



# SALEM PRESS

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Also serving Shushan, Hebron & Neighboring Communities

## Medical center takes shape

Late Sept. 2024  
Vol. 126; Issue 2

### Aiming for June debut

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.

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Hudson Headwaters is making progress in Salem.



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# Moravian Cemetery's interesting history

**Kim West**  
*The Salem Press*

I first fell in love with the Moravian Cemetery as a teenager while riding my bike up Camden Valley Road from my home in Shushan. I wondered then where the name Moravian came from, however being a teenager I didn't pursue it. It wasn't until the 1990's that I discovered the origin, along with the rich Moravian history this entire area of Washington County has.

The Camden Valley cemetery land was given as a burial site by Reverend Abraham Binninger and his stone is one of the most noticeable in the cemetery, being nearly 7' tall and located on the left side of the cemetery. There is no stone for his wife Martha, and we are not even certain when she passed away since early Salem NY cemetery records lost in a fire. Martha Binninger does mention in 1792 in a letter to her son John in Canada, the passing of a grandson and of visiting his grave and at the same time looking at her own. Some local residents have suggested she may actually be nearer the adjacent barn and outside the cemetery's stonewall. However, Martha's grandson John died in 1792 and the Eagleville Cemetery, which was set off from land owned by Isaac Binninger, may have actually been his final resting place and, thus, Martha's as well.

The Moravian was first dedicated for use as a grave-yard by being the burial place of Philip Embury, one of the original patentees

to the area who died in Camden in 1773 (present day Roberson Road). As a friend of Abraham Binninger's he delivered Embury's eulogy. Philip was removed from the grave-yard and buried two more times, once in Ashgrove and finally in Woodlands Cemetery in Cambridge.

The Moravian cemetery stones date back to the early 1800's, however the Moravians were not present in the Valley until 1832. Suggesting the cemetery was named after that time. Everts & Ensign in their book "History of Washington County" dated 1878 had this to say about the Moravian: "In this ancient grave-yard at Camden still repose the remains of the earliest Moravian missionary to this town. His grave is marked by a suitable monument, still standing in excellent preservation, informing the visitor that " Here repose the mortal remains of the venerable father in Christ, Abraham Binninger, missionary of the United Brethren's Church, commonly called Moravians." Further mentioned "He was born at Bualach, Canton Zurich, Switzerland, Jan. 18, 1720. Departed this life at Camden, March 26, 1811, at the age of ninety-one years, two months, and eight days." "This grave-yard

is secured from intrusion by a substantial enclosure, suitably maintained, and in location and condition, and indeed in all other respects, is creditable to the people among whom it is placed."

The plot is a nice shaded flat piece of land once surrounded by a stone wall and large trees at the front and back. It's an easy cemetery to traverse,



*Evera Sue Clary photos*

more often cemeteries were on hilly land not well suited to farming. This is not the case with the Moravian.

In 1834 a small church was erected, followed by a parsonage in 1835. We know the parsonage was further up the valley from the cemetery on a curve in the road where Butcher Lane joins Camden Valley Road. The Moravian diaries tell of the minister planting lilacs at the parsonage. I like to think those are the ones still there. A school was also nearby and across the road from the parsonage. So, it would seem, there was never a church adjacent to the cemetery property.

In 1970, Robert Thompson, Town Historian of Salem, made a list of the stones in the cemetery, then in 1986 Darby G. Livingston plotted the cemetery. In 1993, Ann Pongrace and Dave Male applied for and received permission to embark on a stone restoration project and at this time they, too, made a comprehensive list of the graves. It was about this time that I made a stone-by-stone listing and the results of all of these lists can be seen at the cemetery site in the mailbox there.

The Town of Salem contracts the mowing of the grounds, but restoration work on the gate, stone wall, and a general cleanup of the Moravian Cemetery has been taken on by local volunteers, who deserve our gratitude for their great undertakings.



# Former exchange student now a citizen

Erlys Barbosa Aredes first arrived in the United States from her native Brazil in January of 1981 as a Rotary Exchange Student at Salem Washington Academy. It was unusual for an exchange student to arrive mid-year, but the calendar year school schedule was so different in Brazil that Rotary was accommodating for her January arrival. Exchange students typically arrive in August and leave in June, but Erlys was able to enjoy summer in Salem due to her arrival date. Erlys participated in graduation with the class of 1981 and then returned to SWA in the fall to attend classes with the Salem Central class of 1982. She made lifelong friends with the class of 1982 and has attended several high school reunions over the years.

Now, as an adult, Erlys comes to the Salem area several times every summer to visit her American Rotary exchange families and friends. She's remained a part of her host families since her Rotary Exchange year and often comes



to the Salem 4th of July parade.

Erlys has been a permanent US resident working with a Green Card for many years but now, since August of this year, she is very proud to have become a US citizen. To achieve her goal of citizenship she had to pass a Civics, History, and Government test as well as an in-person naturalization interview. It's been a long challenging road to accomplish US Citizenship, and a lifelong dream she's had since Erlys first arrived in Salem as a Rotary International Exchange Student. Erlys will be voting in her first American election this November.

Erlys currently lives with her husband, Angelo, and their dog, Pulga, in Connecticut. Her daughter, Ashley, and her husband, James, and her son, Kevin, and his wife, Julianna, live nearby in Connecticut.



Pictured is Erlys' SWA yearbook photo in 1982 and Erlys at her Naturalization Ceremony in August. The swearing-in ceremony included an Oath of Allegiance with a presentation on the rights and responsibilities of citizens, recitation of The Pledge of Allegiance, a congratulatory speech, and presentation of the Naturalization Certificate she's holding.

