Breaking Bad" Emmy winner Gunn
17 *Lord of the grill?
19 Wine list heading
20 Small batteries
21 Subdivision divisions
22 Fake eyelash, informally
24 "No warranties"
25 Went around
26 *Some spring newlyweds?
30 Borrower
31 "The Chi" creator Waithe

32 Text an embarrassing screenshot to the wrong person, say
35 Pre-K basics
36 Sports radio host Patrick
37 H.S. exam
38 "Caught you!"
39 Rip-off
41 ___ solution
43 *Warning words from one holding the reins?
46 "Please let me give it a go"
48 Pond plant
49 "The Ranch" actress Cuthbert
50 Apple variety
51 Rio auto-maker
54 Skating site
55 Harbingers of lower temperatures, and a hint to the answers to the starred clues
58 Peniston with the Top 10 hit "Finally"
59 ___-slapper

60 Wed
61 How most TV shows air
62 Tournament ranking
63 Triumphant April Fools' Day cry
Down
1 Island in a classic palindrome
2 Comedy Central's "Awkwafina Is ___ From Queens"
3 Pairs
4 Big name in nail polish
5 "Maybe yes, maybe no"
6 "Oh, really?"
7 Sharing word
8 "___ Pitch": Canadian web series about softball
9 Bay city, briefly
10 Aioli base
11 Prime number?
12 Not mainstream

13 Cut with light
18 Capital known as "The City of Trees"
23 Syllables in an incantation
24 Throws in
25 Black cat, to some
26 Meh
27 "Queen of Country" McEntire
28 Slowly but

surely
29 Moth attractor
33 Harangue
34 GPS lines
36 Tyne of "Judging Amy"
37 Begged
39 Jedi enemy
40 Classic music libraries?
41 ___ life
42 Accent piece
44 Gambled
45 Available

on the stock exchange
46 "___beaucoup"
47 Unrecognizable
50 Sheer delight
51 Work on a muffler, say
52 ___-bitty
53 Between ports
56 Low digit
57 Artist Yoko

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.

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

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

Sampler Platter

Wings, Chicken Quesadilla,
Cheese Curds



Sunday Specials

Burger & Beer Special



Chili Nachos

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throughout
the NFL season*

Grilled Steak Flatbread

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

Food & Drink Specials

Pale Ale Brats

Pork Schnitzel

German Potato Salad

Sauerkraut

Bavarian Pretzel

Shipyards Pumpkinhead

Samuel Adams Octoberfest

Apple Cider Moscow Mule

Strawberry Limes

Maple Old Fashioned

Harvest Cosmo

Aperol Spritz



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

LETTER TO THE EDITOR

Thank you for The Salem Press

To the Editor:

Thank you so much for mailing The Salem Press to myself and my mother, Louise Keys. We both received them yesterday.

You made my 92-year-old mom's day for sure. She called me and was so excited that she had the first issue of The Salem Press. She was planning to forego her usual afternoon nap in order to read through the paper, page by page front to back.

She relocated to Salem/Shushan at the age of 18 years; after she and my Dad got married and purchased a small dairy farm there. She lived there in that community till she was 88 years old when health issues necessitated her going into a long term care facility. She was ecstatic to know that The Salem Press would focus on Salem/Shushan/Hebron community news where so many of her friends and their families still reside and she would be able to recognize names and community landmarks that were being reported on.

Please know how much we appreciate the extra effort you went to in order to make sure we received the first issue.

Testament to your dedication to not only your profession but the community.

Pam Keys

Editor's Note: Thank you and thanks to editor Jan Baxter for organizing The Salem Press. If people would like to subscribe, see details on Page 14.

Puppies for adoption

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



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GLENS FALLS HOSPITAL

Supported by funds from the state of New York

Hudson Headwaters makes progress

Hudson Headwaters Salem Family Health, located at 1830 County Route 64 in Salem, is now under construction. The primary care center is expected to be a 14,300-square-foot building with nine primary care exam rooms and three exam rooms designated for pediatrics. The Network plans to offer family medicine, behavioral health and care management services and on-site lab services operated by Glens Falls Hospital.

