



The Lakeville Journal

TriCornerNews.com

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THURSDAY, JUNE 8, 2023 \$2.00

Covering The News In Connecticut's Northwest Corner And Its Environs Since 1897

Q Farms to end retail operation, form a nonprofit

By Leila Hawken

SHARON — After eight years of an ecologically forward-thinking enterprise known as Q Farms, owners Linda and James Quella have decided to suspend the retail farm store aspect of their business and instead form a nonprofit organization to serve area farmers and consumers.

"We are still actively working with food systems, but just in a different way," said Linda Quella, who has operated Q Farms with

her husband, championing soil health, restoration and carbon capture along the way.

The retail farm store operation on Jackson Hill Road in Sharon will close on Sunday, June 18, and a new nonprofit enterprise will emerge. Tri Corner F.E.E.D. will promote food equity, education and distribution, Linda Quella explained during a recent interview. The farm's acreage will be leased to area farmers.

See Q FARMS, Page A8

Railroad adopts change on spraying

By Riley Klein

CORNWALL — A long awaited dialogue between Housatonic Railroad Company (HRC) and representatives from the Northwest corner began with a meeting on May 31. HRC's general counsel Parker Rodriguez met with Rep. Maria Horn (D-64), Sen. Stephen Harding (R-30), and Cornwall's First Selectman Gordon Ridgway to discuss policy surrounding herbicide spraying along the railbeds.

The issue of railroad herbicide use has been a growing point of public concern for several years following the deaths of numerous

trees along the track. A letter from Ridgway's office provided a summary of the meeting with HRC.

"Mr. Rodriguez said that the railroad has changed their process. The railroad is now mowing and hand trimming in the sensitive parts of Cornwall and minimizing spraying," Ridgway wrote.

The letter stated that HRC uses the same spray company, TEK Associates, in both Connecticut and Massachusetts. Rodriguez said in the meeting that HRC has recently adopted changes to their spraying policies.

See HERBICIDE, Page A8



PHOTO BY RILEY KLEIN

Ru the llama and handler Debbie Labbe visited the Norfolk Library on Wednesday, May 31.

Llama lesson at Norfolk Library

By Riley Klein

NORFOLK — Ru the llama took a trip to Norfolk Library on Wednesday, May 31. He and his handler Debbie Labbe of Country Quilt Llama Farm in Cornwall offered a lesson on all things llama to the children in attendance.

"Ru is only three years old, so he is very young," said Labbe. "I've had llamas for over 30 years."

Labbe has been raising llamas since 1988 and quickly found that

their docile yet curious personality was well received by the public. In 1992 she began sharing the llama experience with preschools, daycares, convalescent homes, and libraries through her program called "Hooked on Llamas."

Guests at the library learned that llamas come in four colors: white, gray, black, and brown. Labbe also reviewed the history and origins of the llama.

"Llamas come from South America in the Andes Mountains,"

said Labbe. "In North America, where we live, the llama is considered a recreational animal, so we do fun things with our llamas."

In addition to having fun and educating the public, Labbe's llamas produce wool that Country Quilt Llama Farm uses to make textile goods like yarn and winter scarves.

Volunteers rally to restore Housatonic Meadows park

By Ollie Gratzinger

SHARON — After months of planning and preparations, the Housatonic Meadows Preservation Action group has reached the much-anticipated planting stage.

A handful of volunteers arrived at the state park in Sharon on Saturday morning, June 3, with trowels, wheelbarrows, buckets and gloves. Three separate gardens were set up near the parking lot and picnic areas, just a stone's throw from the growing trees the group had put in last fall. In those gardens, volunteers will deposit a total of 1,700 small starter plants, including monkey flower, fairy candles, Joe Pye weed, native goldenrod, New England aster, golden Alexander,



PHOTO BY OLLIE GRATZINGER

Volunteers planted starter plants at Housatonic Meadows State Park on Saturday, June 3.

strawberries and mountain mints.

"It's going great," said Katherine Freygang, a retired botanist, board member for the Cornwall Conservation Trust, commissioner for the Cornwall Conservation Commis-

sion and representative for Sustainable CT. She's also a founding member of Housatonic Meadows Preservation Action.

She explained that the group and its volunteers had laid the mulch on

Friday and finished half of the first — and largest — garden. Saturday would be spent getting the rest of the plants out of the flats they came

See GARDENS, Page A8

Sharon Hospital in compliance with state

By Patrick L. Sullivan

SHARON — At the semi-annual community forum held online by Sharon Hospital on Monday, June 5, Dwight Tarwater of consulting firm PYA reported that Sharon Hospital is in compliance with the terms of the agreement with the state of Connecticut when Nuvance Health was formed in 2019.

Opening the forum, Sharon Hospital President Christina McCulloch noted that the hospital has two applications before OHS, one to close the labor and delivery unit and one to create a progressive

See HOSPITAL, Page A8



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Regional

In The Journal this week

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POLICE BLOTTER: TROOP B

The following information was provided by the Connecticut State Police at Troop B. All suspects are considered innocent until proven guilty in a court of law.

Duo disorderly conduct

On Thursday, May 25, at approximately 11:50 p.m., Troopers from Troop B were dispatched to a residence on East Main Street in North Canaan for a report of a non-active domestic disturbance. Hannah Riva, 27, and Corey Labshere, 24, of Canaan, were equally involved in disorderly conduct, according to troopers. Riva was arrested in a disorderly conduct charge. Labshere also was charged with disorderly conduct.

Route 63 collision

On Thursday, May 25, at approximately 8 p.m., Melissa Siering, 41, of New Britain, was traveling northbound on Route 63 in Canaan, in a 2002 Kia Sportage when she slowed to avoid striking an animal in the road. Eric Edwards, 22, of Ansonia, was traveling behind the Kia and struck Siering's vehicle. Edwards was issued a warning for failing to follow at a reasonable distance.

Restricted turn violation

On Tuesday, May 30, at approximately 7:15 a.m., Troopers responded to a report of a motor vehicle accident on Mountain Road in Norfolk. Geoffrey Hill, 27, of Canaan, had run off the road

in a 2016 Nissan, striking a telephone pole. Hill was cited for a restricted turn.

Rollover, fugitive warrant

On Friday, June 2, at approximately 8:30 p.m., Troopers were dispatched to Mudge Pond Road in Sharon for a reported motor vehicle accident. Chad Peterson, 36, of Sharon, driving a 2007 Ford F150, had exited the roadway, rolled over and come to a rest 25 feet off the shoulder. Peterson was transported to Sharon Hospital with minor injuries and was issued a summons for operating under suspension and failure to maintain lane. In addition, Troopers determined Peterson had an extraditable warrant from Dutchess County, New York, and was charged with violation of fugitive from justice and held on \$250,000 cash/surety bond and transported to New Haven Correctional Facility awaiting a court appearance in Torrington.

The Lakeville Journal will publish the outcome of police charges. Contact us by mail at P.O. Box 1688, Lakeville, CT 06039, Attn: Police Blotter, or send an email, with "police blotter" in the subject line, to johnc@lakevillejournal.com



PHOTO BY ANNE DAY

Hotchkiss alumna Lily Rabe

Actress Lily Rabe was the keynote speaker at The Hotchkiss School's 131st commencement on Saturday, June 2 in Lakeville. Rabe, a member of the Hotchkiss Class of 2000, told the 163 graduates that "this community does not leave you today. In fact, you may, like me, find you only grow to love this community and this place more."

National Iron Bank ranked as top lender by banker association

SALISBURY — Independent Community Bankers of America has announced its national rankings of the top community bank lenders for 2023. The announcement features National Iron Bank of Salisbury among the top five consumer and mortgage lenders nationally.

"Being a local bank means reinvesting your deposits in

the form of loans for the betterment of the community," said Steven Cornell, President & CEO of National Iron Bank.

Based in Salisbury National Iron Bank, with assets of \$292 million, operates branch offices in Cornwall Bridge, Norfolk, Salisbury and Washington Depot as well as loan offices in Litchfield and New Milford.

Online This Week

Student writing contest awards prizes

The Friends of the Pine Plains Library awarded \$1,500 in prizes. Go to www.tricornernews.com

Project Lifesaver helps in New York searches

Dutchess County's sheriff has a new tool to locate missing individuals. Go to www.tricornernews.com.

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Send obituaries to johnc@lakevillejournal.com

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Alan Chartock steps down from WAMC

By Tony Dobrowolski
The Berkshire Eagle

GREAT BARRINGTON — After more than 40 years on the air at WAMC Northeast Public Radio, Alan Chartock has decided to hang up his microphone.

The 81-year-old Great Barrington resident, who has led the Albany, N.Y.-based radio station since 1981, announced Thursday, May 25 that he was retiring as president and CEO, effective immediately, according to WAMC.

Stacey Rosenberry, the station's director of operations and engineering, was named interim CEO Thursday by the executive committee of WAMC's board of trustees. The board will conduct an executive search for a new CEO following a strategic planning process that is currently underway.

Although Chartock's retirement is effective immediately, the board said Thursday that he will continue to help the station in any way he can. A full celebration in honor of Chartock is being planned for a later date.

Chartock, known as "Alan" to all his colleagues, reflected on his four-decade tenure at WAMC in a news release.

"I feel it is time for me to turn things over," Chartock said. "This has been the journey of a lifetime and I have loved every minute, every challenge and every opportunity for growth this work has afforded me. But it's time to let a new crop of leaders take the helm and I have every confidence that the board and staff will more than rise



PHOTO BY ALAN CHARTOCK / WAMC

Alan Chartock

to the occasion."

Originally from New York City, Chartock was a 39-year-old political science professor at SUNY New Paltz in 1981 when he started leading WAMC, when Albany Medical College handed over the station's FM signal that it had used for in-house medical lectures. Under Chartock's leadership, WAMC has grown into an award-winning, 29 station network that serves seven states, including Western Massachusetts.

He also created numerous programs on WAMC, including Capital Connection, a weekly show with New York leaders about the topics of the day, and Congressional Corner. Chartock turned his 12 years of weekly interviews with the late Gov. Mario Cuomo into a book titled, "Me and Mario."

"More than all the stations and all the programming, Alan built a community," said WAMC board Chair Dorothy H. Reynolds. "He built it with a passion and an energy that was just boundless."

The Journal publishes this article courtesy of The Berkshire Eagle.