## Stockade protected Salem from British

Do you recognize this Salem Historical Marker? You may pass it regularly as you drive through the old village of Salem and have never given it a second thought.

This marker commemorates where the militias of Charlotte County, now known as Washington and Warren counties, built a stockade in 1778 during the Revolutionary War to defend Salem from the British forces.

From: [https://arw.fandom.com/wiki/Charlotte\\_County\\_Militia](https://arw.fandom.com/wiki/Charlotte_County_Militia): "In an August 1775 resolution of the New York Provincial Congress, the militias of Charlotte, Cumberland and Gloucester formed the 6th Brigade; this was changed the following year with Charlotte forming a dedicated brigade. Information on its early founda-

tion is not preserved, but what is known is that it had at least two units – the Dorset Regiment and an Associator formed under Captain Alexander McNitt. In June 1778, Colonel Williams of the Dorset Regiment was dismissed for defrauding the pay office with false pay-rolls, and was also removed as a judge in his home county."

The Dorset Regiment was comprised of soldiers from White Creek, Kingsbury, Argyle, Black Creek, Skeenesborough, and Granville and was led by Colonel John Williams (until his dismissal for defrauding pay-rolls), with Lieutenant Colonels Patrick Smith and Alexander Campbell. The Charlotte County Volunteers were led by Captain Alexander McNitt (of Salem).

This marker is located on Route 22 just



beyond Matthew's Automotive and across from Collar City Goods (the old Baltz, Shirt Shop building) as you drive South.

—Jan Baxter

# Bancroft Library events

On Thursday, September 19 at 6:30 pm, Choice Connections comes to Bancroft Library to share a presentation called “Long Term Care Options and Cost.” This program explores long-term senior housing options and delves into the cost associated with those choices. The program also explores the funding that is available for senior living options. The evening is geared toward both curious seniors and to adult children who are interested in helping their parents/elders navigate care possibilities. Registration is encouraged! Please call the library at 518-854-7463 or email [slm-director@sals.edu](mailto:slm-director@sals.edu)

Tuesday, September 24, 1:00 - 4:00 pm there will be a Cancer Screening Services Information table at Bancroft Library where Nicole Wrenn of Glens Falls Hospital will talk to interested people about the free cancer screening services that are offered by NYS. The NYS Department of Health leads efforts to reduce the burden of cancer across the State through programs like the Cancer Services Program (CSP). The CSP offers free breast, cervical, and colorectal cancer screening in every county and borough to New Yorkers with low incomes and who are uninsured or underinsured. Cancer screening can save lives. It can find cancer

early when treatment works best. Screening for cervical and colorectal cancer can also stop cancer from starting. In the last year, the NYS CSP provided more than 61,000 unique services to over 23,000 people across the State. Services include screening and follow-up tests, referral to treatment, and client support through case management. Stop by any time between 1:00 and 4:00 pm to learn more about these services and how they can benefit you.

*All ongoing Bancroft Public Library scheduled events can be found online at: <https://www.bancroftlibrary.org/calendar>.*

## Covered Bridge Museum welcomes all

Have you ever visited the local gem right in our neighborhood: The Shushan Covered Bridge Museum? The bridge is one of four covered bridges still standing in Washington County. It's the only covered bridge being used as an historical museum with local artifacts. The museum has something of interest for everyone. It's Free to visit and is a hands-on interactive museum.

The Shushan covered bridge was built in 1858 by the Stevens Brothers. It's a Town Lattice Construction and spans 161 feet over the Battenkill River. One side is in the Town of Salem and the other side is in The Town of Jackson. The bridge was originally put together and built on the village green near the railroad depot by Yushak's Store

and was then reassembled over the Battenkill River. The roadway interior is 16 feet wide and the bridge weighs about 80 tons.

In 1974 a group of Shushanites saved the bridge from falling in the river and formed the Shushan Covered Bridge Association. The museum stays open due to the dedication of these volunteers and generous donations from visitors and supporters.

Next to the bridge, and part of the museum tour is an original one room schoolhouse that was used in Salem from 1852-1943. It was located just a few miles away from the bridge

and was moved to its current location in the 1980s.

The Shushan Covered Bridge Museum is open Saturday and Sunday 1:00-4:00pm or by appointment. The museum's last day open this season is October 13. The Museum staff hopes you will “Like” and share the Museum's Facebook page. Messages can be sent through the Facebook page or to [jgordon@shushancoveredbridgemuseum.org](mailto:jgordon@shushancoveredbridgemuseum.org). The staff looks forward to welcoming you at the Museum.



### AMERICAN HARDWARE

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- Window Shades Cutting • Propane Refills • Glass & Key Cutting

# 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

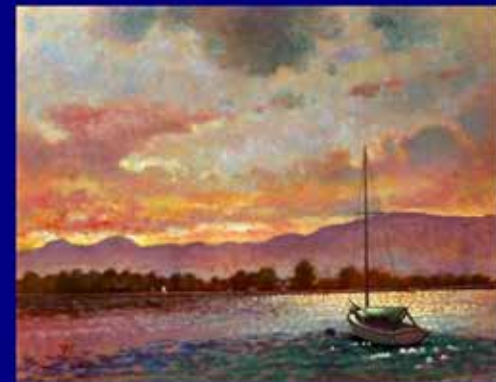


"Pathways"

by Susan Bayard Whiting

"Evening on the Queen of Lakes"

by Robert Whiting



105 Holmes Road, Argyle NY – [www.whitingartwork.com](http://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](mailto: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?

