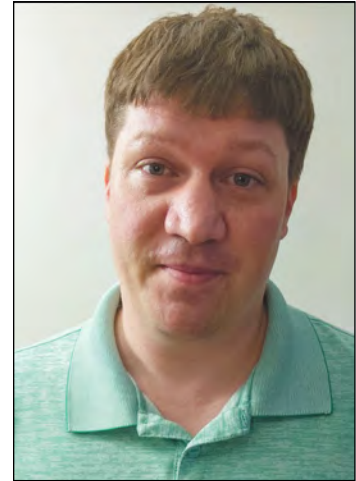


New Teachers

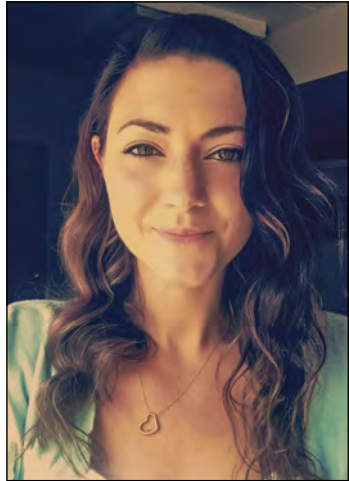
New faces at Region One schools

Despite the uncertainties of the coming school year, the Region One School District has announced 20 new hires and transfers of teachers from one school to another. The commentary for each of the teachers and administrators was provided by the Region One Central Office.



Zachary Hebert
English Language Arts
Grades 5-8, Cornwall
Salary: \$57,791

Zachary Hebert is thrilled to join Cornwall Consolidated School after two years teaching seventh and eighth grade at Mansfield Middle School. He is a lifelong learner who holds a bachelor's degree in English, a master's in Teaching Creative Writing, and is nearing completion of a second master's in education. He is a world traveler who has lived and taught in multiple countries, most recently South Korea, where he spent seven years teaching English. He is a father of two who loves to learn and explore, especially when food is involved.



Brittany Perrone
School Counselor
Cornwall
Salary: \$25,222.50

Brittany is excited to be joining the Cornwall community as a school counselor this fall.

Brittany earned her BS in Human Development and Family Studies from the University of Connecticut and has always been dedicated to supporting those around her, building connections and strengthening communities. She graduated with a Master's Degree in Counselor Education from Western Connecticut State University this past spring.

She approaches counseling with kindness, optimism and humor, acknowledging student challenges while building on their strengths. Brittany recognizes the importance of communication and collaboration and takes a holistic approach to child development.

When she isn't working, Brittany spends her time with her two beautiful children, family and close friends.

Brittany spent a decade in Copenhagen, Denmark, and enjoys yoga and mindfulness, decorating, authentic conversation, an excellently delivered pun (the worse the better!) and spending time in the sun and by the water. She is truly looking forward to meeting everyone at Cornwall Consolidated and joining a community of supportive and nurturing professionals.



Jennifer Hill
Reading Interventionist
Cornwall
Salary: \$48,881

Jennifer Hill is thrilled to return to Region One after teaching in Hartford for two years as a member of the Connecticut Teach For America organization. She is a lifelong learner taking courses through the master's level while working full-time and raising a family. Jennifer is a parent of three former Region One students and a former paraprofessional at Salisbury Central School. She has experience with struggling to read as a child and supporting a struggling reader as a parent. She looks forward to giving back by supporting students in learning to read with joy and confidence. When not teaching, Jennifer enjoys reading, crafting, gardening, playing with her grandchildren, and exploring new destinations with her husband whenever possible.



Mary Kay Ravenola
Principal
Cornwall
Salary: \$125,000

Mary Kay Ravenola is honored to have been chosen to lead Cornwall Consolidated School and excited to join such a dynamic learning environment. Mary Kay graduated from Elms College in Massachusetts with a degree in Elementary Education, then went on to earn a Master's Degree in Consulting/Teaching Reading from Westfield State College. She earned her 6th Year Degree, Educational Leadership, from Central Connecticut State University. She has taught grades 1-8, been a reading

teacher and language arts curriculum coordinator, an Instructional Specialist and most recently a principal at John F. Kennedy Intermediate School in Windsor, Conn., for the past 8 years. Mary Kay loves to learn and share that love with others. She is looking forward to the work and learning that will help Cornwall Consolidated School continue to grow, and provide the best learning environment for our children. Mary Kay and her husband, Frank, just moved to Goshen, where they are enjoying exploring the beautiful Northwest Corner of the state.