Don't Miss This Week's Special Inserts! Sales and more!
Check them out inside.
• Ocean State Job Lot

LEGAL NOTICES

NOTICE TO CREDITORS ESTATE OF ROBERT GEORGE WHITFORD Late of Cornwall (23-00203)

The Hon. Jordan M. Richards, Judge of the Court of Probate, District of Litchfield Hills Probate Court, by decree dated May 23, 2023, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

The fiduciaries are:
Donald Whitford
1075 North Street
Goshen, CT 06756
Margery Sogliuzzo
81 Rock Street
Winsted, CT 06098

Megan M. Foley
Clerk
06-08-23

Legal Notice BAUER FUND AND FOUNDATION COLLEGE SCHOLARSHIPS

Through grants to colleges, The Bauer Foundation provides indirect scholarship assistance for undergraduate college education to students

residing in The Connecticut Regional School District One based on merit and need.

The Bauer Fund operates in the same manner. However, grants from the Fund are limited to students attending either Cornell or Wellesley.

Students attending Cornell or Wellesley should apply to the Fund. All others should apply to the Foundation.

New and returning application forms for the 2023-2024 school year are available at: www.bauerfundfoundation.org.

Completed and fully documented applications must be returned to The Bauer Foundation at PO Box 1784 Lakeville CT 06039 - postmarked no later than June 22, 2023. Scholarship awards will be announced by August 23, 2023.

05-25-23
06-01-23
06-08-23
06-15-23

Legal Notice

The Planning & Zoning Commission of the Town of Salisbury will hold a Public Hearing on Special Permit

Application #2023-0218 by owner Richard Cantele for vertical expansion of a nonconforming structure and site development activities in the Lake Protection Overlay District at 204 Between the Lakes Road, Salisbury, Map 58, Lot 3 per Sections 404 and 503.2 of the Salisbury Zoning Regulations. The hearing will be held on Tuesday, June 20, 2023 at 6:45 PM. There is no physical location for this meeting. This meeting will be held virtually via Zoom where interested persons can listen to & speak on the matter. The application, agenda and meeting instructions will be listed at www.salisburyct.us. Written comments may be submitted to the Land Use Office, Salisbury Town Hall, 27 Main Street, P.O. Box 548, Salisbury, CT or via email to aconroy@salisburyct.us. Paper copies may be reviewed Monday through Thursday between the hours of 8:00 AM and 3:30 PM.

Salisbury Planning & Zoning Commission
Martin Whalen, Secretary
06-08-23
06-15-23

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Our Towns

Falls Village approves process for sale of town's former firehouse

By Patrick L. Sullivan

FALLS VILLAGE — At a special meeting May 31, the Board of Selectmen unanimously approved a request for proposals (RFP) for the sale of the former firehouse at 35 Railroad St.

The sales price of the building has been set at a firm price \$300,000. The preface of the RFP states that "it is not the intention of the Board of Selectmen to find the highest bid for the building which is the rea-

son for establishing a fixed price. Our goal is to find the best and highest use for the building that will contribute to the long-term economic health and vitality of the village in accordance with the Town of Canaan's Plan of Conservation and Development. Further, given that the building is situated within our Historical District, we have asked participants to provide architectural renderings to reflect our desire to maintain the aesthetic character of our

village center."

The RFP packet is available at Town Hall and on the town website (www.canaan-fallsvillage.org).

Printed packages will require a payment of \$50 but participants can print it directly from the website for free.

The timeline for the RFP process is:

1. RFP Package available Wednesday May 31.
2. Question Period: The question period shall open upon the release of the

RFP and close at 5 p.m. on Thursday, June 22. All questions and answers will be published on the town website by 5 p.m. on Thursday, June 29. The town clerk will also be provided with a hard copy of all questions and answers.

The point of contact during the RFP question period process is Janell Mullen, planning consultant, who can be contacted via email at planningandzoning@canaanfallsvillage.org with all questions related to the RFP.

3. To schedule an appointment to see the property, contact the town clerk at Falls Village Town Hall via email at: townclerk@canaanfallsvillage.org or call 860-824-0707.

4. Proposals are due by noon on Thursday, July 13, at Town Hall, to be opened at the conclusion of business hours at noon.

5. There will be an informational session Thursday, July 20, 7 p.m. at the Senior Center.

6. The Board of Selectmen will make a recommendation and refer to the Planning and Zoning Commission (P&Z) at a special selectmen's meeting.

7. P&Z will comment for Change of Use necessary for sale.

8. The selectmen will make a final decision at the regular selectmen's meeting on Monday, August 14.

9. There will be a town hearing as required by state law for sale of town property.

10. Finally, the selectmen's selection will go to town meeting for a vote at a date to be determined.



PHOTO BY LEILA HAWKEN

The annual rummage and plant sale at the Taghannuck Grange in Sharon drew the customary crowd on Saturday, June 3. Ready to assist customers with their plant purchases on a cool, overcast morning were, from left, Grange members Mike Taylor, Debbie Hanlon and Allie Hanlon.

Annual Grange sale unfazed by sprinkles

By Leila Hawken

SHARON — Neither chilly temperatures nor occasional rain sprinkles would keep area residents from attending the popular annual rummage and plant sale at the Taghannuck Grange on Saturday and Sunday, June 3 and 4.

Grange member Barbara Prindle was volunteering in her accustomed spot overseeing the rummage sale. Her late husband, Brent, a mainstay of the town, the Grange and a variety of town organizations, had been an essential part of this event until his death in early May.

"The expected rush of very early shoppers did not materialize," Prindle said, although she added that rum-

mage sales had been steady throughout the morning, making up for the slower start.

Plant sales were similarly brisk, supervised by the Prindles' daughter, Debbie Hanlon, also a Grange member. She was assisted by two more Grange members: her own daughter, Allie, and Mike Taylor.

"I'm trying very hard to fill his large shoes," Hanlon said of her father. "He taught me well."

Proceeds from the annual sale are used to support local organizations and the Grange's "Dictionary Project," now in its 17th year of providing a dictionary to each student enrolled in third grade at participating area schools.



PHOTO BY PATRICK L. SULLIVAN

Mary de Pasquale, assisted by Tracy Gaynor, makes a sale during the massive, multihousehold tag sale in the Duchy of Belgo Saturday, June 3.

Bargain hunters discover Duchy of Belgo

By Patrick L. Sullivan

LAKEVILLE — There were cars parked everywhere along Belgo Road Saturday, June 3, as multi-

ple households held tag sales in the "Duchy of Belgo."

Mary De Pasquale, who coined the "duchy" moniker, was making a sale of some fancy-looking china when a

reporter arrived.

Elsewhere, books were \$1 each or \$5 for a boxful.

The Salisbury Housing Trust picked up unsold items afterwards.

JAZZ
at
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Mountain

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Saturday, June 24 @ 7PM



"RARE IS THE ARTIST THAT HAS ACTUALLY CREATED A MUSICAL GENRE, BUT THAT AWARD CAN DEFINITELY BE GIVEN TO PAUL WINTER" — Jazz Weekly

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Music Mountain Summer Festival

Tickets: musicmountain.org
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Falls Village CT

Standard Space hosts historic preservation event

By Leila Hawken

SHARON — The Town Green and the significant residences that front it were reason enough to host a gathering to bring those neighbors together along with residents who support the idea of historicity and preservation.

Standard Space, an art gallery fronting the Green, welcomed just such a community gathering on Saturday, June 3, hosted by the Sharon Historic District Commission (SHDC).

The event was titled, "History on the Green."

"We want to see how this goes and perhaps keep building on it," said gallery owner Theodore Coulombe, indicating his continuing interest in participating in the interests of the community.

Among the guests was John Baroody, SHDC chairman, as he interacted with Sharon residents viewing the display of oversized historic photos of the Green. Those photos were a draw for the present Green homeowners who shared their stories of what was there then and what is almost the same, or different, now.

Representing Preservation Connecticut of Hamden

were Executive Director Jane Montanaro, expert in grants administration, and Stacey Vairo who functions as a Circuit Rider, or liaison between towns and her organization. The organization promotes preservation and architectural integrity. Montanaro and Vairo spoke briefly inviting residents to contact their organization for information about various ways they can help owners of historic properties.

Featured speaker, also brief, was Brian Ross, board member of the Sharon Historical Society, who provided a talk on the nearly 300-year history of the Green in slightly more than one minute. His talk was titled, "Why Sharon is Here."

Ross recounted that in 1732, the state had sent surveyors to carve out the towns of Salisbury and Sharon. In 1738, there was a public auction of land shares, many of which were resold, but 16 of the original buyers stayed. The early plan had been to locate the town along the Housatonic River, but the terrain was difficult by the river, so the town center planning was moved to a flatter area.

A 1.5-mile stretch of land,

about 80 acres, was set aside to become the Town Green and it remains so today.

By 1739, 28 families had settled in Sharon, Ross said, enabling the creation of a town charter.

Over the centuries, many businesses operated in the buildings surrounding the Green, but in present-day Sharon the commercial center is found at the Sharon Shopping Center, seeing the Green shift to largely residential use.

"The Green has remained a real treasure for the town of Sharon," Ross concluded.

Buoyed by the speeches, the event continued with a sense of neighborly conviviality and the strength of community bonds, inspired by the historic district and the historic public Green.

Curbing underway on Sharon Green

By Leila Hawken

SHARON — The first piece of gray granite curbing to complete the second half of circling the Town Green was carefully positioned on Tuesday, May 30, by a crew from RAR Excavating of Torrington.

RAR owner Ronald Raymond was assisting the crew in precise placing of the first granite block. The granite for the project was pre-purchased by the town and stored until work could begin.

"The hardest part is always the start," Raymond said. "It's crucial."



PHOTO BY LEILA HAWKEN

Precision was important to the placement of the first block of granite curbing along the Main Street side of the Town Green on Tuesday, May 30. RAR Excavating has been responsible for the entire project that, when completed, will see the Green encircled in granite.

Budget passes, mill rate reduced in North Canaan

By Riley Klein

NORTH CANAAN — Residents of North Canaan met at Town Hall on May 31 to cast their votes for the 2023-24 town budget. The qualified voters in attendance voted 17-0 to approve the municipal budget and passed the education budget with a vote of 14-1.

"Both portions of the budget have passed," said moderator Brian Allyn following the vote.

North Canaan Elementary School's total budget amount for 2023-24 is \$4,426,036.83, which is \$25,597.17 (0.58%) less than the 2022-23 budget of \$4,451,634.00.