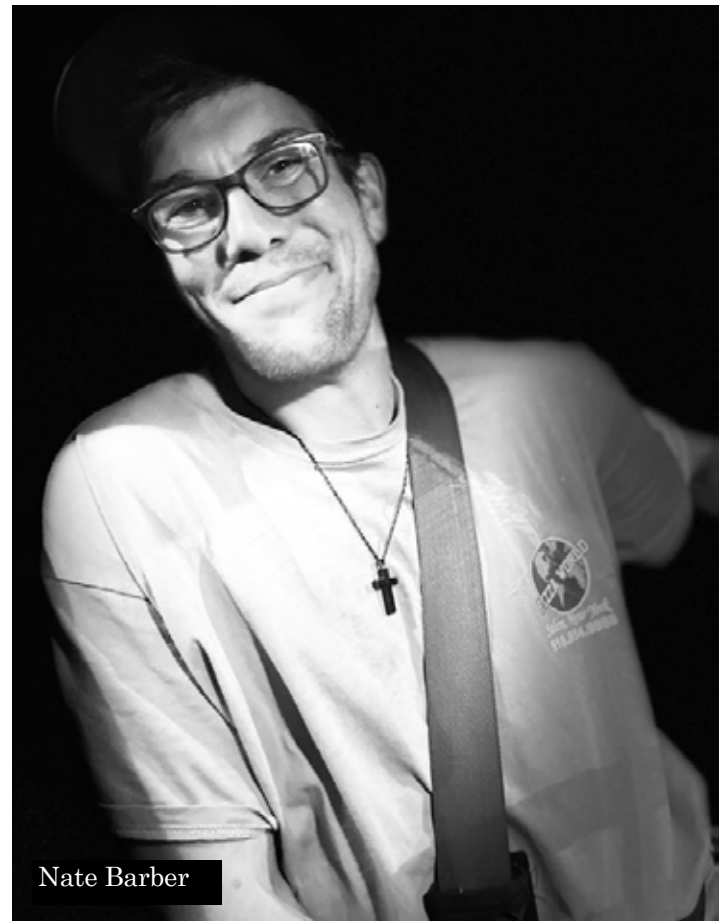
**NATE:** Yeah, I get that a lot when I show up at the door. Everybody's like, geez, you're always smiling? I'm like, I enjoy my job. I like to drive around. You're right, I like to put a smile on somebody's face but then you get to certain people, and it's Oh, you took a little longer than expected. 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?*

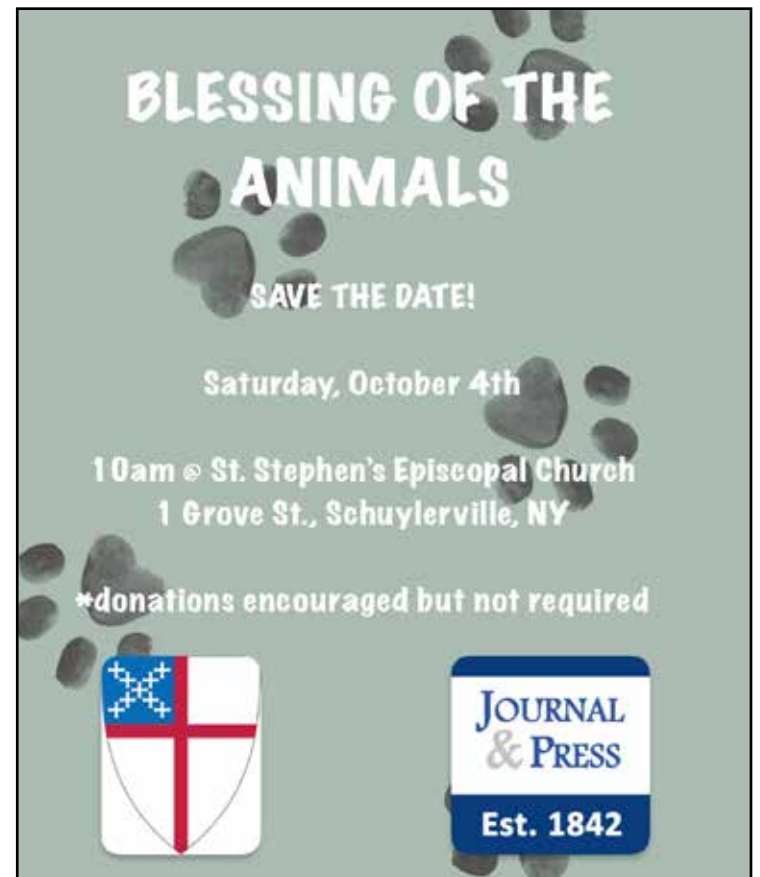
**Cartwright:** No rain date, this will be a rain or shine event. We're praying for good weather and will have a few pop-up tents available.