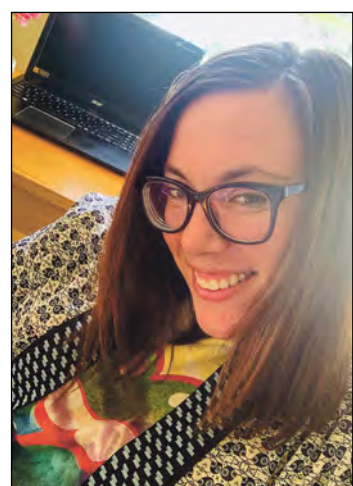


Patricia Vanicky
Art teacher
Housatonic Valley
Regional High School
Salary: \$48,980

Patricia Vanicky brings to the HVRHS Art Department a tremendous amount of energy and a broad range of experiences in art education and public service. She has previously taught art in the Naugatuck public school system. She also developed dynamic after-school programs at Cornwall Consolidated School and North Canaan Elementary School.

Prior to that, she taught art at a high school in Belem, Brazil. It is worth noting that Belem is the largest city in northern Brazil. For several years, Mrs. Vanicky worked as a federal police officer in Belem, focusing on community outreach and relationship building. After receiving a BA in Art and Art Education from Amazon University in Brazil, she continued her studies at Northwestern Connecticut Community College and Central Connecticut State University.

Patricia also enhances the HVRHS faculty with her rich background in languages. She speaks English, Portuguese and Spanish. Patricia is a resident of Region One. Her two sons and stepdaughter are alums of HVRHS.



Christine Dascanio
English Language Arts
Grades 5-8
Lee H. Kellogg School
Salary: \$63,408

Christine Dascanio is thrilled to join the Lee H. Kellogg School this year as an ELA Teacher. Christine is joining us from Norwich Public Schools, where she taught grades 4-8. During her time in Norwich she was greatly committed to closing the achievement gap and teaching students how to advocate for themselves. She hopes to share her commitment to social justice with her students at Kellogg. Christine holds a

BA in English from Eastern Connecticut State University and an M.Ed in Elementary Education from University of New Haven.

When not teaching, Christine loves to write poetry, see live music and constantly rearrange her furniture.



Eliza Paolucci
Social Studies
Grades 5-8
Lee H. Kellogg School
Salary: \$47,888

Eliza Paolucci is excited to begin her career as a teacher of social studies at Lee Kellogg.

Eliza received a BA in history from Cornell University, an MLA from the University of Pennsylvania and an MS in Education from the University of Bridgeport.

She is a native New Yorker who has also lived in San Francisco, Los Angeles and Philadelphia, before moving to Litchfield County to raise her children.

Eliza is active in environmental issues in her town, is a member of NOFA, had a garlic farm for a spell, and helped build an edible garden at her children's school.

She has sailed along the Atlantic coast and in the Mediterranean and Caribbean seas.

Eliza plans to teach the layered complexities of our past and present, looking through many lenses at the multisided aspects of events, decisions and personalities.

She is grateful to her predecessor, Amy Lake, for handing down a wonderful wide range of experiential lessons and materials.



Elizabeth Bernard
Grade 4
Kent Center School
Salary: \$60,633

Elizabeth Bernard is excited to be returning to Kent Center School after teaching in Salisbury for the past six years. Elizabeth grew up in Kent, attending KCS and HVRHS. She has a BS in elementary education from Western Connecticut State University and an MA in special education from the University of Saint Joseph. Elizabeth lives in Goshen with her husband and daughter.

In her free time, Elizabeth enjoys taking walks with her family, listening to true crime podcasts and baking.

Wishing Our Students & Teachers a SAFE & SUCCESSFUL SCHOOL YEAR

No matter how our students are learning this fall — distance, in-person or some combination — this year will present extra challenges. We at The Lakeville Journal Company wish nothing but success to students, parents and teachers, and the community members supporting each.

The organizations and businesses below have each had to adapt, but continue to offer vital services to our communities. Support them and let them know you saw their ad in The Lakeville Journal or The Millerton News.

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As we're all spending more time online and navigating relationships, Women's Support Services is here to provide information for keeping our children safe online.