North Canaan's total contribution to the 2023-24 Region One budget is \$5,702,883, up \$194,761 (3.54%) over the 2022-23

budget of \$5,508,122.

The selectmen's municipal budget amount for 2023-24 is \$3,267,102. This represents an increase of \$232,559 (7.66%) compared to the 2022-23 budget of \$3,034,543.

This put the total budget for North Canaan in 2023-24 at \$13,396,021, an increase of \$401,723 (3.09%) over last year's budget of \$12,994,298.

The Board of Finance met immediately after the town meeting and voted to use \$355,671 from the unassigned general fund to help offset the overall increase. This transfer enabled the board to reduce North Canaan's mill rate to 25.5, down 5.5 (17%) compared to 2022-23's mill rate of 31.

The newly approved budget will go into effect on July 1, 2023.

Kent approves school, municipal budgets

By Leila Hawken

KENT — Following a hand-count vote to lower the amount budgeted for the Recreation Department, the proposed 2023-24 budgets for the town and the schools passed nearly unanimously by voice vote at the annual town meeting on Wednesday, May 31.

Kent resident Gonzalo Garcia was the moderator.

Targeted for cutting was a single line, eliminating compensation in the selectmen's budget proposal, for a full-time employee in the hourly employment line of the Recreation Department. That account was subsequently reduced by \$41,600, leaving a balance of \$19,200 for the hiring of part-time employees.

Resident Lynn Harrington proposed the cut indicating that she did not feel that the full-time employee would be needed to add to the current staff. She also sought clarity on the workload of the Recreation Department.

When the reduction came to a vote, the hand-count tally was 53 favoring the cut, and 46 supporting the hire. During the aftermath discussion, residents learned of a recourse action where a petition could be circulated to reinstate funding. Information about a petition process could be obtained at the Town Hall.

As a result of the residents' vote, the overall total for the town budget was reduced to \$14,600,824 and approved nearly unanimously by voice vote. Of that total \$4,865,068 is the selectmen's town budget and \$4,954,047 is the Board of Education total for Kent Center School. An additional \$2,293,953 contributes to the Region One school budget. The balance funds the capital expense budget and assorted fund transfers.

Convening immediately after the town meeting, the Board of Finance agreed to set the 2023-24 mill rate for the town at 18.76, an increase over the current level of 18.57. To lessen the impact on taxpayers, \$700,000 will be taken from town reserves. \$300,000 will be moved from the "undesignated funds" account to be included within the \$700,000.

The mill rate is the tax amount billed per \$1,000 of

a property's assessed value, so that if a home is valued at \$100,000, the property owner would be taxed \$1,876.

Most of the other items on the town meeting agenda drew no discussion and most won unanimous approval, including approving the capital plan, accepting grants, authority to pay bills, and declaring school window replacement and school sidewalk projects to have been completed.

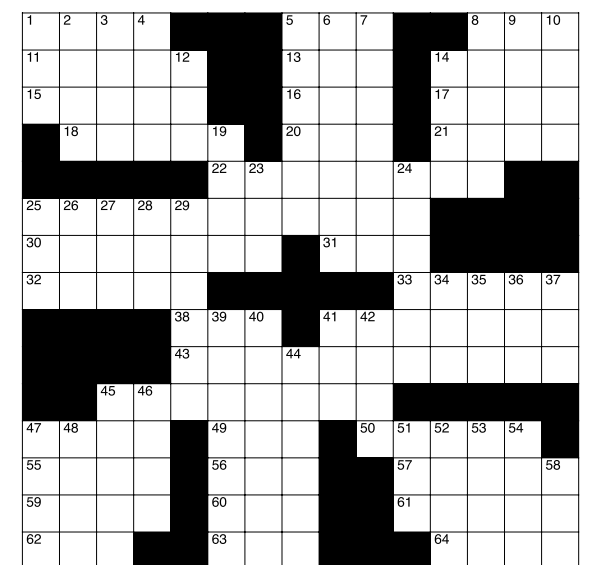
Brain Teasers

CLUES ACROSS

1. In a place to sleep
5. Chemical compound (abbr.)
8. A way to fish
11. Classic Linklater film "___ and Confused"
13. Legume
14. Indonesian island
15. Smooth, creamy substance
16. Arctic
17. Wood sorrels
18. Defied
20. Cattle
21. Tableland
22. Honorably retired and retaining one's title
25. Repossession
30. Danced
31. Adult males
32. A type of section
33. Type of Japanese animation
38. Satisfaction
41. Fit
43. "Ain't No Sunshine" singer
45. Failure
47. Israeli city
49. French river
50. Cavalry-sword
55. Nocturnal S. American rodent
56. Liquefied natural gas
57. Afflicted
59. Electronic counter-countermeasures
60. Popular HBO fantasy series (abbr.)
61. Spiritual leader of a Jewish congregation
62. Large body of water
63. ___kosh, near Lake Winnebago
64. Impudence

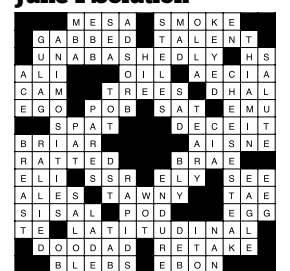
CLUES DOWN

1. Payroll firm
2. Unit of transmission
3. Rockers Better Than ___
4. Bambi is one
5. Highest parts of something
6. Correct behavior
7. Batty
8. Cyprinid fishes
9. Expression of sorrow or

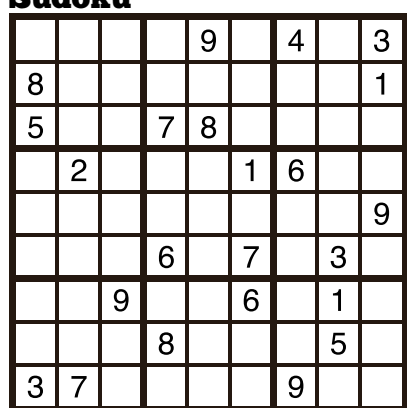


- pity
10. Site of the famous Leaning Tower
12. American rocker Snider
14. W. African language
19. Symbol to mark for removal
23. ___ Squad
24. Resident
25. Federal savings bank
26. Paddle
27. Returned material authorization (abbr.)
28. One point south of due east
29. Winter melon
34. Last or greatest in an indefinitely large series
35. Anger
36. Central European river
37. First responders
39. Spanish noble
40. Persons with absence of skin pigment
41. Defunct airline
42. Small island (British)
44. The extent of something from beginning to end
45. Capital of Bangladesh
46. Dutch cheese
47. Imitates
48. A contest of speed
51. Swiss river
52. Prejudice
53. Actor Idris
54. UNLV's are Runnin'
58. Criticize

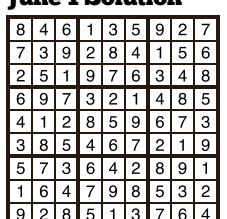
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OBITUARIES

Patrick E. Corbett Jr.

ANCRAM — Patrick F. Corbett Jr., beloved son of Patrick and Diana Corbett, went to be with the Lord on May 27, 2023. Patrick was born in Hudson on July 28, 1970. Patrick worked side by side with Michael Ferrusi at Millerton NAPA for 32 years. Patrick was known as the Gravelly Man. He enjoyed hunting, fishing and riding his mule in the woods with his father, Amy & Todd Elliott. Deke Handlowich was always there for Patrick to help with his furnace and plumbing repairs.



and Butch Condra, of West Taghkanic, and Peter and Kathy Corbett, of Bells Pond. His grandparents, Mr. and Mrs. Anthony Condra Jr. of West Taghkanic also survive. He was the uncle to Kourtnei and Noah Tucker, Matthew Jr., Marcelo and Marciuz Corbett. In addition to his longtime companion Stephanie Call.

The family wishes to thank everyone for the outpouring of love and kindness over the last few days. There will be no formal services observed. Donations in Patrick's memory may be made to either the Ancram Fire Company, or to Community Rescue Squad. To share a favorite memory of Patrick or to leave a message of condolence please visit www.peckandpeck.net

Dieter Tiarks

MILLERTON — Dieter Tiarks, 91, a twenty five year resident of Millerton, died Sunday, June 4, 2023 at Hartford Hospital in Hartford, Connecticut, following a brief illness.



Mr. Tiarks worked as a self-employed General Contractor for over 35 years. T&L Builders of St. James, Long Island, New York, specialized in residential building construction. Mr. Tiarks retired to his home in Millerton in 1998.

Born Feb. 29, 1932, in Berlin, Germany, he was the son of the late Gerhard H. and Helene L.J. (Borchers) Tiarks. He attended school in Germany and also received a master's degree in boat building (Bootsbaumeister) while in Germany.

In Smithtown, Long Island, he married Michaela Braun. Mrs. Tiarks died on Jan. 23, 2010. Mr. Tiarks enjoyed hunting deer, moose and caribou in his spare time and he was a longtime member of North East Baptist Church in Millerton. He will be dearly missed by his loving family and many friends.

Mr. Tiarks is survived by his son, Thomas and his wife Margaret Tiarks of Warren, New Jersey; his daughter-in-law, Kirsten Tiarks of Sarato-

ga, New York; six grandchildren, Thomas Tiarks, Lauren Tiarks, Katherine Tiarks, Hanna Tiarks Gatten and her husband Alex, Phillip Tiarks and Emma Tiarks as well as two nieces. In addition to his parents and wife, Mr. Tiarks was also predeceased by two sons, Timothy A. Tiarks in 2015 and Stephan E. Tiarks in 2022; his brother, Hanz Tiarks of Germany and his sister, Helga Viebrok of Spokane, Washington.

Funeral services will be held on Saturday, June 10, 2023, at 10:30 am at North East Baptist Church, 1 Maple Avenue, Millerton, NY. Pastor Rick Totten will officiate.

Burial will follow at Irondale Cemetery in Millerton. Memorial contributions may be made to Billy Graham Evangelic Association, 1 Billy Graham Parkway, Charlotte, NC 28201 or billygraham.org. To send an online condolence to the family, plant a tree in Mr. Tiarks memory or send a floral tribute to the service, please visit www.conklinfuneralhome.com Arrangements have been entrusted to the Scott D. Conklin Funeral Home, 37 Park Avenue, Millerton, NY 12546.

Mary Catherine (Kitty) Lynskey Caygill Medley

SALISBURY — Mary C. (Kitty) Caygill Medley, 97, passed away May 14, 2023 at Geer Nursing and Rehabilitation. She was the wife of the late Arthur R Medley.