**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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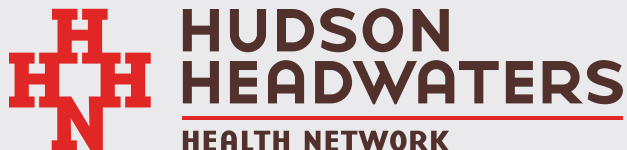


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# Help Wanted: Teen Services Coordinator

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](http://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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We have to charge a little bit more to mail The Salem Press because it uses first-class postage at this time (but you will get

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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](http://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 Diocesane 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](http://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](http://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 1/2" pots \$8.00, Baskets \$36. (Great Prices!) Contact Eileen Dinisio at 518-937-1838, or [edinisio1@gmail.com](mailto: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](mailto:editor@journalandpress.com).*

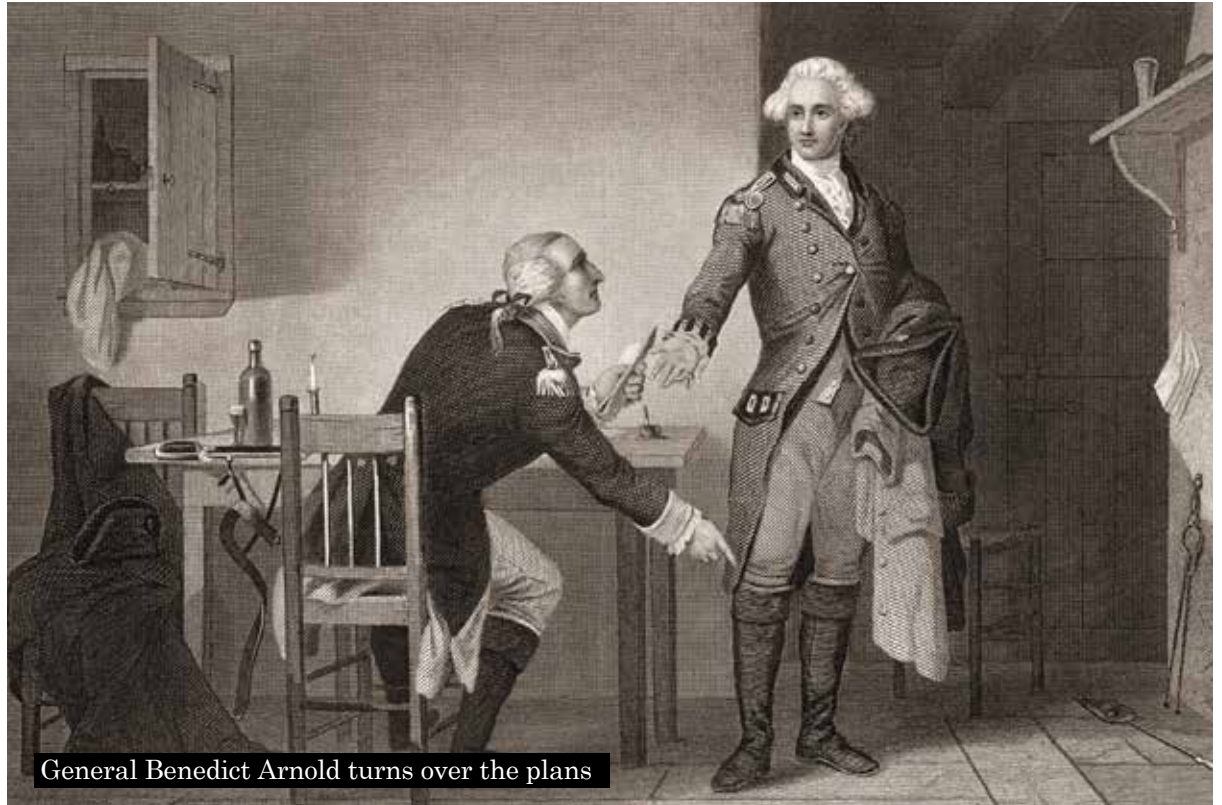
## Turncoats

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](http://www.gregschwem.com).*



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**NONFICTION** *for the* **CURIOUS**

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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](http://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 <sub>1</sub>	I <sub>1</sub>	P <sub>3</sub>	R <sub>1</sub>	E <sub>1</sub>	A <sub>1</sub>	D <sub>2</sub>	RACK 1 = <b>63</b>
O <sub>1</sub>	L <sub>1</sub>	E <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	R <sub>1</sub>	A <sub>1</sub>	RACK 2 = <b>57</b>
S <sub>1</sub>	C <sub>3</sub>	O <sub>1</sub>	L <sub>1</sub>	D <sub>2</sub>	E <sub>1</sub>	R <sub>1</sub>	RACK 3 = <b>80</b>
E <sub>1</sub>	X <sub>8</sub>	C <sub>3</sub>	L <sub>1</sub>	A <sub>1</sub>	I <sub>1</sub>	M <sub>3</sub>	RACK 4 = <b>68</b>
M <sub>3</sub>	U <sub>1</sub>	D <sub>2</sub>	F <sub>4</sub>	I <sub>1</sub>	S <sub>1</sub>	H <sub>4</sub>	RACK 5 = <b>66</b>

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

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](mailto:WashCoEnviro@gmail.com).

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

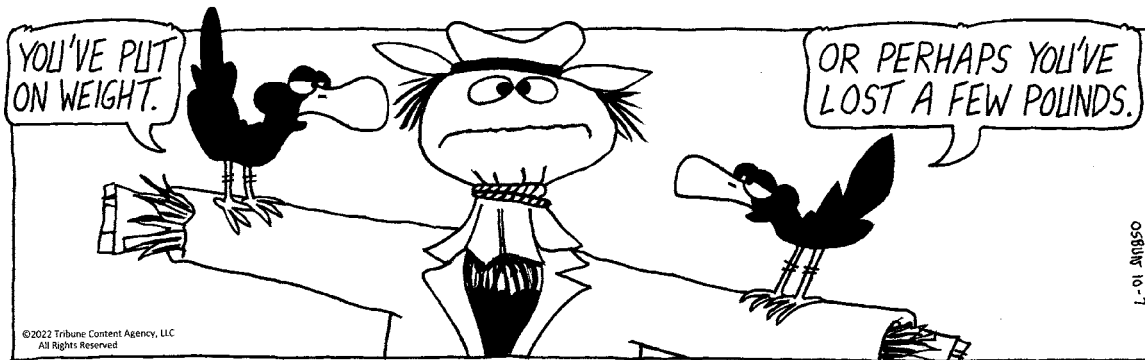
*Felix Powell, Boy Dog*, Erin Entrada Kelly