The target opening date for Salem Family Health is June 2025.

Hudson Headwaters is currently aiming to have 3 providers working at Salem Family Health each day. Hours of operation are still being finalized. It's expected that Salem Family Health's hours will be 8 a.m.-5 p.m. when initially opening. As operations ramp up, Hudson Headwaters plans to review opportunities to possibly expand to evenings and weekends.



Salem was Hudson Headwaters' first community to experience mobile health in 2021 resulting in numerous patients establishing



primary care for themselves and their families, some for the very first time. This demand encouraged further access in Salem, hence the development of this health center. The organization wishes to thank Salem town officials and community members for their ongoing engagement and partnership.

The site rendering shown is not intended to be a factual site plan but an overview of what the Hudson Headwaters Salem Family Health Facility may look like upon completion in 2025.

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On exhibit

Christopher Pierce, of Shushan, NY, will hold a "Narrative Landscapes and Florals" on Sunday, September 21, 2024 from 11 a.m. to 5 p.m.

The public is also invited to an opening reception at the studio, Saturday, September 21 from 5-8 p.m.

Address: 909
County Route 61,
Shushan.



'The Art of the Memoir' workshop

Do you have the desire to write and share your own story? You should consider joining "The Art of the Memoir" class being offered at the Historic Salem Courthouse this fall.

Writing a memoir is a journey down memory lane but it can be a challenging ride. We often think we know where we're heading, only to discover that our paths are full of unseen boulders and hairpin turns. This class will support you as you navigate this terrain. Think of this writing class as a roadmap. It introduces writers to structure, point of view, and voice.

Most of all, the class will concentrate on narrative: how can you tell your story in the most compelling way, that will hold the reader's attention and make them want to read more?

Memoirs can be written for publication or for family and friends. Either way, the emotional work remains the same. What expe-

riences shaped you? What were the successes? The failures? What memories do you have of your childhood? What thoughts and feelings would you like to pass on?

Writing demands authenticity. And, at times, vulnerability. This workshop is designed to provide the most constructive, supportive involvement possible. Each writer reads their text out loud, and the group, then does their best to provide helpful feedback and encouragement. This workshop, limited to ten students, will be an intimate space where participants share material openly and honestly.

The workshop will meet once a week for four weeks; each class is two hours. Every other week, students submit 500 words to be workshopped by the group. On alternate weeks they read and comment on fellow writers' work. On the fifth week, the class can choose to read aloud at a reception of family, friends, and the general public.

Each student receives private, written feedback from the instructor at the conclusion of the class.

The Art of the Memoir class will be held on four consecutive Sundays (Octo-



Adam Harrison Levy

ber 20, 27, November 3, and 10). The class can discuss the date of the public reading. Classes are held from 3-5 p.m., but the class may wish to hold sessions earlier after daylight savings. The cost for the 5 sessions and private feedback from the instructor is \$400. Class size is limited to 8.

Adam Harrison Levy of Salem will serve as the class' instructor. He is a freelance author and journalist (The Guardian, BBC) and teaches writing at the School of Visual Arts. Adam also offers workshops and private lessons in Salem and contributes the popular Ride Along pieces to the The Journal & Press.

Actor takes on Arkell

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

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

Grazing management pasture walk

Farms across our region are adopting management practices to improve their livestock operations. Join the Agricultural Stewardship Association (ASA) for an afternoon pasture walk on the conserved Fuller Acres farm in Fort Ann. Fuller Acres has transitioned from a dairy farm to pasture raised beef, lamb and pork.

The program will be led by regional grazing expert Sarah Flack, author of *The Art and Science of Grazing*. Sarah has honed her expertise working on her family farm in Ver-

mont and while living in New Zealand. Her focus is on helping to create more farms with grass-based management systems, which allow farmers to create positive change in their landscapes, livestock, checkbook and farm family quality of life.

The walk will take place on Wednesday, September 25th from 2-3:30 PM at Fuller Acres Farm located at 340 West Road, Fort Ann, NY. The walk will focus on guidelines for successful pasture management. This free program is suitable for anyone raising

livestock on pasture and those interested in trying grass-based livestock operations.