Mrs. Medley, better known as Kitty, was born in Cambridge, Ohio on Dec. 2, 1925, to the late George H. and Mary I. (Braden) Lynskey. Also preceding her in death were her husband Robert V. Caygill and brother Raymond (Red) Lynskey of Cambridge, Ohio.

Kitty graduated from Cambridge High School in 1943. She lived in Puerto Rico, Stamford, Connecticut, and the Northwest Corner. She worked as a dental assistant in the office of Dr. Don Martin of Canaan, and Dr. Todd Livingstone in Kent. She enjoyed golfing, bowling, dancing and traveling.

Survivors include her two

daughters, Sharon C. Hurlbutt and her husband Donald of Salisbury, and Marilee C. (Loverin) Hassani and her husband Joseph, of Hazlehurst, Georgia; three beloved grandsons Robert Loverin and wife Audrey, of Jacksonville, Florida, Daniel Hurlbutt, North Carolina, and David Hurlbutt and wife Courtney, of Hampstead, North Carolina, as well as five much loved great grandchildren, Lucy Loverin, Charlotte and Luke Hurlbutt, and Grayson and Bryce Hurlbutt.

Services will be private, and burial at the convenience of the family in Cambridge, Ohio.

Ryan Funeral Home, 255 Main St., Lakeville, CT is in care of arrangements.

To offer on line condolences, please visit ryanfhct.com.

Raymond G. Fréchette

SHARON — Raymond G. Fréchette passed away June 2, 2023, at Smilow Cancer Hospital at the age of 68.



Raymond was born in Tarrytown, New York, son of late Guy Fréchette and late Perrette Joncas Fréchette.

Raymond worked at McCain printing supplies as service representative for many years before he became a businessman starting his own company under R.G.F. Bindery Service which he operated with success until his retirement at his dream house here in Sharon. Raymond loved his family and friends, nature, riding his Harley, playing his saxophone, and the Lord. He will be missed.

He is survived by his four children, Thomas, Jesse, Renée, Raymond Jr., as well as grandchildren Faith Lynn, Thomas Jr., Jacob, Jesse Jr., Joshua, Jodie, and Alexander. He was predeceased by brother Pierre and survived by siblings Diane (Frank), Richard (Sheila), Deborah (Jean-Guy), Nancy (Daniel) and his nephews and nieces, Stéphanie, Michael, Marie-Pier, Nicolas, David, and Mathieu.

A memorial service will be held at the St. Bridget's Church on Saturday, June 24, 11 a.m. Memorial contributions may be made to the St. Bridget's Church, 7 River Rd, Sharon, CT 06069

The Kenny Funeral Home has care of arrangements.

Send obituaries to johnc@lakevillejournal.com

ROBERT F. WRIGHT

June 1, 2009

So many years, yet every day, we think about what you might say, to everything we'd share with you, what we have and what we do, I think that you'd be full of pride, as you were walking by our sides, joyful for the lives we live, everything we choose to give, in this life to make our homes, secure and happy to the bones, we learn and grow with every test, that life provides, as in your death, and though we dream of you still here, we're grateful that we still feel you near.

We love you Robert, We love you Dad

Your wife Ruth
Your daughters Bobbie-Jo and Ruthanne



Graveside Service

Raymond C. 'Ray' Loper

MILLERTON — Raymond C. "Ray" Loper, 91, a lifelong area resident, died peacefully on Monday, Nov. 21, 2022, at his home in Millerton, a beloved husband, father and grandfather.

A Graveside Service and Burial with Standard Naval Military



Honors will take place on Saturday, June 10, 2023, at 1 p.m. at Irondale Cemetery in Millerton. To view the full obituary, please visit www.conklinfuneralhome.com.

Arrangements have been entrusted to the Scott D. Conklin Funeral Home, Millerton, NY.

Amenia Green recreational plans to get June airing at Town Hall

By Leila Hawken

AMENIA — The first of two enhancement project concepts to create town recreational areas is ready to be presented to the public by the Amenia Recreation Commission, as reported to the Amenia Town Board at its meeting on Thursday, June 1.

Reimagining the grounds adjacent to the Town Hall, the first phase is titled, "Amenia Green." Plans will be described by Jane Didona from Didona Associates of Danbury, Connecticut, on Tuesday, June 13, beginning at 6 p.m. in the town board meeting room at the Town Hall.



Worship Services

Week of June 11, 2023

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for an invitation to the Zoom service
If you don't have a computer you can participate via phone.



PHOTO BY RILEY KLEIN

Rotary donates to NCES fund

NORTH CANAAN — The Rotary Club of Salisbury has donated \$500 to the Harriet Leila Wood Children Fund at North Canaan Elementary School. Named for the longstanding NCES teacher and guidance counselor who died two years ago, the fund provides support to students who struggle to pay for class trips or those who require assistance as they enter high school. In photo above, from left, Harriet Leila Wood's husband Leo Nadeau, NCES Principal Alicia Roy, Rotary Club of Salisbury Treasurer Susan Dickinson, and Rotary Club of Salisbury President Bill Spalding.

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Return of the Native

The Ungardener writes of motivating action...and of Aralia.

I have been writing The Ungardener column for a little over a year. If you are a reader then you are likely aware that these articles exist to cajole, inform or otherwise persuade you to get rid of the invasive plants on your property and to cultivate the growth of native plants. There are many ways to write about the topic and, with a few exceptions, I have stuck to the most positive ones as they are nicest to both write and, I hope, to read. Also, my sense is that the topic of invasives so easily leads to negativity, guilt and fear — clearly not the best motivators to action.

Similarly, when I visit people's property, as I have with each of the 16 participants in my Woodland Workshop, I am always looking for the nicest elements of each property. This might be a beautiful tree, a small patch of trout lily or an area of native strawberry and partridge berry groundcover. It is easier to begin a difficult and potentially long endeavor bolstered by the notion that you are saving something beautiful from disappear-

ance. It gives a sense of what can be — the potential that is waiting to be unleashed. I also am confident that once people get on with the work, their senses become heightened in a way that is tremendously fulfilling and reinforcing. These successes give us confidence and inspiration to address, in our own way, what would otherwise be a scary reality.

Today's reality is scary. The trick is to open our eyes to it and not let it paralyze us. With that in mind, Doug Tallamy, the esteemed ecologist and entomologist, has a new presentation called "What's The Rush" that will open your eyes and deserves 30 minutes of your time. You can find it on Homegrown-NationalPark.org, the Sharon-based national organization founded by Tallamy and Michelle Alfandari.

Tallamy makes a case for ridding invasive plants and planting natives with a premise that is entirely different from anything I have written about. Doug has spoken in the area before and some of you are already familiar with his assertion: that birds



(and other animals) cannot survive without an abundant supply of caterpillars to eat and caterpillars rely on very specific native plants to eat and reproduce. Take away these plants and you starve these animals, breaking an important link in the food chain. Nursery grown and sold non-native plants do little or nothing to assist here and it is clear that the prevailing aesthetic of lawn-maximized yard needs to make way for a connected pathway of native pollinator-friendly plants in all of our yards, plant beds, containers and woods. Please watch it, act upon it and share it.

Aralia. What a seductive word. For me it has been a rather seductive plant. I first discovered Aralia racemosa at Kent Greenhouse and Gardens where I purchased three plants had been looked over at the end-of-season sale. This was before my native plant obsession and surely helped to fuel it. They now number eight, are five feet tall and almost the same size



PHOTO BY DEE SALOMON

Aralia Nudicaulis among the lily of the valley

wide; amazing when you think that the entire plant, thick stem and all, dies back at the end of its season. They are happier in the dappled light of the woods than in a garden bed but I could see them thriving under a tree enjoying the shade. Pollinators love their frothy flowers and birds love their tiny berries, which taste a little like

root beer.

I have written about its spiky Spikenard cousin, Aralia spinoza, in a previous column when I transplanted a few from the woods to a partially shaded area by the river. It is too early to tell if they will enjoy it there; the ones in the woods have already grown branches along their spiky trunks.

But recently, as I was weeding in the woods behind the house, I scored an Aralia hat trick. A patch of Aralia nudicaulis, Wild Sarsaparilla, that I had never seen before. The photos I have seen of this plant enthrall me: a 12-18 inch delicate stem with three perpendicular branches hovers over a separate stem that holds three globes of delicate flowers that look too big for its stem.

I saw them in real life for the first time in early May at a visit to the Dan Pearson-designed property Robin Hill in Norfolk. They had only just emerged from the ground but even at six inches tall they charmed me. Wow — I wanted that! No nurseries around here had them. Then, serendipitously, crowded by invasive lily of the valley and young burning bush, 15 Aralia nudicaulis appear. This is the kind of magic I encounter in the woods; amazing, no?

Finding, planting, tending and multiplying native Aralia and other native plants is a perfect example of how the woodland contributes to Doug and Michelle's Homegrown National Park.

What plant treasure have you found in your woods? Let me know at dee@theungardener.com

Dee Salomon "ungardens" in Litchfield County.

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Sports

Sprinters showcase speed at Class S championships

By Riley Klein

NEW BRITAIN — High school athletes from across the state met at Willow Brook Park in New Britain on Tuesday, May 30 for the Connecticut Interscholastic Athletic Conference (CIAC) Class S Track and Field Championships.

In total, 65 schools put forth their best in hopes of bringing home gold in the 40 scheduled events. Housatonic Valley Regional High School sent five athletes to compete: Kyle McCarron, Ava Segalla, Harper Howe, Sara Huber, and Mia Dodge.

McCarron represented HVRHS in the 1600-meter and 3200-meter boys races. Entering the event, he was ranked seventh in both distances.

For the 1600-meter, McCarron started the race in the middle of the pack. He hung back for the first two laps before turning on the jets in lap three.

On the final lap, he looked to pass on the outside to position himself for a home-stretch sprint but was blocked on the turn by Colin Britner of St. Bernard School.

McCarron finished the 1600-meter race in fourth place with a time of 4:34.36. Michael Kraszewski of Hale-Ray High School won gold in 4:30.23, followed by Parker Cook from Old Saybrook in 4:31.98 and Colin Britner took third at 4:33.58.

Kraszewski also won the 3200-meter in 9:54.18 and Benjamin Campion from Somers High School placed second at 9:56.39. McCarron brought home bronze for HVRHS with a time of



PHOTO BY RILEY KLEIN

HVRHS' Ava Segalla (left) won her preliminary heat in the 100-meter dash at the CIAC Class S championships.