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Do you have a family member or friend in the military who would be interested in the news from home?

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The Lakeville Journal Company offers free online subscriptions to our website, tricornernews.com, for active duty military personnel from the Tri-state region. For more information or to set up a subscription, contact Sandra Lang at circulation@lakevillejournal.com or 860-435-9873, ext. 301.

Turn to page A4 for more new teacher profiles.

New Teachers

... New faces in Region One



Jennifer Moros
Music Teacher
Grades K-4
Kent Center School
Salary: \$32,108

Jennifer Moros is the newest addition to the Kent Center School music staff. She holds undergraduate degrees in Music Education and Theater Arts, a Masters of Music Education, and a graduate certificate in Arts Administration. A lifelong learner, Jennifer is a level one Google Certified Educator, an Apple Certified educator, and also works in social media and marketing for schools, churches and camps. She is a member of NAFME, previously holding leadership positions in both CMEA and MMEA. In her free time, Jennifer participates in regional orchestras, choirs and theater groups; and she hikes and skis. She does this without the aid of caffeine, and is a general ball of never ending energy.



Lisa Bradley
First Grade
North Canaan
Elementary School
Salary: \$72,323

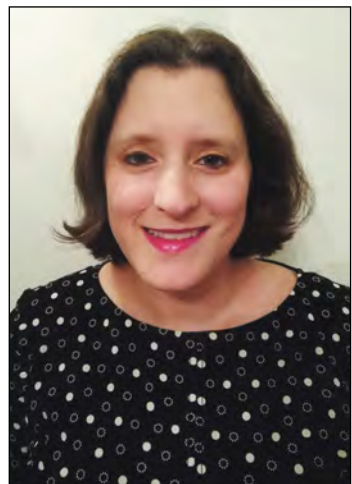
Lisa's career has spanned from Early Childhood Special Education through primary grades, in both public and private schools. She has also been an International Baccalaureate Coordinator and taught students identified as being dyslexic in grades 1-12. Finally able to reside in Salisbury, Lisa is an active community member. She has worked as both a daily and long-term substitute in Region One, and is happy to call NCES her new home. Lisa looks forward to being a productive faculty member and sharing her knowledge with teachers while guiding students through their educational journeys.



Sarah Braun
Science, Grades 7-8
North Canaan
Elementary School
Salary: \$62,028

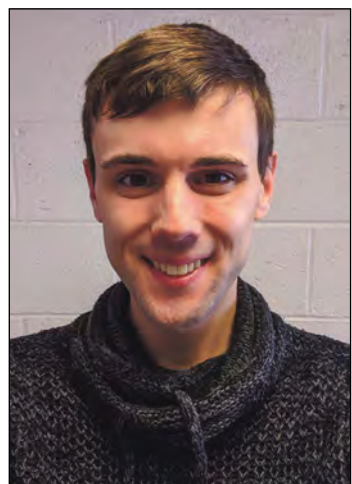
Sarah Braun is excited to be starting her first year as the middle school science teacher at North Canaan

Elementary School. Sarah is passionate about teaching science and holds a BS in Biology from Trinity College and a PhD in Entomology with a minor in Plant Pathology from Cornell University. She believes that all students should learn in an interactive environment that provides them with important skills to support their cognitive, social and emotional development. Besides teaching, Sarah enjoys cooking, gardening and spending time outdoors.



Elise Cook
Long-term substitute, ELA
Teacher, Grades 7-8
North Canaan
Elementary School
Salary: \$226.98/day

Elise Cook is excited to join everyone at North Canaan Elementary School this year as a long-term substitute teacher for grade 7 and 8 English. Elise was born in Illinois and attended college at Bradley University, majoring in English and Spanish, but it wasn't until she moved to Iowa that she began her teaching career. There, she got her MA in English and MA-T in Secondary English Education and taught for five years before coming to Connecticut. She has successfully completed six long-term sub appointments, and just finished off two years teaching English at Guilford High School. Elise is a lifelong learner who's always looking for books to read and ideas to share, and she can't wait to bring that enthusiasm with her to North Canaan Elementary as a substitute teacher. When Elise is not at school, she is likely crocheting or watching movies with her husband and cat.