In addition, Flack will present a slide show and community talk later in the evening at 6:30-8:00 PM at Common Roots Brewing Company's Brewers Bar, located at 58 Saratoga Ave. South Glens Falls, NY. The cost of the evening program is \$15 which includes a choice of light fare and a beverage.

Registration for both the afternoon pasture walk and the evening slide show is available at www.agstewardship.org/events.



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A bevy of events at Fort William Henry

The Fort William Henry Museum announced a packed lineup of engaging and educational events this fall, offering something for history enthusiasts, community members, and families alike. As they celebrate our 70th anniversary, they hope to continue to honor the region's rich history while bringing fresh, engaging, and educational elements to the museum.

September 19, 2024: Len Travers Lecture - "Scouting the Lake George Non-man's Land, 1756" – Historian Len Travers will share his research on the scouting missions during the French and Indian War, focusing on a tragic 1756 event near Lake George. 7:00 PM at Fort William Henry Conference Center. Free event with registration.

September 21-22, 2024: Community Appreciation Days – Residents of Warren, Washington, and Saratoga Counties enjoy free admission to Fort William Henry with proof of residency. Email sign-up required at the time of admission.

September 20-22, 2024: French & Indian War Reenactment and Encampment – Experience history firsthand with a three-day reenactment hosted by the Fort Edward Garrison. This year's event takes place at Rogers Island in Fort Edward. Visit rogersisland.org for details.

September 28, 2024: National Register of Historic Places Workshop – Learn the process of nominating historic properties to the National Register in this in-depth workshop, led by experts from the French & Indian War Society. 10:00 AM - 1:00 PM. Registration required. Cost: \$30, \$15 for Society members.

October 19-20, 2024: Community Appreciation Days – Once again, residents of Warren, Washington,

and Saratoga Counties can visit Fort William Henry for free with proof of residency.

November 4-11, 2024: Field of Flags Veterans' Day Commemoration – Honor veterans during this

solemn event with a wreath-laying ceremony among a field of flags, each dedicated to a veteran. Submit nominations through the museum's website.

For more details or to register for these events, contact Fort William Henry at fwh-museum@fortwilliamhenry.com.

Local Loyalists

The Warren County Historical Society, welcomes author Marie Williams to discuss her new book "Loyalists in the Adirondacks: The Fight for Britain in the Revolutionary War" on Wednesday, September 18, 2024

at 7:00 PM in the CLM Community Room at Crandall Public Library located at 251 Glen St. Glens Falls.

Free. No reservations required. Call 518-793-6508 x292 for additional information.

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

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

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

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



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

Frederick Douglass returns

The Saratoga National Historical Park is hosting a day of activities in Schuylerville:

Frederick Douglass Returns to Schuylerville

Saturday, September 28

10:00 am to 3:00 pm

Schuylerville House

Commemorate and examine 250 years of the United States and meet the great abolitionist and freedom fighter Frederick Douglass as he returns to Schuylerville!

Despite promising in the Declaration of Independence that “all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness,” the new nation that emerged after the Battles of Saratoga and the American Revolution did not begin to approach those lofty ideals. Frederick Douglass, himself having experienced enslavement, emerged as one of the most forceful advocates for addressing both in the 19th century.

3:00 pm to 4:00 pm

Town of Saratoga Town Hall (12 Spring St., Schuylerville, NY)

Douglass argued for the creation of the United States Colored Troops during the Civil War. After the war, he continued advocating for an expanded idea of democracy. One place he did that was in Schuylerville, NY on June 8, 1849.

Nathan Richardson is an author, poet, and historian who has performed as Frederick Douglass for more than a decade.

Trying to get that fire back

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

Q: *I'm a middle aged female manager and I'm walking around like a zombie lately at work. I rush around on the job, rush around at home, and rush around with my kids. Lately, I just can't stay in the fast lane anywhere. What do you advise your clients when their get up and go seems stuck in the slow lane?*

A: I advise my clients that the slow lane has huge long-term career and life benefits. There's lots of research linking a high-paced life to serious health problems. If you don't want to burn out and end up taking medical leave, slowing down will give you the best career results.