9:58.85.

McCarron qualified for the Connecticut State Open Outdoor Track and Field Championships on June 5 for both the 1600-meter and 3200-meter.

Freshman Ava Segalla won her preliminary

100-meter heat with a time of 13.01 seconds and qualified for the finals. She placed fifth in the 100-meter championship race at 13.05 seconds and also qualified for the state championship June 5.

The girls 100-meter was

won by Sianna Lloyd of Bloomfield High School in 12.55. Emily McKelvey from Lyman Memorial High School placed second at 12.61 and Kylie Dennis of Holy Cross High School took third with a time of 12.92.

HVRHS' 4x100-meter

relay team was composed of Segalla, Howe, Huber, and Dodge. The girls placed 13th overall in the relay with a time of 53.07 seconds.

Bloomfield won the girls 4x100-meter race in 47.58. Old Saybrook placed second at 48.54 and Coginchaug

High School took third with a time of 49.88.

Dodge represented HVRHS in the 300-meter hurdles. She placed sixth overall in the event with a time of 48.90 seconds.

Abigail Colella of Old Saybrook won the 300-meter hurdles in 46.53 seconds. Laniyah Henderson of Bloomfield finished second at 46.58 and Zoe Eastman-Grossel placed third with a time of 47.70.

In the end, Bloomfield's boys and girls teams each took home the Class S divisional titles for the second consecutive year. Their boys team placed first with 115 points while Derby High School took second at 71 points and Lyme-Old Lyme came in third with 43 points. Bloomfield's girls team won in a landslide with 167.25 points while Somers took second at 58 points and Old Saybrook placed third with 56.25 points.

Mountaineers rack up 46 runs in state tourney

By Riley Klein

FALLS VILLAGE — Housatonic Valley Regional High School's softball team made a deep run in the Connecticut Interscholastic Athletic Conference (CIAC) Class S postseason tournament last week. For the first time since 1990, the Mountaineer softball advanced to the state quarterfinals.

HVRHS was seeded 23 out of 25 teams in the Class S state tournament. Their playoff run began with two victories in the eastern part of the state.

In the first round on Tuesday, May 30, HVRHS trav-

eled to Killingly to play the tenth seed, Ellis Technical High School. The Mountaineers prevailed over the Eagles to win 16-1. Madison Dewitt was a single away from batting the cycle in this game after securing a double, triple, and solo home run.

HVRHS returned to Eastern Connecticut the following day to play seventh seed Parish Hill High School in Chaplin. The Mountaineers displayed their dominance with a decisive 30-2 victory, winning by mercy rule in five innings. Grace Riva topped the box score offensively for HVRHS after hitting a pair of two-run home runs.

Their performance led them to North Branford for the quarterfinal game on Friday, June 2. The Thunderbirds were seeded second in the tournament with a record of 22-1 this season.

The Mountaineers met their match in North Branford and their playoff run came to a conclusion. The Thunderbirds won 12-0 and advanced to the semifinals. The Class S championship game is scheduled for June 10 at University of Connecticut's Burrill Family Field.

HVRHS wrapped up the 2023 season with a record of 12-10. Coaches Kaleigh Selino and Peter Foley led the

Mountaineer softball program to its best postseason result in 33 years.

"Housatonic softball hasn't been to the quarterfinals since 1990. The girls this season persevered and had amazing passion for the game which allowed us to get back to states; Pete and I are so proud of them," Selino said in a statement. "We will miss this past week of traveling to our away games. Even though the bus rides across the state were long the girls morale made the long drive worth it. Our young team isn't done yet and we cannot wait to make our way back to states next year!"



PHOTO BY RILEY KLEIN

Haley Leonard played first base for HVRHS this year.

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Q FARMS

Continued from Page A1

“Food is a basic human right,” she said. One of the aims of her organization will be to pay farmers a fair price for their products and channel those products to existing area food pantries, including The Corner Pantry in Lakeville and St. Thomas Pantry in Amenia, for distribution to those in need. Others might participate by paying reduced prices according to their financial ability.

The new organization is working toward a partnership with North East Community Center in Millerton to establish a sliding scale pricing system through a federal Local Food Promotion grant program.

The Quellas initiated Q Farms to foster and promote the principle of regenerative farming, mindful of soil health and measures toward carbon capture to protect the environment. One of the techniques used was rotational grazing for the pasture-raised livestock and

free-range poultry.

Based on what they learned as they shepherded Q Farms, Quella said that they envision making a more meaningful impact on the problem of food insecurity by helping farmers to overcome the challenge of distribution flow, thereby offering those who consume the products the gift of farm-fresh produce.

As the nonprofit takes shape, the Quellas will plan to offer information sessions for residents to describe the work of Tri Corner F.E.E.D. For more information now, go to: www.tricornerfeed.org.

The picturesque farm store at Q Farms is scheduled to close on Sunday, June 18, as owners Linda and James Quella initiate Tri Corner F.E.E.D, a new nonprofit organization.



PHOTO BY LEILA HAWKEN

GARDENS

Continued from Page A1

in, organizing them according to the garden's design and finally, planting them into pre-drilled holes.

A group of four professional landscapers from Kent Greenhouse were working in the first garden, and a few more volunteers would soon arrive to lend a hand in the other two.

Michael Moschen, a performer by trade, was one of them.

He'd been bringing his rescue dog from Tennessee to Housatonic Meadows for the last decade or so, where he could run freely on a long leash, he said. But during one visit in 2021, he saw the machines slicing down the legacy oaks that once populated the parking lot and river's edge.

He took out his camera and began documenting it.

“The more I looked, the more incensed I got,” he said, adding that it seemed very little had been done to prepare the public for such a drastic change to the area's landscape.

Soon thereafter, he became involved in the action group, and that led him to the park as a volunteer. He spent Friday unloading the mulch from a truck, and was photographing the planting endeavors Saturday morning.

Debbie Bennett was working in the second garden. She was the founder and co-owner of Kent Greenhouse before she and her husband, Bruce, sold it. But her love of nature remained, and that's what drove her to the park as a volunteer and member of the action group.

“The peace you feel in a park is like nothing else,” she said. “This restoration is to give the people who come here that sense of peace.”

Shortly after the trees were cut down two years



PHOTO BY OLLIE GRATZINGER

A total of 1,700 small starter plants — including monkey flower, fairy candles, Joe Pye weed, native goldenrod, New England aster, golden Alexander, strawberries and mountain mints — were planted by volunteers on Saturday, June 3.

ago, Bennett said she noticed

that people who came to the park were upset. Indeed, the Housatonic Meadows Preservation Action group was born in the midst of a public outcry following the Connecticut Department of Energy and Environmental Protection's decision to cut down upward of 100 trees from the park — some of which were more than 170 years old. Bennett praised the public's engagement then and

now.

“People have to get involved. If they want a personal world that really speaks to what's here, they have got to get involved,” she said.

In the third garden sat Heidi Cunnick, who holds a Ph.D. in environmental science. She, too, got involved shortly after the trees were removed, because she felt something just didn't add up.

“If trees are dangerous, you want to take care of

them. You don't want anyone to get hurt,” she said. “But it made no sense, where they were taking them down.”

For Cunnick, the project is about giving something back to the space that had previously been lost.

“I think restoration is really, really important,” she said. “It's not just saying ‘this is wrong,’ but [asking] how we can restore it.”

HERBICIDE

Continued from Page A1

“They are now spraying on the ground and not aerial spraying sides of the right of way,” Ridgway wrote. “I appreciate the movement away from the aerial spraying especially considering that some people's wells are located by the railbeds.”

Ridgway urged HRC to further reduce spraying and he inquired about the use of the herbicide Method 240 along the track. Rodriguez

agreed to speak with TEK Associates to determine which specific herbicides are used.

“I know that other towns do have the same concern and perhaps a public forum is needed for the public to express their concerns. I have a general feeling that the more we have these important communications, we can move ahead on these issues,” Ridgway wrote.

HOSPITAL

Continued from Page A1

care unit.

She said the case on labor and delivery was closed by OHS on May 5, with the decision due within 60 days.

The OHS case on the progressive care unit application is still open.

PYA's Tarwater said his report is for the six month period ending March 31. He emphasized that while PYA is paid by Nuvance Health, the company reports to the state Office of Health Strategy.

The report for the period ending March 31 is not yet complete but will be submitted to OHS in the next couple of weeks, he added.

There will be a community forum in June after the final report is submitted.

On a list of 14 items, Sharon Hospital was listed as in compliance with 12.

The two items that did not have an unequivocal “yes” were number 7, “Include stakeholders in conducting the next required Community Health Needs Assessment Implementation Strategies”; and number 8, “Maintain

community benefit programs consistent with [tax regulations]. Apply no less than a 1% increase per year toward the CT hospitals' net community benefit expenses.”

For the former, the hospital is listed as “substantially in compliance.” For the latter, Tarwater said PYA is still working on its final report, so the rating is “in process.”

The hospital was found to have maintained “sufficient” OB/GYN staff in the period under discussion.

McCulloch said the hospital has recently purchased and deployed two new pieces of equipment, a Bone Density/Dexa System and a Nuclear Medicine Camera.

And on June 5, work began on reconfiguring the hospital's main entrance. McCulloch said part of the work involves reducing the slopes leading to the entrance, making it easier to get to the front door.

The meeting began at 5 p.m. and ended at 5:37 p.m. There were no questions from the public.

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COMPASS

Your Guide to Tri-State Arts & Entertainment

ART: ALEXANDER WILBURN

Spinning The Color Wheel

Two shows currently on view in Litchfield County, Conn., take their prismatic canvases to the opposite sides of the rainbow's end. At Furnace Art on Paper Archive in Falls Village, Conn., Jennifer Riley's series "Arches and Arrows" gravitates to mechanical imagery — assembly lines of magic marker-colored patterns, domed acorn nuts whizzing by, the holes in a rivet spacer expanding, the inner world of a blinking circuit board. At Standard Space in Sharon, Conn., Louise Sheldon conjures ghosts from behind the yellow wallpaper in "Daisy Dew Diamond," part Victor Moscoso's psychedelic rock posters, part Takashi Murakami's super flat postmodern "Happy Flowers." Eyes, teeth, and glossy lips peak through a dizzying kaleidoscope of wild daisies and butterflies shaken in a souvenir snow globe. In Sheldon's "Slanque," look close within the falling florals to find the petal's disc where a rude face smiles back like Georges Méliès's man in the moon.