Jeffrey Durkin
One-year Position: Grade 3
North Canaan Elementary
School
Salary: \$46,548

Jeff Durkin is excited to begin teaching third grade at North Canaan Elementary School after a year as a Building Substitute at Batcheller School in Winchester. Jeff is a lifelong learner with a BA in Linguistics from the University of Massachusetts, Amherst, and an MA in Elementary Education from Fairfield University. He has been helping children achieve success even before working in public schools, first as an Eagle Scout and then as an English teacher in Japan. He looks forward to learning more about his students and finding ways to make lessons exciting and fun. When he is not teaching Jeff enjoys hiking, camping and spending time with his two dogs.



Kate Earley
Middle School Mathematics
North Canaan
Elementary School
Salary: \$47,595

Kate Earley is thrilled to join the family at North Canaan Elementary School as the middle school math teacher. Kate is coming from a position as a math and science middle school teacher in the Greater Waterbury area. She graduated from Southern Connecticut State University with a BS in psychology. She then earned a master's in education from the University of Bridgeport. Kate was the president of Psi Chi honor society during her undergrad years, and was co-president of the Connecticut Education Association at UB.

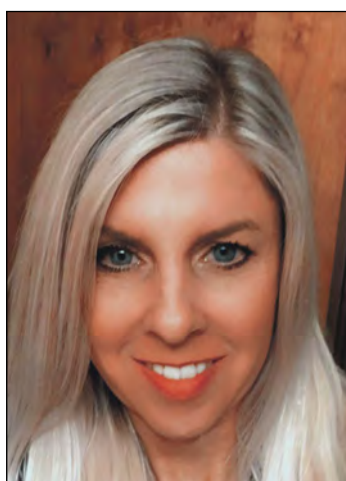
When Kate isn't teaching or planning she is a lover of the outdoors, especially in the warmer months. She spends her summers traveling the U.S. in a conversion van, focusing heavily on hitting the national parks.

In her downtime, Kate enjoys exploring second-hand bookstores, watching sports or relaxing with her pets.



Katherine Hunt
Grades 5-6 Mathematics
North Canaan
Elementary School
Salary: \$42,119

Katherine Hunt, 21, graduated from Eastern Connecticut State University with a double major in Elementary Education and Liberal Studies, with a mathematics concentration. In her spare time she enjoys arts and crafts (especially painting) and reading. She also enjoys traveling. She loves working with students and children because they provide a new perspective on the world and have many great ideas to share.

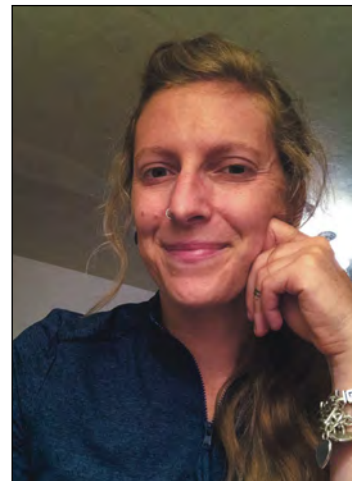


Jennifer LaCoss
Reading Interventionist
North Canaan
Elementary School
Salary: \$91,406

Jennifer LaCoss is excited to be a reading teacher at North Canaan Elementary School. She feels so lucky to have been a teacher for

many years across a variety of amazing experiences. She has been a computer/STEM teacher, classroom teacher, math specialist, reading specialist and reading coach. These experiences have made her grow as a teacher and allowed her to understand all the different ways students learn and achieve. She has attended many workshops and training throughout the years, which have helped her develop her teaching skills. Jennifer has an undergrad degree in elementary education from SCSU, a master's in reading from SCSU, and a master's in educational media from CCSU.

She loves exploring nature, hiking, computing and traveling with her family. She takes great pride in helping others and finding solutions. Her favorite places to visit are the library and the beach. She enjoys teaching and making a difference in a child's life more than anything.



Sarah Ponkos
Math Coach/Interventionist
North Canaan
Elementary School
Salary: \$50,949

Sarah is excited to join the North Canaan Elementary School and looks forward to helping all students develop a robust appreciation for math. She comes to us after years teaching math at the Kildonan School in Amenia, and at the Poughkeepsie Day School. Sarah studied Visual and Media Arts at Emerson College in Boston but realized education was in her future and earned a Master's in Education from American International College in Springfield. She has enjoyed working with diverse learners, implementing fun into the classroom and believing in all students' potential for success. When not teaching, she can be

Turn to page
A3 for more
new teacher
profiles.

found outside gardening and staying active: biking, paddle boarding, practicing yoga, and snowboarding in the winter. Make sure to ask Sarah about her cats as she is always interested in conversations about felines.