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

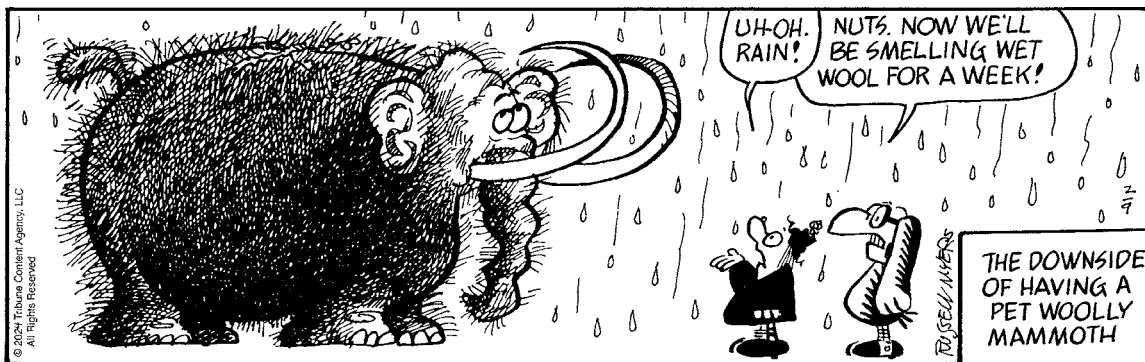
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**[laurasgardensite.com](http://laurasgardensite.com)**

# FUN & GAMES

## Animal Crackers by Mike Osburn



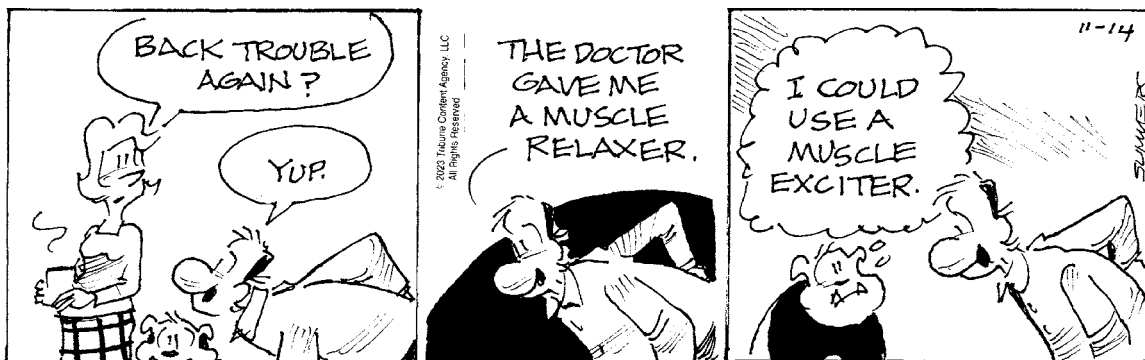
## Broom Hilda by Russell Myers



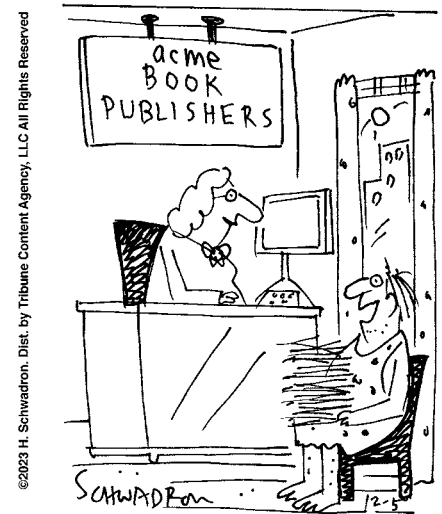
## Gasoline Alley by Jim Scancarelli



## 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

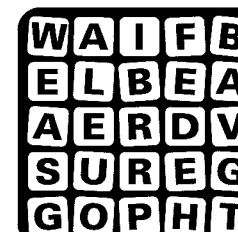
By David L. Hoyt and Jeff Knurek



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

### Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter 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

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.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# FUN & GAMES

## More Word Play Answers Page 21

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

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A<sub>1</sub> E<sub>1</sub> I<sub>1</sub> L<sub>1</sub> P<sub>3</sub> D<sub>2</sub> R<sub>1</sub> 3rd Letter Double RACK 1

A<sub>1</sub> E<sub>1</sub> O<sub>1</sub> L<sub>1</sub> T<sub>1</sub> R<sub>1</sub> S<sub>1</sub> RACK 2

E<sub>1</sub> O<sub>1</sub> L<sub>1</sub> D<sub>2</sub> C<sub>3</sub> R<sub>1</sub> S<sub>1</sub> Triple Word Score RACK 3

A<sub>1</sub> E<sub>1</sub> I<sub>1</sub> L<sub>1</sub> X<sub>8</sub> M<sub>3</sub> C<sub>3</sub> RACK 4

I<sub>1</sub> U<sub>1</sub> H<sub>4</sub> D<sub>2</sub> F<sub>4</sub> S<sub>1</sub> M<sub>3</sub> 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

## 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	
	9			3		1	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					51 52 53
54									55	56				57
58									59				60	
61									62				63	

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 "\_\_\_ beau-coup"  
47 Unrecognizable  
50 Sheer delight  
51 Work on a muffler, say  
52 \_\_\_-bitty  
53 Between ports  
56 Low digit  
57 Artist Yoko

# Sampler Platter

Wings, Chicken Quesadilla,  
Cheese Curds



## Sunday Specials

# Burger & Beer Special



## Chili Nachos

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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](http://www.ourbestfriendsrescue.org).