"Arches and Arrows" is on view through July 9, "Daisy Dew Diamond" is on view through June 25.



PHOTOS BY ALEXANDER WILBURN

Slanque (left) and My My My (right) by Louise Sheldon



Arches and Arrows by Jennifer Riley



ART: RILEY KLEIN

Student Space Gets An Update With Street Art Mural

Housatonic Valley Regional High School's cafeteria has been given a fresh face — or four — with the recent completion of a mural by Connecticut-based artist Ben Keller. The vibrant largescale piece was unveiled at a ceremony

at the end of May. Keller, who has painted murals throughout the state and nation, was first contacted by the small public school in Falls Village, Conn., in September last year. He proposed varying designs depicting the school's diverse popula-

tion to students and staff before agreeing on a series of portraits. "They wanted to bring in something a little more edgy, a little more street art meets a rural landscape. So that's what I tried to integrate into the design," Keller said. "We wanted to reflect more of an urban flair in a little farm town."

Keller said he was inspired by a changing demographic both at the high school and throughout the Northwest Corner.

"A lot of the students that attend there now moved to that section of

Connecticut from New York City or other urban areas," said Keller.

He initially planned to paint the faces of HVRHS students in his work, but later decided against it.

"We realized that might lead to some controversy. You know, having to eat in the cafeteria with your six-foot head on the wall," said Keller. "Instead, we chose students that are of the same age bracket

but not necessarily from the area."

The project was completed using a combination of wall paint and spray paint. HVRHS students contributed to the design phase and helped apply finishing touches to the mural.

"Part of the whole scope of the project was to have the kids participate. That was always fun. I always enjoy working with kids," said Keller.

Keller said he hopes the mural brings people together and further promotes the arts at HVRHS.

"I just hope that people can find connection and inspiration because a lot of the people that are part of the class are really creative kids," he said. "It was really impressive how far advanced some of these kids are in the fine arts. It's pretty cool."



PHOTO BY ALEXANDER WILBURN

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Ramp up your biscuits with a spring harvest of ramps

My name is Emma and I'm the pastry chef at Troutbeck in Amenia, N.Y. In 2013, I went to culinary school in Cambridge, Mass., and turned my passion into a career. Since then, I have worked at The Farrington House Inn, a Relais & Châteaux property in Pittsboro, N.C., BakeHouse and Carmella's Kitchen in Charleston, S.C., and The Colony Hotel in Palm Beach, Fla. Now I get to share my recipes with you.

It's the season of ramps in Northeast New York State! If you can't find these scrumptious wild onions at the store you can probably find them in your back yard or on a hike with your furry friend (or you can replace with any spring/green onion you have). My favorite thing about eating local and seasonal produce is that every few weeks you get little gifts from the ground around you. They are only available at certain times of the year which makes them special, something to look forward to enjoying. Ramps are a delicious savory treat we get to enjoy starting in April.

EATS BY EMMA EMMA ISAKOFF

I love to bake them into warm cheddar biscuits at Troutbeck, but now you can try making them at home! Have fun, get messy, and enjoy!

RAMP AND CHEDDAR BISCUIT

Makes 15 biscuits.
6 2/3 cups (836.25 grams) all-purpose flour
1 teaspoon (4 grams) baking soda
4 1/4 teaspoons (22.5 grams) baking powder
1 1/2 teaspoons (7.5grams) Salt
1/8 cup (20 grams) sugar
12 ounces (340.5 grams) butter
2 1/3 cups (567 grams) buttermilk
1/2 cup cheddar cheese (cubed)
1/4 or 1/2 cup ramps (chopped (depending on how oniony you want your biscuits))

METHOD

Preheat oven to 350F.
Cut butter into small 1/2 inch to 1 inch cubes, and put in the refrigerator.



PHOTO BY EMMA ISAKOFF

Clean and chop ramps (bulb and leaf). Set aside.

Cube cheddar cheese, set aside.

Mix flour, sugar, baking soda, baking powder, and salt in the bowl of an electric mixer fitted with a paddle attachment.

Mix on speed one until just combined.

Add cold butter to dry ingredients and mix on

speed one until butter is pea-sized.

Add chopped ramps and cubed cheese, and mix until just combined.

Add cold buttermilk to the mixing bowl while the mixer is on speed one. Mix until dough just starts to come together (There will be dry flour on the bottom of the bowl which is fine. Make

sure not to overmix.).

Turn crumbly dough out onto your counter-top that is dusted with flour. With your hands, press the dough together into a rectangle and fold it in half (Press the loose, dry parts together on top of the rectangle of dough before you fold so it gets incorporated into the dough). Repeat one more time.

With your rolling pin and using a generous amount of flour to prevent the dough from sticking to the rolling pin, roll the dough out

until 3/4 inch to 1 inch thick.

Cut biscuits with a 2.5" or 3" round cutter. You can re-roll the extra dough one time (knead the scrap dough together and let it sit for about 10 minutes before re-rolling).

Place biscuits on a parchment-lined baking sheet a couple of inches apart. Brush with heavy cream and sprinkle with sea salt.

Bake at 350F for 25-30 minutes (rotate your tray after the first 15 minutes).

COMPASS CALENDAR



PHOTO BY ALEXANDER WILBURN

SECOND SATURDAYS AT KENT BARN

At Kent Barns' Second Saturday on June 10, in Kent, Conn., "The Flower Bar" will open at 10 a.m. in front of RT Facts with peonies and larkspur from Alisa Sacino from Maitri Farm in Amenia, N.Y., and a workshop with Shelley Wollert from Hudson Valley Flower Farm in Beekman, N.Y. At 5 p.m.,

"She Then Turned Away" opens at Carol Corey Fine Art in the Kent Barns, curated by James Salomon, director of Achille Salvagni Atelier in New York City, with furniture from French antiques gallerist Maison Gerard in New York City.

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GENDER MAGIC

Oblongs Books and the Dutchess County Pride Center will present therapist Rae McDaniel discussing their new book "Gender Magic: Live Shamelessly, Reclaim Your Joy, & Step into Your Most Authentic Self" over Zoom on Wednesday, June 14, at 7 p.m. McDaniel will be joined by Ellis Light, an organizer with the clothing-donation organization Trans Closet of the Hudson Valley.



Register ahead at www.oblongbooks.com

ALICE & ELEANOR

The Stissing Center in Pine Plains, N.Y., in partnership with the Off-Broadway theater UrbanStages, will present "Alice & Eleanor: Conversations Between Two Remarkable Roosevelts" starring Mary Bacon and Tony-winner Trezana Beverley on Friday, June 9, and Saturday, June 10 at 7 p.m., and Sunday, June 11 at 2 p.m. For tickets go to www.thestissingcenter.org

AN EVENING OF YEATS

The Center of Main in Falls Village, Conn., will present a night dedicated to Ireland's beloved poet, W. B. Yeats, in a cabaret of song and verse called "In The Deep Heart's Core" on Friday, June 16 at 7:30 p.m. Performed by Joseph Sobol with pianist Beth Falcone, and string players, Elisa Winter and Isabella Simon.

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EDITORIAL

From farm to food pantry

As Leila Hawken's reports in today's paper, Q Farms in Sharon, owned and operated by Linda and James Quella, will close its retail store on Sunday, June 18. The problems associated with trying to run a sustainable, ecologically friendly farming operation proved insurmountable for many familiar reasons—difficulties finding enough staff, and difficulties creating high-quality meat, egg, and plant food products with price points low enough for wide distribution among them.

But rather than walking away from these problems, the Quellas have created a nonprofit entity, Tri Corner FEED, that will look for ways to promote food equity—the ability of people to get high-quality, nutrient-dense food whenever they need it. They are also hoping to create markets for farmers, beginning with the establishment of a network of local farmers and food pantries.

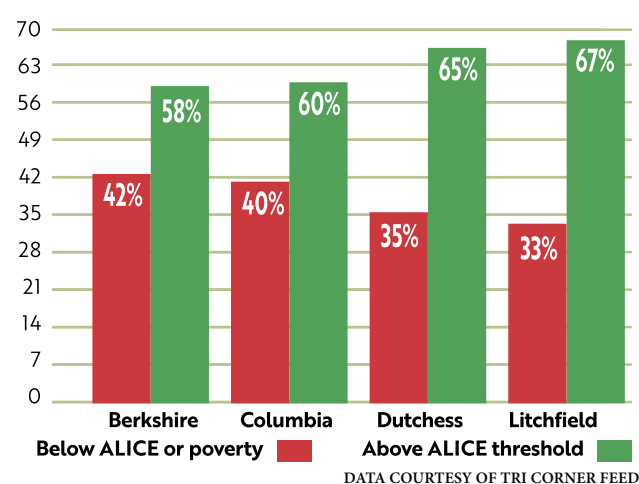
Hawken writes: "One of the aims of the organization will be to pay farmers a fair price for their products and channel those products to existing area food pantries, including The Corner Pantry in Lakeville and St. Thomas Pantry in Amenia. ...Others might participate by paying reduced prices according to their financial ability. The new organization is working toward a partnership with North East Community Center in Millerton to establish a sliding scale pricing system through a federal Local Food Promotion grant program."

There are programs already up and running to emulate. The Glynwood Center for Regional Food and Farming in Cold Spring, New York is one. It has a program that involves purchasing food upfront from farmers and then donating that food to the food pantry system. The farmers have a market because food is being purchased from them at a fair price. And the food pantries are getting great food. Win/Win. The Sky Farm in Ancramdale, New York, is another. Since 2011, it says it has donated over 100,000 pounds of vegetable and 65,000 pounds of animal protein to food pantries, food banks, and other food access organizations around New York State. The Northwest Community Food Hub, which has been operating since 2017, is a third.

The issue of food security impacts every community in Connecticut, rich or poor. United Way's ALICE (Asset Limited, Income Restrained, Employed) is a method of identifying people who work and earn money but not enough to make ends meet, and certainly not enough to buy high-quality, nutrient-dense food. Nearly 40% of the households in the Tricorner counties (Dutchess, Columbia, Litchfield, Berkshire) live in poverty or below the ALICE threshold.

And with the exception of the farmer's market every Saturday, our neighbors in nearby Millerton live in a food desert—there is no grocery store, which means you need to have a car to get to a store somewhere else.