As Lao Tzu, the ancient Chinese philosopher, observed: "The flame that burns twice as bright burns half as long." Even in ancient China, it appears the need for speed was a problem!

I remember when I was in my 20s there was a magazine for ambitious women. All the stories revolved around the idea that successful women got up at 3 a.m., ran 10 miles, wrote the great American novel, had meetings, and then had a power breakfast at 7:30 am! I'm embarrassed to tell my insightful readers that it took me a while to

figure out that this was both unlikely and a crazy way to live.

My story points out that our culture often celebrates workaholic role models who never take a vacation, sleep a full night, or see their families. Most Americans who travel to Europe are surprised to see that most Europeans take all of August off and approach work much more leisurely.

In my late 20s I traveled and worked a little for three months throughout Europe. Americans I met always asked how it was that I could travel for "so long." Europeans I met asked me why I was traveling for such a "short time." Culture does often dictate our expectations of ourselves.

If in making a living, we forget to make a life, our health or sheer exhaustion may force us to slow down. I recommend to clients that they design their work life so they can burn longer and not burn out.

Another big advantage to slowing down is, just like a real road trip, we see a lot more when we're moving slowly down the freeway of life. Opportunity doesn't favor the rushed, but favors the patient, or those who move slowly enough to spot the possibilities.

When we stop to take a picnic at an unexpected, but beautiful bend in our road, we may meet allies, learn critical skills, or

have a breakthrough idea because we're rested and having fun.

All work and no play not only makes Jack or Jill dull, but also exhausted, ill, and unable to innovate and solve problems. Nearly all the studies on creativity and innovation highlight the necessity of stepping away from a problem — not obsessing over it — to gain a new perspective and a solution.

When you choose to go into the slow lane at work, other frenetic employees may at first go whizzing by, laughing at you along the way. However, you'll be the one with the stamina to arrive at the finish line because you chose quality over the need for speed.

The last word(s)

A: *I'm balancing going to school and working and am discouraged about how far I still have to reach my goals. Is there anything you tell clients when they are making slow progress?*

Q: **Yes, as Mahatma Gandhi, the famed Indian activist, noted: "To lose patience is to lose the battle." As long as you get up every day and take one step forward, you'll end up even better than you had planned.**

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

You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.



Nominate an ACC alum

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

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

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

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

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

The Fed gets what it wants

Jill Schlesinger

*Tribune Content Agency
Special to Journal & Press*

When it was released a month ago, the July jobs report sparked worries that the economy was careening towards a recession, which along with the unwinding of a big bet where traders borrowed cheap money from the Japanese government and re-invested it around the world to earn higher returns (aka “the carry trade”), caused a nasty sell-off in global stocks.

In the weeks following the July data, confidence improved, only to be upended on the first trading day after the long Labor Day weekend.

On that Tuesday, stocks sold off, which the breathless financial media attributed to weaker than expected manufacturing data and a warning from Goldman Sachs about slowing demand out of China. Or maybe, people returned to work after enjoying a summer break and realized that stocks were up by almost 20 percent on the year, which made them ripe for a little profit-taking.

We only had to wait a few days after the post-Labor Day stock drubbing to learn about whether or not a slowdown in the labor market persisted in August. The gov-

ernment reported that the economy added 142,000 jobs, slightly lower than the consensus estimate of 160,000 – and importantly, revisions to June and July (there are always revisions in the two subsequent months after the initial report) showed that there were 86,000 fewer jobs added than initially reported.

From June through August, the economy averaged 116,000 new jobs per month, down from the previous three-month average of 211,000. The unemployment rate ticked down from a two-year high of 4.3% to land at 4.2% and annual wages were up by 3.8%, ahead of the inflation rate of just under 3%.