Michelle Decker
Special Education
Teacher, Grades 9-12
Pupil Services
Salary: \$51,550

Michelle Decker's learning environment promotes success inside of the classroom and in life. She is committed to educating students, families and community through establishing strong connections. Decker was inspired by her third-grade teacher to pursue teaching, and she implements the same welcoming atmosphere in her classroom. She has been a part of the Region One team since 2011, when she started her career as a paraprofessional. Decker holds an MS in Special Education, CCSU (2011), a BS in Elementary Education, WCSU (2009), and an AS in Early Childhood Education, Northwestern Connecticut Community College (2006). She is also the coordinator for the Region One Special Olympics.

She enjoys photography, helping others and spending time with her husband, children and golden retriever.



Sarah Freund
Grade 2
Salisbury Central School
Salary: \$48,961

Before joining the teaching team at SCS, Sarah worked at Salisbury Central

as a paraprofessional. She studied at Bank Street College of Education in New York City to earn a master's degree in Early Childhood Education. While living in New York, Sarah taught as a first-grade teacher. She grew up on a dairy farm in the Northwest Corner and moved back to the farm 5 years ago to raise her family.



Elizabeth Houck
One-year Position: Grade 3
Salisbury Central School
Salary: \$48,961

Liz Houck grew up the third of four children and a typical city kid in Far Rockaway, N.Y. After high school, she earned an Associate's Degree from Nassau Community College, and a BA in psychology from Adelphi University before the arrival of her first daughter.

After moving to Kent, Liz served as a paraprofessional in Region One while raising her three children, and recently went back to school for her master's in elementary education from Grand Canyon University. She is delighted to be returning to Salisbury Central as a classroom teacher.

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Our Schools/Our Towns

An eye-opening journey to Uganda with Peace Corps

By Shane Stampfle

CORNWALL — It was early in the morning when Wilson Terrall saw the email: He had 24 hours to pack up his house and bid his friends goodbye. It was March 16, and the coronavirus was beginning to impose a new reality on the world. A Peace Corps car whisked him to Kampala, where he anxiously awaited his flight out of Uganda, his home for the past 21 months.

Terrall, 25, had grown up in Cornwall, a rural town that is nonetheless home to many famous writers and widely traveled diplomats. He graduated from Housatonic Valley Regional High School in 2012, and, seeking new and different experiences, struck out for the West Coast.

At Occidental College in Los Angeles, Calif., he majored in Diplomacy and World Affairs, specializing in sub Saharan Africa, and began to eye the Peace Corps as a way to gain field experience.

“The thing that really drew me to it was the length, the duration: two years,” Terrall said. “You really get to know the people and the culture. It’s not just a temporary stop.”

In June 2018, Terrall arrived in Philadelphia, Pa., his staging area. It was a brisk introduction. He and four dozen other volunteers spent an afternoon together before flying to Uganda the next morning.

Uganda, with its myriad tribes and languages, is the most ethnically diverse country in the world. This presented a challenge.

“The problem is that once you get a grasp of a language you can take a taxi 45 minutes away and you’ll be in another part of the country that doesn’t speak that language, or with a very different accent,” Terrall said. “It was really difficult.”

Dispatched to the western end of the country, Terrall worked at



PHOTO SUBMITTED

Wilson Terrall, front row right in photo, and co-workers in front of the savings and credit cooperative in Kakumiro District, Uganda, where Terrall was assigned while working as a Peace Corps volunteer.

a savings and credit cooperative, “essentially a local bank,” where he trained local business owners in financial literacy and helped with business development.

Three hours over dirt roads from the nearest volunteer, Terrall was struck by the remoteness of the place, how “incredibly isolating the Peace Corps is.”

Far removed from other volunteers and Americans, Terrall made friends with people in town. He raved about the nightlife.

“Uganda actually has a pretty developed drinking culture, really good music, a lot of bars, a lot of public events.” On weekends, “we’d go out a lot, we’d go dancing.”