Addressing the issues surrounding food security requires a multi-faceted approach. Hats off to the Quellas and other folks like them who are willing to step up. According to estimates from Feeding America, more than 380,000 (1 in 10) Connecticut residents struggle with hunger and more than 83,000 children are food insecure. Food security is a challenge every community needs to embrace.



TURNING BACK THE PAGES NORMA BOSWORTH

100 years ago — June 1923

Henry Pulver of Whip-poorwill Farm had the misfortune to fall down the stairs at his home on Monday morning. In throwing out his left hand to break the fall the hand came in contact with something that inflicted severe gashes in two fingers, necessitating several stitches by Dr. Bissell.

Mr. and Mrs. Barber left last week for Oak Park, Ill., going by the way of the Mohawk Trail. Mr. and Mrs. Smith who came with them remained here for a further visit.

For Sale (Adv.) — A white iron baby crib, with mattress, for \$5.00, also a Torrington vacuum carpet sweeper (not electric) for \$2.50. Both in

perfect condition. Inquire B. in care of Journal Office.

50 years ago — June 1973

More than 180 boats will compete in a whitewater weekend of kayak and canoe races this Saturday and Sunday on the Housatonic River. The competition, sponsored by the Salisbury Rotary Club, has drawn more than 300 entries in contests for paddlers of all ages and skills. Rodney Aller of Lakeville is general chairman of the event, proceeds from which will benefit the Rotary Scholarship Fund.

In 1946, P.A. Parsons wrote in "Outdoor Life's Gallery of North American Game" that the black bear "is probably extinct in southern New England ..." Several Northwest Connecticut

LETTERS TO THE EDITOR

Memorial Day observances

I want to compliment you on the coverage of the Memorial Day observances in the various towns in the area. I don't ever remember a page devoted to photos as was Page A9. It was great to see what a wonderful place this is. There is so much gloom and doom in the news about where the country is going, but things are just fine here in Northwestern Connecticut.

Carolyn McDonough
North Canaan

The deadline for letters to the editor is 10 a.m. each Monday. You may email letters to publisher@lakevillejournal.com. Letters are published at the discretion of the editors.



We are what we eat

Yes, you may eat a spare rib, but that pig ate, mostly, oilseed product, of which soybeans are 90 percent of all oilseed crops in the USA (sunflower, canola, flax and peanuts make up the rest). Same feedstuffs for cows. Same with sheep (lamb). And, somewhat sadly, farmed fish. And then there are those who love tofu — made entirely of soybeans.

To grow soybeans, worldwide called soya crops, you need tons of water and the planting season is seasonal up north, awaiting the soil temperature to reach 50 degrees. All along the Mississippi River — water needs — you can grow soya almost year-round but there is a huge problem. Soya needs tons and tons of fertilizer — nitrogen especially. Besides the runoff issue into the Mississippi and other rivers promoting algae blooms and dead fish all the way to the Gulf — the agribusiness folks love soya because it sells and so they get lobbying support from the oil industries who — you guessed it — make all the fertilizer. To farm soya you first go to the bank and raise money and also buy crop insurance (more \$ for those businesses). Then you finance your tractor, fuel, and equipment. Don't forget the mortgage on your farm... oh, and you have to buy guaranteed expensive seed (or else the bank won't lend

A VIEW FROM THE EDGE
PETER RIVA

you money) from Monsanto which genetically modified the soya to allow RoundUp to be used to suppress all vegetation except soya. It's all a closed financial loop and the public relations' machine will always refer to soya and soybeans as healthy and economic because there is, in fact, no other food stuffs crop that is nearly as cheap or plentiful.

Interestingly, the vegetarian crowd always promote soybeans tofu over meat because it is "natural" and "sustainable." Their argument is that cows fart and are wasteful for the environment. The day I see vegetarians never buying leather shoes, crayons, insecticide, shaving cream, protein shampoo, bone china, emery boards, polished medical instruments, most make-up, antifreeze, unique life-saving medicines, most soaps...and on and on...then I'll believe their commitment to their "plant" diet. Oh, and the argument that non-meat people only buy plastic shoes doesn't work either because most plastics need some of the by-product from cattle as well as the millions of insects, bees, and underground

fungi that die with the pollution from plastics' chemical refineries and waste.

Okay, some good news. In the UK and India they have found a totally tasteless pea plant. So tasteless is this plant that it has never been cultivated anywhere commercially. Why is a pea plant interesting? Pea plants hardly ever need nitrogen. Never. Pea plants get nitrogen from the air. And these tasteless pea plants get 60% more nitrogen from the air than soybeans do. There is a downside to this new crop, you have to rotate crops every other year. There is an upside: pea plants can be sown when the ground is 35 degrees, months earlier than soybeans, especially up north. And pea plants need 30% less water as well. And pea plant seeds, especially these tasteless ones, make perfect tasteless tofu while the pea greenery is very healthy for cattle, pigs, sheep, and chickens. They love it.

Two small problems. It'll take 5 years for there to be

enough new pea seeds for industrial scale planting and, of course, the agribusiness folks will have to wean off their dependence on the petrochemical industry, just a little. Monsanto will want a foothold, you can be sure, especially their relationship with the crop insurers and banks. Europe and India are, so far, resisting any genetic modification to accommodate their RoundUp business model.

One small plus to add here: the new pea plant can be grown in 65% more farms in the U.S. and Europe grown early, harvested, and some farms can plant a second crop of, say, rape seed — which will cause prices to fall and decrease the need for Brazil to cut down more rainforest to plant soya. And India is seeing the pea crop as a way to decrease RoundUp's hold on small farmers there too.

Peter Riva, a former resident of Amenia Union, now lives in New Mexico.

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TRI-CORNER CALENDAR

Items are printed as space permits. All entries can be found at www.TriCornerNews.com/events-calendar. To submit calendar items, email editor@lakevillejournal.com

JUNE 8

White Hart Speaker Series, Mary Beth Keane

White Hart Inn, 15 Undermountain Rd. in Salisbury

Mary Beth Keane, author of "The Half Moon," her new novel, will speak at the White Hart Inn on June 8, 6:30 p.m. Register at www.eventbrite.com/e/white-hart-speaker-series-mary-beth-keane-the-half-moon-tickets-63273819577

JUNE 9

North Canaan Elementary School 8th Grade Art Show Reception

Douglas Library, 108 Main St., North Canaan, Conn., douglaslibrarycanaan.org

The graduating 8th grade of North Canaan Elementary School is hosting a reception for the 8th grade art show to Friday, June 9 from 5 to 7 p.m. at the Douglas Library.



Revolutionary War Soldiers of Canaan Talk

Douglas Library, 108 Main St., North Canaan, Conn., douglaslibrarycanaan.org

North Canaan resident Tim Abbott presents the stories and contributions of the Revolutionary War soldiers of Canaan on Friday, June 9 at 7 p.m. at the Douglas Library.

More than two hundred men who served during the war had connections to Canaan/Falls Village and North Canaan. Abbott has researched the units in which they served and the campaigns they undertook. He will appear in authentic reproductions of period clothing and will share original artifacts from his personal collection.

JUNE 10

Kent Historical Society Announces Summer Exhibition at Seven Hearths Museum

Seven Hearths Museum, 14 Studio Hill Road, Kent, Conn., kenthistoricalsociety.org

Kent Historical Society (KHS) staff and trustees are excited to announce the summer exhibition at Seven Hearths Museum.

Sticks & Stands: An Exhibition of Candlesticks and Candelstands from Private Collections opens in conjunction with Connecticut Open House Day on June 10, and the exhibition will run weekends this summer from 11 a.m. to 4 p.m. and by appointment.

Admission is free for KHS members with a suggested donation of \$5 for non-members.

"The Land We Protect: Conserving our Natural Resources"

Salisbury Association Academy Building, 24 Main St., Salisbury, Conn. salisburyassociation.org

The public is invited to the Opening Reception for "The Land We Protect: Conserving Our Natural Resources" exhibit on Saturday, June 10 from 5 to 7 p.m. at the Academy Building. The exhibit highlights the importance of conservation in our community and will be open until mid-July.

The Writers Table Readings

David M. Hunt Library, 63 Main St., Falls Village, Conn. huntlibrary.org

On Saturday June 10 at 2 p.m. the David M. Hunt Library in Falls Village, Connecticut will host The Writers Table Readings. Readers this year include authors and actors Gloria Parker and Howard Platt, a reading of an Alaskan mystery novel by Brenda Nielson and playwright and columnist Lonnie Carter. This event is free and open to the public.

JUNE 11



The Great Country Mutt Show

Lime Rock Park, 60 White Hollow Road, Lakeville, Conn. littleguild.org/mutt-show

The Great Country Mutt Show, benefiting the Little Guild, will be at Lime Rock Park on Sunday, June 11 from 11 a.m. to 2:30 p.m. A Westminster Style Mutt Show for dogs of all breeds. Event free for spectators. \$20 for people and their dog. Food will be available and there will be music by the Joint Chiefs.

JUNE 14

Yale Summer School of Art in Norfolk Presents: Freedom to Form

Art Barn on the Ellen Battell Stoeckel Estate, 17 Stoeckel Road, Norfolk, Conn. norfolkart.yale.edu

The Yale Summer School of Art in Norfolk Presents: Freedom to Form, the 2023 Public Lecture Program. All lectures are open to the public.

There will be a lecture on Wednesday, June 14 at 7 p.m. by Miguel Luciano, and Thursday, June 22 at 7 p.m. by Wayne Koestenbaum.

JUNE 16

Cornwall Library Board Annual Meeting

The Cornwall Library, 30 Pine Street, Cornwall, cornwalllibrary.org

The Annual Meeting of The Cornwall Library Board of Trustees will be held Friday, June 16 at 2 p.m. at the Library, 30 Pine Street. It is open to the public. This meeting will also be available via Zoom. This is an opportunity for members of the community to ask questions and make recommendations regarding The Library.

Attendees are encouraged to be prompt. The meeting typically lasts only a few minutes unless there is public input.

JUNE 17

David M. Hunt Library Features 'Seeing Double'

David M. Hunt Library, 63 Main Street, Falls Village, huntlibrary.org

In June and July, the David M. Hunt Library in Falls Village (CT) will present "Seeing Double: Take Two," featuring the work of painter Janet Andre Block and fiber artist Kate Stiasni. A reception for the artists will be held on Saturday, June 17 from 4 p.m. to 6 p.m. The exhibition will be on display at the library during operating hours through July 14.