There was also separate evidence that the job market was softer than we thought. The Bureau of Labor Statistics (BLS) released its first estimate of its annual revision to job market data. (As a note, each year, the government refines its numbers for the 12-months through March. The final revision will be announced in February 2025.) The BLS found that there were 818,000 fewer jobs from March 2023 through March 2024, with professional and business services and leisure and hospitality jobs accounting for more than 60% of the discrepancy.

Of course, this labor market slowdown is

exactly what the Federal Reserve wants to occur. When the economy cools, so too do price increases. Just check out the tumbling crude oil market, which has pushed down gas prices by 50 cents from a year ago, not to mention wheat prices, which touched 2024 lows, for proof.

With the inflation rate receding, the Fed must now focus on its other big job, which is making sure that the labor market remains in balance. In his speech at Jackson Hole last month, Fed Chair Jerome Powell said that “the labor market has cooled considerably from its formerly overheated state,” as the economy has seen “a substantial increase in the supply of workers and a slowdown from the previously frantic pace of hiring.”

The central bank will begin its rate cutting part of the cycle on September 18, though as always, officials hedge their bets with the caveat that “the timing and pace of rate cuts will depend on incoming data, the evolving outlook, and the balance of risks.”

To allay the fears of those who think that the Fed might be too late in its rate cuts, putting the soft economic landing at risk, Powell was crystal clear: “We will do everything we can to support a strong labor market as we make further progress toward price stability.”

Translation: We will act fast and furiously to slash rates if the labor market rolls over.

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. Check her website at www.jillonmoney.com.



Hello, Mr. Chips

Potato Chips are not just a crispy treat, they are also an integral element of the local culinary heritage in Saratoga County.

Come to the meeting of the Old Saratoga Historical Association on Thursday, September 26, at 7 pm, at the Saratoga Town Hall, 12 Spring Street, Schuylerville, as they explore some of the origin stories for this popular snack and discuss who may

have been the first to fry up some “Saratoga Chips.” Snacks provided – including chips, it’s assumed.

The program will be presented by Anne Clothier, Assistant to the Saratoga County Historian, who in 2022 curated an exhibit on the topic at Brookside Museum, home of the Saratoga County History Center.

Tractor Parade's new route

The Greenwich Lighted Tractor Parade is returning with a new route that moves the starting point from the village to the town traffic circle and will proceed all of the way down Main St. in a straight shot. Previously, the route stayed in the village, starting at the school and winding up and down streets. This new route came about because of safety concerns, as the event has grown to an estimated 10,000 visitors, attracting extra scrutiny from Homeland Security and other safety officials.

Here is a press release issued on Sept. 12 by the Greater Greenwich Chamber of Commerce:

"We've got Christmas on our minds, and you should too because the Greenwich Annual Holiday Lighted Tractor Parade is

back for its 12th year! Save the date now to ensure you don't miss this year's spectacular parade.

"Saturday, November 23, 2024, at 6 pm the lighted tractors will be taking a new route that is going to be easier for your viewing, and compliant with safety practices. You can expect entertainment, food trucks, and exclusive 2024 Tractor Parade apparel. Bring your friends, bring your family, and kick off the holiday season with a night your family will love and surely remember.

"Presented by the Greater Greenwich Chamber of Commerce, the Holiday Lighted Tractor Parade can return every year thanks to the help of local sponsors. If you are interested in sponsoring this family fun event, it is never too early to reach out!

"Keep an eye out for more details to come in the follow-

ing weeks about the changes we've made to make this year's Tractor Parade even better than before.

"Head to www.greenwichtractorparade.com for more details on how you can get involved."



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A man with a beard and a black cap is playing a guitar and singing into a microphone. He is wearing a blue shirt. The background is a light blue and white geometric pattern.

Thistle Day
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What is our culinary specialty?

Michael Levy
Journal & Press

Upstate New York is a treasure trove of regional culinary delights, boasting a unique variety of dishes that reflect its rich history, cultural influences, and agricultural abundance. From spiedies in Binghamton to buttery salt potatoes in Syracuse, the food of Upstate New York offers a hearty taste of tradition. Each region has its own iconic dish, highlighting local ingredients and flavor. Many dishes tell the story of immigrants and their working-class traditions. Here is a closer look at a few of these beloved specialties.