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# 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-

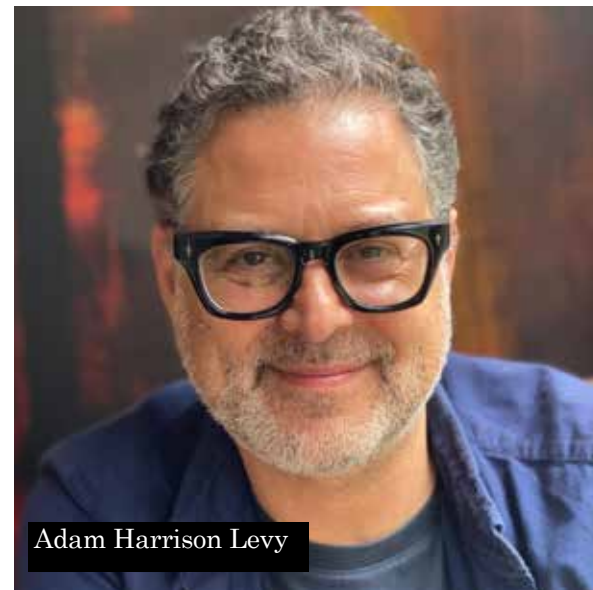
riences shaped you? What were the successes? The failures? What memories do you have of your childhood? What thoughts and feelings would you like to pass on?

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](http://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](http://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](mailto: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 Jurnak	Marge Maxwell	Dee Park	Nancy Skirkanich	Mary Ellen Williams
Loretta Citarella	Victor Greco	Daisy Kavanagh	Sue McNeil	Bree Pisacane	Rachelle Tessier	
Phil Cote	Thelma Hack	ShannonKavanaugh	Douglas Meyerhoff	Joan Prouty	Ann Thibideau	
Larry Crandall	Lydia Hall	Jean Killian	Richelene Morey	Mary Provost	Judith Tholl	
Joseph Dewey	Bill Hamelin	Lee Lenhart	Jeanie Mullen	Arlene Reduto	John Truchon	



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

## 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](http://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](http://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](mailto:askjill@jillonmoney.com). Check her website at [www.jillonmoney.com](http://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.

# Story time returns

Book Buddies Story Time returned to the library the second Wednesday in September. For any families who are interested in attending this weekly casual and fun time as it goes forward, the Book Buddies welcomes you!



The group listens to a book being read at the start of the Story Time hour and then there is an activity or craft afterwards.

Story Time meets weekly on Wednesdays at 10:30 am and best serves children ages 1 – 5 years old, but older or younger siblings are welcome to attend as well!

For morning information, call Bancroft Public Library at 518-854-7463.

# Veterans support

The Veterans Support Group at Salem Community Fellowship returns after a summer hiatus with a free dinner for all Veterans and their families on Thursday, September 19th at 6pm.

The Veterans Support Group is a faith-based group led by local Veterans that is a safe space for Veterans to share their experiences. The group meets every Thursday evening at 6pm at Salem Community Fellowship Church, formerly the Salem TD Bank building, located at

204 Main Street.

The weekly Veterans Support Group meetings will resume the following week on Thursday, September 26 at 6pm.



# THE SALEM PRESS

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This is a free paper distributed via racks twice monthly in Salem and neighboring towns. One copy per reader. Additional copies \$2 each by mail.

# Repair Cafe

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

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

# Fun for ages 3 to 8

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

Children must be accompanied by an adult and parents are encouraged to join in the fun as the group reads and sings about apple, brightly

colored leaves and other interesting things to do in the fall! The interactive program will last approximately 40 minutes.

The Fall into Storytime Fun program is free and open to the public. The event will take place at 6559 State Route 22, East Hebron (Salem), NY. Follow the signs to the Fellowship Hall. This event is presented as a community mission of the Hebron United Presbyterian Church. The leaders of the Fall Into Storytime Fun look forward to seeing children and adults on October 5.

# Lest we forget lost heroes, Part II

**William "Al" Cormier**  
*Town of Salem Deputy Historian*

Too often we think that war emotional and physical damage happens to others distanced from our lives. They do not. Emotional damage suffered by many veterans is today referred to as "PTSD." Post-traumatic stress disorder is often a hidden wound, and reading of newspapers and books about past and current wars do not always reflect the mental damage.

Another damaged Salem veteran was "Socko" Wurm, a WW II veteran whose life was shattered by his war time experience. Although I never met him in person, I heard about him from other Salem people. Recently I read about his life in a comprehensive story written in 2010 by Rory Costello for The Baseball Biography Project. The full story can be found at [www. Bioproj.sabr.org](http://www.Bioproj.sabr.org). The story, "Frank Wurm", tells us about "Socko's" baseball ambition, his military service, and the cause of his mental and physical downfall. I have drawn on this article and my own research to give you the essentials of "Socko's" life.