Returning to the U.S. was “certainly jarring.” He had to quarantine in New York City and was “sort of in a fog.” He laughed at the notion that adjusting to life at home is harder than acclimating to a host country. “It’s

way easier to adjust when you’re with your family and loved ones.”

Terrall is still struck by the misfortunes that befall so many in Uganda. Villagers die from colds and infections, minor illnesses that Americans “don’t bat an eyelash” at. He recounted the story of a shop owner in his village, the proud father of a newborn son, Thomas.

“I met his baby,” he remembered, “and he was really happy.” Two weeks later Terrall saw the man again, and asked where the baby was. Thomas had died of malaria, the father resignedly told him.

American are “shielded from the casual tragedy that happens all the time to people,” he observed.



PHOTO BY LEILA HAWKEN

New Cornwall Consolidated School Principal Mary Kay Ravenola, center, met outdoors on Friday, Aug. 28, with second-grade teacher Kristi Pramuka, left, and fifth-to-eighth grade math teacher Danielle Krueger.

New Cornwall principal hopes to nurture students and the community

By Leila Hawken

CORNWALL — Facing down COVID-19 uncertainties, Cornwall Consolidated School (CCS) is opening with a full measure of hope under the guidance of its new principal, Mary Kay Ravenola, who began on Aug. 1.

August was filled with preparations for the new school year and connecting with CCS staff, students and their families while getting to know key aspects of the town and the people who form its community.

About 101 students are currently enrolled at CCS, a school with an estimated student capacity of 200, so the school already meets a 50% capacity guideline, Ravenola said.

“We are excited to get back to as close to normal as possible,” Ravenola said during a conversation on Wednesday, Aug. 26, as she was fully engaged in preparations for the first day of school at CCS, slated for Tuesday, Sept. 8.

The search process was completed in March at the pandemic’s dawn, and Ravenola soon needed to call upon her own creativity, one of her qualities highlighted by school board President Catherine Tatge in announcing the selection.

Tatge conducted an interview with Ravenola at a Zoom event sponsored by the Cornwall Library on Tuesday, Aug. 18.

“I love to talk about education,” Ravenola told the audience. “I love to learn and I love to make learning fun.”

She has taught in classrooms since 1987. And she points to the “amazing staff” at CCS, dedicated to teaching and learning.

During the school year, she plans to work collaborative-

ly with teaching staff, drawing upon her experience as an instructional coach in the classroom.

School needs to be a destination, she said, adding that children need to want to go to school. Students need to be curious and ask questions, she said.

“It’s important that children have a voice; children do have opinions,” Ravenola said, noting the power of words and the importance of children having the skill sets to use words powerfully.

Intending to communicate personally with parents, Ravenola said, “Everything about me is about relationships. I want parents to call me right away if they have a concern.”

Ravenola also intends to issue a weekly e-newsletter for the CCS community and she will be thinking of ways for the community to support the school.

“I can see how special the school is to the community,” she said, expecting to nourish that connection.

Considering the specter of COVID-19, Ravenola acknowledged that things could change. “Communication and flexibility will be key,” she said. “Every problem has a solution; you just need a plan.” She noted that it is important that families are comfortable.

“Education is at my core,” Ravenola said. “Learning can’t be interrupted; we can’t afford to sit back.”

Ravenola comes to Cornwall from her the John F. Kennedy Intermediate School in Windsor, Conn., where she was principal. She has also taught grades one through eight. She and her husband, Frank, have recently moved to Goshen.

Sharon seeks grant for parking lot expansion

By Leila Hawken

SHARON — Planned improvements to the Town Hall parking lot may take a step ahead following a decision by the Board of Selectmen at their regular meeting on Tuesday, Aug. 25, conducted by Zoom.

With the deadline of noon on Aug. 28 approaching, the selectmen agreed to submit an application for a grant in the amount of \$128,000, which would be the town’s anticipated portion of the \$15 million in funds that is being distributed through the state STEAP (Small Town Economic Assistance Program).

Administered through the Office of Policy and Management, the funding can be used in support of economic development, community conservation and local quality-of-life projects.

The program was reinstated in July by Gov. Ned Lamont and is open to towns whose populations count 30,000 residents or fewer.

“We need a shovel-ready project,” First Selectman Brent Colley told the two other selectmen,

saying that the work should be able to be completed in a year or two.