JUNE 19

"Harriet Tubman" Play Reading & Discussion

Palace Theater, 100 E Main St., Waterbury, Conn. palacetheaterct.org

On June 19 from 1:30 to 3:30 p.m., join the Palace Theater for a captivating Juneteenth event that celebrates the life and legacy of Harriet Tubman through a compelling play reading and thought-provoking follow-up discussion.

JUNE 30

Roxana Geffen Opening at the Cornwall Library

The Cornwall Library, 30 Pine St., Cornwall, Conn. cornwalllibrary.org

There will be an art opening at the Cornwall Library for a "Life and the Memory of It: Collages by Roxana Alger Geffen" on June 30. The reception is from 6 to 8 p.m.

Summer Reading Kick Off - Ice Cream Party and Mark Rust Performance

David M. Hunt Library, 63 Main St., Falls Village, Conn. huntlibrary.org

The David M. Hunt Library's Summer Reading Kick Off will be on Friday, June 30 at 3 p.m. It will feature an ice cream party and Mark Rust performance.

JULY 9

Falls Village Car & Motorcycle Show

Falls Village, Conn.

This year's Falls Village Car & Motorcycle Show will be on July 9. It will feature a huge variety of vehicles., vendors, food, live music, tag sales, historic tours, trophies, dash plaques & more! \$15 registration, spectators free. Proceeds benefit Housatonic Valley FFA. No pre-registration.

ONGOING

Hybrid Teen Writing Club

Pine Plains Free Library, 7775 South Main St., Pine Plains, N.Y. pineplainslibrary.org

Scoville Memorial Library and Pine Plains Free Library hosts a hybrid (online and in person at the Pine Plains Free Library) teen writing club on Fridays 4:30 to 6 p.m. Teens in 6th-12th grade are welcome. Registration is required. To register and for additional information, please email host and local writer and poet Abbey Gallagher at agallagher502@gmail.com.

Armenian or Albanian — what's the difference?

It has been almost 42 years since I moved to the United States Of America from the Middle East. And during this time, I had the pleasure of meeting many others who, like me, had traveled all across the globe to finally end up in the land of opportunities, a beautiful country which we all call it home. I have met new comers from Greece, Hungary, Poland, Israel, Latin America and the Far East. But for some strange reason, I had to wait until my wife and I moved to Lakeville to meet an Albanian. And that took place in so-called, amusing circumstances.

After all these years having lived in this country, it is not unusual for me to hear at the grocery store, in the workplace or at a social gathering when in the middle of a conversation someone will approach me and say, "Hey, you have an accent. Where are you from and I wonder what your background is?" To which, I answer by saying that I am an Armenian and I was born in Beirut, Lebanon. But after moving to Lakeville for the first time I heard people responding to my being Armenian with, "Oh, of course, we know lots of Armenians who live in this area. Like, the pizza delivery guy is Armenian, the people who own and run the restaurant are Armenians and the real estate guy who found my sister a beautiful house is an Armenian".

And this is when I become

I AM WIDE AWAKE VAROUJAN FROUNDJIAN

a little amazed and puzzled at the way Armenians who as a small group of people suddenly are so popular and well known by the local town folks. Of course, this acknowledgment provides me with a sense of pride. But as soon as I became friendly with the pizza delivery guy and the real estate person, which I should admit, they were both very gentle, kind and lovely people, I realized that they are actually, not Armenians, but they are indeed, Albanians. And this is when I realized that for a casual American person it is not easy to distinguish that subtle difference of the sound and the way the names of totally different ethnic groups are spelled and pronounced. After all, just listen to the words, Armenians. Albanians. And yes, they do pretty much sound the same.

Except, when we go deeper in identifying the geography, history and the culture of these groups they each have their distinct and authentic ethnic background and identity. Albanians in the recent centuries have accepted Islam as the faith of the majority of their population, while Armenians have been known as the first Christian

nation. But they have both through centuries been the victims of foreign powers who have tried to colonize, plunder and steal from them their freedom. But amazingly both nations have courageously and fearlessly fought back to preserve their national identity.

And as Armenians and Albanians have immigrated to the United States of America, they have been industrious, creative and successful in their businesses while constantly trying to preserve their own unique ethnic identities and family values. And yes, in this respect, there isn't much difference between an Armenian and an Albanian and it is perfectly fine when people don't even know the differences between these two ethnic groups.

After all and after all these years whether we are Armenians or Albanians, we have been blessed by all that this country has offered like a security and safety and endless opportunities to create and maintain our ethnic identity and heritage. And whether we are Armenians or Albanians our main gratitude is towards the country we are all citizens and although we happen to belong to different faiths our prayers are unified when we say:

God Bless America!

Varoujan Froundjian is a digital artist and writer. He can be reached at: varlink3050@gmail.com.

Government worker pensions should be ended gradually

Maybe the state should applaud the plan announced recently by state Comptroller Sean Scanlon and leaders in the General Assembly to restore the solvency of the Connecticut Municipal Employees Retirement System. The system is run by state government and 107 of the state's 169 towns participate in it to some extent.

Just like the state government employee pension fund, the municipal pension fund system now is carrying large unfunded liabilities, which have risen from \$332 million in 2016 to \$1.3 billion today, an increase of 313% in just six years. While to be considered healthy a pension system should be at least 80% funded, in the last five years the municipal system's funding has fallen from 92% to only 69%.

The reform plan is supposed to reverse the trend toward underfunding as well as to save money for the participating towns. But since the plan involves extending by eight years the time for properly covering the fund's liabilities, during which inflation may persist and entitle pensioners to higher cost-of-living increases, the plan's savings may not be as great as projected.

In any case refinancing the municipal pension system is not the pension reform Connecticut most needs. That reform is the gradual extinction of the state and municipal government employee pension systems, since they are no longer necessary to draw people to government work and since they will always be vulnerable to unfunded liabilities that can worsen for many years be-

THE CHRIS POWELL COLUMN

fore they are much noticed and elected officials find the courage to address them.

Of course this doesn't mean that government employees should go without retirement savings plans. It means that they should be paid well enough that they can finance their own retirement, as most private-sector workers do to supplement their Social Security.

As things are structured now, most government employees couldn't care less about fairness or unfairness in Social Security or about the system's solvency. Incorporating government employees into Social Security would bring the system enormous political support, which it badly needs.

A lesser but still shocking cause of state government's huge unfunded pension liabilities was recently disclosed

by a report from the Yale School of Management.

According to the report, Connecticut state government's pension fund performance from 2017 to 2022 was the second worst among the states, exceeding only North Carolina's.

The median rate of return on state pension funds in that period, according to the report, was 7.79%, while the return on Connecticut's state pension fund was only 5.4%. The report concluded that if Connecticut's fund had performed at the median rate, it would have gained another \$5 billion.

The report attributed this underperformance in large part to the state treasurer's practice of delegating fund management to investment firms of no special talent. The treasurer's office should have been putting pension fund money into basic stock index funds, avoiding high management fees.

Chris Powell is a columnist for the Journal Inquirer in Manchester, Connecticut. He can be reached at CPowell@JournalInquirer.com.

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Somehow, the issue of best practices for manure spreading came up the other day in speaking with my son Becket. Probably no surprise as he just got his Masters for Sustainable Agriculture up at Tufts. Historically the nutrients of manure have been distributed by broadcast spreading over the fields, while cost effective, there are issues of odor, loss of nitrogen into the atmosphere and phosphorus runoff. These issues can be mitigated with the process of liquid manure injection. The downside is the cost of the injection equipment which could exceed 100,000 dollars. For more information, please visit the Cornell University fact sheet at: nmsp.cals.cornell.edu/publications/factsheets/factsheet87.pdf



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Our Towns

Get some color on your plate

By Patrick L. Sullivan

SALISBURY — “A healthy lifestyle is the key to a longer life. It has nothing to do with weight; it has to do with diet and activity.”

That was Susan Mastrangelo’s message at Noble Horizons on May 24.

Mastrangelo, Noble’s dietician, offered a litany of physical changes that accompany aging, and then cheerfully recommended strategies for coping.

Of particular importance is getting some color in the plate of food.

“The more color in your food, the wider variety of nutrients.”

Half the plate should consist of fruits and vegetables, she advised.

Go with fruit rather than fruit juice, as fruit has more fiber and fewer calories.

On the vegetable side, eat non-starchy vegetables in as many colors as you want.

Mastrangelo prefers whole grains to refined grains such as white bread and rice. Whole grains have more fiber, iron and B vitamins.

For protein, a palm-sized portion at lunch and dinner is advised. And it doesn’t have to be a burger or chop, either. Beans, nuts, fish and chicken are all good options for protein.

Mastrangelo recommends three servings daily of dairy for calcium.

Cheese is an option here, but be wary of cheeses that



PHOTO BY PATRICK L. SULLIVAN

Dietician Susan Mastrangelo spoke to a group at Noble Horizons May 24.

have a lot of salt.

Mastrangelo said Swiss cheese is a good, low-sodium choice.

The other part of the equation is activity and exercise, “which are consistently linked with longer life,” she said.

She said a good starting point is to get 30 minutes of some kind of exercise daily.

“It doesn’t have to be all at once,” she added.

She advised that people “choose what you’re willing to keep up with.”

Swimming and/or water aerobics are especially good for older people, as the activity exercises the entire body and the risk of strain or of falling is minimal.

Whatever exercise is picked, do repetitions until fatigued, so that the muscle tissue will rebuild.

Flexibility is another area to address for older people. But there are limits.

“Do it safely,” Mastrangelo cautioned. “Don’t start with advanced yoga.”

“Be gradual, slow and steady progress.”

Overdoing it often results in either injury or just giving up.

“Set realistic goals. It’s not going to be the same as when you were 20 or 40.”

Bringing the forest downtown

Great Mountain Forest (GMF) is one of the nation’s oldest conservation legacy organizations and one of the largest conservation easements in New England, with more than 6,000 acres of contiguous forest and woodland habitat that straddles Falls Village and Norfolk. This spring, GMF, dating to 1909, opened an office in downtown Norfolk at Station Place, its first-ever administrative foray out of the forest.



PHOTO SUBMITTED

Staying cool with SVNA

SVNA (Salisbury Visiting Nurse Association) board members distributed ice cream sandwiches after the Memorial Day parade in Salisbury on Monday, May 29. From left, Susan Knight, Mary Robertson, Nancy Stoer and Louis Fox.



PHOTO BY JOHN COSTON

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