Binghamton, NY – Spiedies are a true staple of the Binghamton area, and their origins go back to Italian immigrants who settled in the region. Spiedies consists of marinated cubes of meat, typically lamb, chicken, or pork, chargrilled on a stick, and served on soft Italian bread. The key to a great spiedie is the marinade, a mystical blend of olive oil, vinegar, garlic, and a mix of herbs like oregano and mint. Everyone has their own recipe.

Syracuse, NY – Salt potatoes are a regional classic in Syracuse. Originally a lunch dish prepared and eaten by salt mine workers in the 1800s, salt potatoes are small, unpeeled white potatoes boiled in heavily salted water. The salty water forms a unique crust on the skin, and the higher boiling temperature changes the way the starch in the potato cooks when compared to normal boiling. The inside of salt potatoes have a creamy, almost silky texture with a sweetness not found in other potato dishes. Salt potatoes are typically slathered in melted butter before serving, which only adds to the flavor.

Buffalo, NY – Buffalo wings are deep-fried chicken wings that are coated in an orange-colored sauce made from hot sauce and melted butter. Buffalo wings are served with celery sticks and blue cheese or ranch dressing for dipping.

Buffalo might be internationally known for its wings, but locals will tell you that beef on weck is a true Buffalo specialty. The sandwich is made with a hefty serving of rare roast beef piled high on a kummelweck roll. The combination of juicy meat and the roll which is topped with caraway seeds and coarse salt makes this dish unforgettable. The sandwich is often served with au jus for dipping.

Utica, NY – Utica brings its own spicy flavor to the table with Utica greens. This dish features escarole sautéed with garlic, hot cherry peppers, prosciutto, and Pecorino Romano cheese. It is a fiery side, often served with crusty bread, and it pairs perfectly with most dishes.

Another beloved dish from Utica is chick-riggies, a creamy pasta dish made with rigatoni, chicken, and a spicy tomato cream sauce. The sauce is spiked with hot or sweet peppers, giving it a slightly spicy kick, while the richness of the cream balances out the heat.

Tomato pie is another Utica favorite. Topped with a rich tomato sauce and sprinkled with grated cheese, tomato pie is typically served at room temperature. There are those with a taste for this cold, thick-crust pizza-like dish and they rave about it, but I am not amongst them.

Hot Dogs – The Michigan dog, popular in Plattsburgh, NY, and surrounding areas in the North Country, is not a hot dog from Michigan but a regional specialty that is served near the Canadian border. These hot dogs are topped with a meaty, spiced sauce (referred to as Michigan sauce) that is like a chili but with a distinctive blend of spices. Michigan's are typically served



with mustard and onions and everyone in the North Country has their favorite Michigan place that they will recommend you go to. For me, it is a tie between “Clare and Carl’s” and “McSweeney’s Red Hots” with “Ronnie’s” coming in a close third.

In the Capital District, particularly in Watervliet and Troy, mini hot dogs hold a special place in local culinary culture. These small, yet flavorful, mini hot dogs are about half the size of a regular hot dog and are served on soft buns with a topping of meat sauce, mustard, and chopped onions. Mini hot dogs are usually ordered in multiples, as they are easy to eat in a few bites. Observing someone ordering half a dozen or so for a meal is not unusual. Places like Famous Lunch in Troy and Gus’s Hot Dogs in Watervliet (my personal preference) have been serving these bite-sized delights for decades, attracting locals and tourists alike who come for the taste and the nostalgia. There is a small and interesting local connection between Famous Lunch and Martin Luther King’s “I Have a Dream” speech at the 1963 March on Washington for Jobs and Freedom, but I will leave that story for another time.

Saratoga Springs, NY – Saratoga
Please read more on the next page

Leo Flynn remembered

Leo F. Flynn will be added to the Memorial at the 8th Annual Memorial Ceremony.