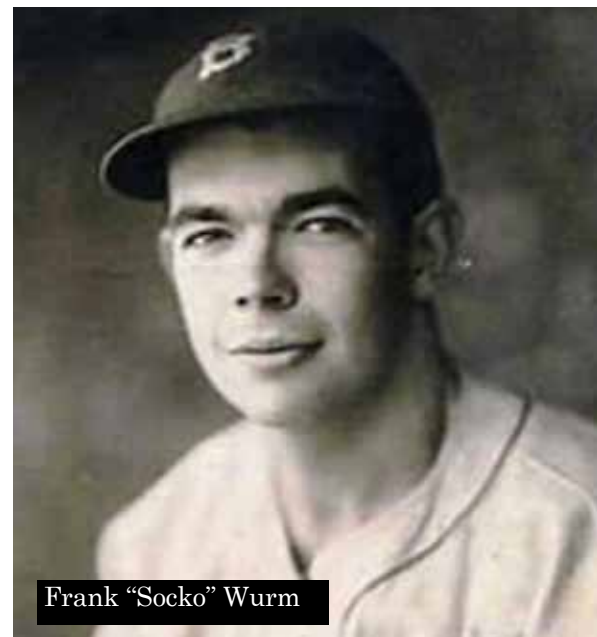
Frank James Wurm Jr. was born in Cambridge on April 27, 1924. His mother was Elizabeth Rose Trimble who married Frank Wurm Sr. who realized that son, Frank, at age five had an "aptitude for baseball." When Frank Sr. pitched to Frank, he would shout, "Sock it, Frank." The "Socko" nickname stuck. Frank became a standout high school baseball left-handed pitcher throwing two no hitters, one as a junior and one as a senior. In summers he played for an American League team, travelling around the country. He returned to school as a postgraduate in the fall of 1941, and that year he also "worked out with the St. Louis Browns and the Boston Red Sox." Manager Luke Sewell of the Browns said, "Wurm was a speed artist with a fine curve." It was during this time he received an offer from the Brooklyn Dodgers and was assigned to the Class D Pony League in Olean, New York, appearing in 12 games. But Frank's patriotism took hold

in 1943, and despite the Dodger's contract, he said, "Uncle Sam contracted him first." Nevertheless, baseball was his game, and he was asked to organize a baseball team at Fort Bragg.

He entered the war serving on the crew of the 133rd Field Artillery Battalion in the campaigns of North Africa, Sicily, and Italy under General Mark Clark. Despite his overseas' locations, 'Socko' was able to play some baseball "throwing a no-hitter against an English team, and a one hitter against another." At Salerno, he seriously injured his back "keeping a 155-millimeter howitzer shell (they weighed 90-100 pounds)" from hitting the ground. His battery commander said, "Rather than drop one of the huge missiles when he felt it slipping from his grasp, 'Socko' fell, allowing the shell to drop on top of him. His action saved the lives of the whole crew."

After a hospital stay of two months, 'Socko' returned to his artillery unit and served four more months of fighting at Monte Cassino, Italy in 1944. The bloody longest battle of the war took its toll; 105,000 allied forces suffered casualties; the Germans suffered 80,000 casualties. "Socko" suffered "front line shock" when an artillery shell landed near his buddy and him as they ran for their foxhole. His buddy, seriously injured, died in his arms. "Socko" was sent home to recuperate, but he did not follow the doctor's instructions and left the Rhoads General Hospital prematurely.

He went back to pitching with the Dodgers, and when his pitching against the Boston Braves failed, "he walked seven of the nine batters he faced, struck out one, and allowed a bases clearing double, scoring four runs in one third of the inning he worked." He was removed from the game. A case of nerves, wildness and a sore arm, had made 'Socko' dispensable. Dodger General Manager Branch Rickey Jr., in a letter to him, succinctly stated the problem: "You know as well as I do the extreme nervousness that you have at present must be the result of the war. ...It is very difficult now to expect you



Frank "Socko" Wurm

to have very much of a future ahead of you." Despite this condition, the Montreal Royal club called him up, but this pitching stint failed also.

Wurm, had enrolled in Middlebury College in the fall of 1945, and it was while enrolled here he tried to make it in the major leagues again with the Dodgers and then the Montreal Royals. His baseball career now over, he turned to other interests. At Middlebury College he met and married Martha Bourdon. The marriage did not last nor did a second marriage last. At the age of 50, Wurm married a third time and became the father of a daughter, Kristin. Sadly, this marriage also ended in divorce. The one success he had in the baseball world was as a scout for the Pittsburg Pirates from 1972-1974, locally finding the talented Glens Falls pitcher, Dave LaPoint. Dave LaPoint said, "Wurm discovered me and mentored me." "Socko" died on September 19, 1993.

Despite Wurm's difficult war experiences that resulted in his physical and mental injuries, he was well liked. The people of Salem, where he often helped Coach Bob Kana with the Salem baseball team, in Fort Edward where he taught special education, and in Glens Falls where he lived, remem-

**Please read more on the next page**

# Frank ‘Socko’ Wurm (cont.)

bered him fondly.

Could better mental health remedies have helped “Socko” and thousands like him who have fought in wars over the many years? The answer is yes, but not only for veterans. Today efforts to raise mental health awareness and treatment for people of all ages and circumstances are on the rise. For example, one of the Rotary International themes for all local Rotary Clubs for the 2023-2024 year is promoting mental health. Northern Rivers of Schenectady spoke to the Salem Rotary Club about its mental health services available to Washington County citizens. In addition, local Shushan residents Todd Teal and his wife Laurie, a trained psychiatric nurse practitioner, recently produced a mental health film, “Out of Darkness,” using the Salem Community Courthouse as a movie set. The film was premiered in the Wood Theater in Glens Falls and later was shown in the Salem courthouse. Salem Rotarians and other local people who made up the cast and have seen the film are now more aware of the need for services, not only for veterans but for people of all ages and circumstances.