Join the Greenwich Fire Department as they remember departed firefighters at the 8th Annual Memorial Ceremony on Sunday, October 6, 12:00 noon, at 60 Hill Street. The department invites the community and all family members of those who will be honored at the Memorial. Anyone desiring additional information please call Kevin Shephard 518-265-7258.

Below is a list of those members to be honored on October 6th:

Harry Osberg, Phillip Foster, Clifford Loy, Michael "Nick" Karp, Robert Adamson, Charles Cronin, David Perry, Perry Kipp, Darwin Grimes Sr, Edward Cox Jr., Gerald St. Clair, Richard Southerland, Edward Biercuk, William Nolan, Richard Culver, John Olcott, Jack McCann, Frank Mosso, Robert Greeney, Albert Perry, Sr., Peter McMurray, Forrest Colby Sr., John Burgess, Robert Duchaine, Walter

Couser, Harold Butler, Harry Teft, George Lindsay, Jr., Floyd Green Jr., Robert Adamson, Kenneth Darfler, Kyle Karp, John N. DeJuan, Harold Kipp, Harry Brophy, Herman Dandrow, Walter Fitzpatrick, Willard Kipp, Lyle Wilkinson, Raymond Lang, Marshall Hopkins, Harold Wilson, James Perry Jr., Leonard "JR" Roberts, Harold Jordan, Carl Derby, Steve Duket, Dennis McDonald, Clifford Mattice, Francis Blanchfield, John Ross, Rae Davis, Jr., Philip "Skip" Spiezo, Gordan "Gordy" Davis, Doug Houser, Brian Buell, and William "Bill" Bain.

New name added to the Memorial this year: Past Chief and Life Member Leo F. Flynn.



First responder appreciation

The Greenwich VFW honored First Responders with an afternoon of grilled hamburgers and hotdogs. Roger Dekorp, of the NyLounge Lizards, donated the events entertainment. Local Fire Departments, Police, Sheriffs and Emergency Medical Technicians were invited.

VFW Commander Don Ward thanked the First Responders and held a moment of silence for those First Responders that paid the ultimate sacrifice in the performance of their duties. Greenwich Mayor Amanda Hurley and Town Councilman Reed Anderson attended the event and thanked First Responders for their dedication to our community.

The Greenwich VFW honors First Responders every year for their 24/7 dedication to local communities. The VFW Auxiliary provided and prepared the meal for First Responders.

The VFW would like to thank Hannaford's for their donation of food for the event. VFW is looking forward to honoring our fellow Veterans and family members at a Peer-to-Peer breakfast on Oct 9th and Veterans Day on November 11th.

(cont.)

Springs claims to be the birthplace of the potato chip. According to local legend, in 1853, chef George Crum at Moon's Lake House created potato chips when a customer complained that his French fries were too thick. Crum responded by slicing the potatoes as thin as possible and frying them to a crisp. What was meant as a sarcastic gesture quickly became a "snacking" success.

Cider donuts

Upstate New York is famous for apple cider donuts, especially now during the fall harvest season. These donuts are typically made with fresh apple cider, giving them a moist texture and a subtle apple flavor. Of-

ten coated in cinnamon sugar, they are a must-have treat as the air gets as crisp as the apples from the orchards and the leaves on the trees begin to fall to the ground.

Washington County, NY – What is the unique culinary specialty of Washington County that reflects the cultural influences here? Some may say that Pie à la Mode makes the cut. But I cannot imagine people around the world coming to Cambridge to sample a slice of pie served with a scoop of ice cream on top. Seriously, you can get pie and ice cream anywhere. Maybe that explains the dearth of Pie à la Mode places around these parts.

Here is a random thought! Maybe the Washington County Tourism folks in Fort Edward can join with several local Chambers of Commerce to take on a project to define our unique food specialty. It is my hope

that greater minds than mine can identify the food item that distinguishes this segment of eastern New York. Please consider our agricultural roots in conjunction with the history of immigrants from places like the British Isles and Eastern Europe. And if you identify a good culinary specialty, maybe we can have a festival to promote it. Perhaps the rest of the world will come here to experience local flavor. Let us begin Washington County's culinary journey!

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



FOR KIDS (AND PARENTS, GRANDPARENTS...)

Harvesting our talents with craftwork

Shirley Renauld
Journal & Press

We see signs of the changing seasons: The landscape is looking yellow; which tree leaves do you see showing their yellow as they stop making chlorophyll?

“The goldenrod is yellow” and has some of the seeds that the yellow goldfinches are visiting for seeds to peck with their short, strong beaks. They migrated here later than those that already seem to be flocking and visiting the tassels in cornfields before they are being chopped. We see them land on other plants we avoid while hiking like burdock, which grew its big leaves and blossoms with soft pink tips, which have now turned into dry burrs containing the seeds. We avoid them so the hooks on the end of each spur don't hook onto our clothing (or even worse would be our hair!). We wear jeans so they and the seeds of other plants now bushy with seeds don't easily stick, and are thankful to those who are mowing pastures and maintaining hiking trails.

Better to learn about seeds as we attend the Cambridge Historical Association program on the 18th about the Rice Seed Co. We learn about Jerome Rice starting the business of packing vegetable, flower and herb seeds in Cambridge and delivering them by wagon. The company continues now as Bentley Seeds, known for their artistic packages.

As we drive in Cambridge, we see the original factory building as well as the Rice Mansion with its carriage house behind it, which were built for the Rice family and are now being remodeled.

We see “the trees in apple orchards with fruit are bending down”... With their branches growing low on the trunk, apple trees are easy to climb, whether it's to get the apples that grow high at the tree or just for fun. But make sure it's not a thorn-apple tree! Better to leave the climbing for apples to the ladders that are tapered to the top that we see in orchards and leave your climbing to the willow trees with sections that have fallen down.

While we're waiting for grapes to ripen, we have elderberries for making purple juice and jelly. We find the bushes growing along country roadsides or in some orchards now with their flat heads drooping with the weight of the ripe berries. Just don't confuse them with pokeberries, the weed with big leaves and the stalk with the cluster of berries at the top.

To get the elderberry juice, clip off the berry heads, remove and wash the berries and gently simmer a cup of water for each quart of berries until they are soft. Mash and strain them.

To make jelly, follow directions on the bottle of liquid pectin (Certo) or the box of the powdered Sure-Jell. Pour jelly into jars. Let it set, then seal with melted paraffin wax. When the wax hardens, cover the jar, perhaps by tying on circles of fabric that you cut with craft/pinking scissors. Create labels for the jars. Store them in your pantry until you are ready to enjoy the jelly on toast or in PB&J sandwiches. With the upcoming holidays, they will also be welcome handmade gifts.

Our Washington County Fairgrounds is already being set up for its next activity, the Adirondack Wool and Arts Festival. We can learn at Hands-On Workshops:

On Fri, the 20th in the morning, create patterns on quilt squares, then Beginners learn Drop Spindle Spinning in the morning and Advanced Spinning in the afternoon.

On the 21 in the morning, learn needle felting as you make a gnome decoration, and in the afternoon, learn to crochet and make a candy corn keychain for the upcoming season



On Sun celebrate the first day of Autumn by choosing to “paint” a landscape with sheep's wool or begin learning peg-loom weaving with different fibers in the morning and in the afternoon continue learning skills to create a wall hanging – or beginners of all ages learn to do punch needle rug hooking from Mary Jeanne Packer of Battenkill Fibers.

During the weekend, also enjoy a fiber sheep show, a cashmere goat show and horse-drawn wagon rides.

At home, read Geraldine's story of how she watches the Navajo weaver, Glenmae, make her into the “Goat in the Rug,” and follow the pictures with someone as you sing along with the bilingual story, “Maria Had a Little Llama.”

On the 26th at the Saratoga Town Hall in Schuylerville, Anne Clothier tells us how George Crum evolved French Fries into Saratoga Potato Chips.

First of the area's Harvest Festivals will be on the 28th at the Knickerbocker Mansion when Sophia will be our guide in colonial dress during Breakfast and the Chicken and Biscuit Dinner. “Ben Franklin” will tell us about his Indian Treaties.