An important happening in Salem and for Southern Washington County is the current the Hudson Headwaters Health Facility being built south of the old Salem village. According to Town Supervisor Sue Clary, whose professional career dealt with people in need, the Hudson Headwaters facility will have a behavior health component, a much-needed service for Washington County. She said that former Hudson Headwater Health administrator and promoter of rural health services, Dr. Rugge, once said to her that in addition to mental service practitioners, “A good primary physician can be the best mental health provider.”

Supervisor Clary went on to say, “It is interesting how we pigeon hole health. Situational loss, maturation loss and then PTSD. Kugler Ross [a Swiss American Psychiatrist] gave the 5 stages of grief showing the lifecycle that evolves but trauma is a whole element of itself. The brain is little understood and especially

how trauma impacts it in a cellular manner. Veterans, abused children, abused adults; essential workers that experience trauma can impact their living in a way that society still has a difficult time understanding. The old adage of pull up you bootstraps and deal with it shows very little comprehension of how the mind and body work physically.”

We must continue to improve our understanding of mental trauma and increase services to help those in need, especially for our military veterans.

## Library potluck

Join Salem’s seniors for the monthly potluck lunch Sept. 25 at 12 noon at Bancroft Library. This gathering encourages seniors to bring a dish to share, a story to tell, and join together in good company. The group is currently working on preserving memories and sharing stories with one another from their past. Info: 518-854-7463.

## OUT AND ABOUT

# Exchange student arrives in Salem

Tom Rogers, President of the Salem Rotary Club, has announced that Amanda Vasquez from Chile arrived on September 7 at the Albany International Airport.

Amanda is the 100th Rotary foreign exchange student to arrive in Salem. The Rotary Club foreign exchange program was first promoted by Rotarians James Carrolan and Charlie Perry in 1969. At that time the first Salem exchange student, Rodney Jolly, went to Japan and Hiromi Odan came to Salem from Japan.

The Rogers family is Amanda’s first host family, and Amanda will reside with three host families during the school year. While here she will speak to elementary school

classes and visit other schools as an ambassador from Chile. She will participate in high school classes as a junior. Her interests are skiing at Willard Mountain, participating in the theater programs at school, and cooking.

Amanda speaks fluent English and is a good conversationalist. When asked what her favorite food was she said, “Peanut butter and chocolate.” She also said, “I am finding everyone to be very friendly and interested in my culture.”

Local families that might be interested in hosting Amanda should contact Tom



Tom and Cindy Rogers welcome Amanda Vasquez

Rogers at 518-854-3505 or Nancy Artz, exchange student coordinators.

## SCHOOL ATHLETICS

# Football season starts with a win

The Cambridge-Salem Tigers won their first football game of the season on Saturday, September 7, as they defeated the Delaware Academy Bulldogs in a non-league game played in Cambridge.

The Cambridge-Salem squad put up the first numbers on the scoreboard in the second period with quarterback Stephen Yakubec passing to running back Preston Peabody who, with good defensive hits opening holes, ran for a 70-yard touchdown. A two-point conversion followed.

Both teams suffered from turnovers and back and forth play at

the start of the second half before Yakubec tossed a 30-yard touchdown to Cambridge-Salem's Cooper Saddlemire. The team went for the two-point conversion again and were up 16-0 at the end of the third quarter.

With less than two minutes on the clock in the 4th quarter, Delaware scored with a long pass from mid-field, adding the conversion two-points for their only score of the game. An on-side kick went Cambridge-Salem's way with less than a minute left allowing the Tigers to run out the clock and cement the season's first victory.



## SALEM AREA CALENDAR OF EVENTS

**Sept 19 @ 6:30pm** – Bancroft Public Library presents Choice Connections “Long Term Care Options and Costs”

**Sept 19 @ 6pm** – Free Dinner for Veterans & their families at Salem Community Fellowship, 204 Main Street

**Sep 19 – 22** – Salem Art Works “Festival of Fire” Info: salemartworks.org/

**Sept 21 @ 4-8pm** – Historic Salem Courthouse Beer & Brats Fall Festival, info: salemcourthouse.org

**Sept 22 – Oct 6** – Fort Salem Theatre presents “The Drowsy Chaperone” musical. Info: fortsalem.com

**Sept 23 – Oct 30** – Every Mon & Wed Sept through Oct : Tai Chi Arthritis-Part 2 – 9:30-10:30a at Salem Firehouse. Call 518-746-2400 ext 3478 in advance

**Sept 24 @ 1-4pm** – Bancroft Public Library hosts Cancer Screening Information Service Table with Nicole Wrenn of Glens Falls Hospital

**Sept 25 @ 12 noon** – Senior Potluck Lunch at Proudfit Hall Community Room

**Sept 27 @ 6:30pm doors open; 7pm show** – Free Folklife Concerts at Historic Salem Courthouse presents Irish singer/songwriter Connor Garvey. Info: crandalllibrary.org

**Oct 5 @ 10a – 10:45am** – Fall Into Storytime Fun at East Hebron UP Church Fellowship Hall (Behind the Church Sanctuary)

**Oct 6 @ 4pm** – Historic Salem Courthouse presents Helen Gillet music; tickets at givebutter.com/HGillet

**Oct 12 & 13 @ 12-5pm** – LANDSCAPES FOR LANDSAKE Maple Ridge Gallery Opening Reception, 172 Rte. 372, Coila

**October 13 @ 12-1pm** – Salem Art Works “Bollywood Dance Performance on Cary Hill” Info: salemartworks.org/

**October 19 @ 1-4pm** – Free Repairs Café at Hebron UP Church; 3153 County Route 30, West Hebron