Expansion plans for the parking lot seemed to offer a good fit for the program. State Rep. Maria Horn (D-64) was instrumental in putting Colley in touch with Martin Heft, undersecretary for the Office of Policy and Management, who reviewed the grant guidelines for alignment with the town’s plans.

The grant funding will support the site preparation, grading and drainage, and the town will fund the paving portion of the project to fulfill the requirement that the town provide matching funds to receive the grant, Colley said.

The parking lot could have some state-of-the-art features, including WiFi, electric car charging, improved lighting and possibly a connection to West Main Street, Colley said.

The new transfer station is slated to open the second week in September, Colley announced, adding that residents will soon be hearing about procedures to guide use of the new location.

Facelift for two Salisbury cemeteries

By Patrick L. Sullivan

SALISBURY — The Board of Selectmen met in person for the first time in months on Wednesday, Aug. 26, on the steps in front of Town Hall.

It was a quick meeting, to approve a request for \$2,000 from the state’s “neglected cemetery program” for work at two town cemeteries: Chapinville Cemetery in the Twin Lakes area and Mount Riga Cemetery.

Monument Conservation Collaborative LLC of Norfolk is handling the work, which is for conservation and restoration of five markers in Chapinville Cemetery and four markers plus a group of five tilted markers in Mount Riga Cemetery.

First Selectman Curtis Rand explained that the town authorizes use of its Local Capital Improvement Program (LOCIP) fund for cemetery work every year.

He thanked Jean McMillen, who oversees the cemeteries for the town. “I would probably be lost without her.”

TACONIC LEARNING CENTER

TACONIC LEARNING CENTER is pleased to announce the return to classes in September via Zoom. Classes will normally last one hour, although more time will be allowed if participants and instructor wish to continue. Zoom is easy and accessible and TLC will offer 2 short introductory sessions in early September for those who wish to preview the process.

Please go to our website for more detailed course info and registration. Yearly membership donation is \$60 and covers as many courses throughout the entire year as interest you. www.taconiclearningcenter.org

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So eat your vegetables!

The COVID-19 pandemic with its fast spread through Midwest meatpacking plants earlier this year forced many of us to wonder if we might be better off becoming vegetarian. More than a century earlier, Upton Sinclair's muck-raking novel, "The Jungle," had exposed the cruel and unsanitary working conditions in Chicago's meatpacking plants; the coronavirus reminded the country that large-scale meat production is still an unpleasant, dangerous business.

Would vegetarianism be a realistic idea? The practice of abstaining from the consumption of animal meat — vegetarianism — may also include the abstention from the by-products of animal slaughter. Vegans, the most extreme variety of vegetarian, shun all animal products including milk, eggs, cheese, honey, leather, wool and silk. India has the highest percentage of vegetarians of any country, 38%, while fewer than 4% of Americans are vegetarian, and just a small fraction of these are vegans. More than two thirds of American vegetarians are women.

Americans consume more animal meat per person than any people in the world, approximately 244 pounds per year with Australia, Argentina and Brazil not far behind. Half of this is "red" meat, 35% poultry and about 15% seafood. Citizens of the EU and China eat about two thirds as much meat as Americans and those from much poorer countries consume much less.

Vegans have long disparaged the eating of meat as unhealthy for human beings. But people have been eating meat for millions of years and are not likely to stop as long as it remains available. Native people in the Arctic Circle exist almost entirely on fish and sea mammals except for a couple of months in the summer when a meager assortment of vegetables is available. These peoples, carnivores by circumstance, seem to be as healthy as those eating a more conventional diet.

Actually, the strongest arguments for vegetarianism are environmental. Although many people think meat eating in the

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MAC GORDON

US and Europe has declined, this is not the case; overall it is more popular than ever. Over the past 50 years while world population has doubled, meat production has nearly quintupled. More people can now afford to eat meat and do. The seas are becoming grossly overfished. The vast deforestation of the Amazon and other rain forests is caused mostly by the conversion of the forest to animal farms.

Modern practices of raising animals for food contribute on a massive scale to air and water pollution, land degradation, loss of bio diversity, and climate change. Animal husbandry uses roughly a quarter of the world's fresh water (it takes about 150 gallons of water to produce a quarter pound of hamburger). Cattle contribute more than a third of the methane and two thirds of the nitrous oxide in the atmosphere, both major pollutants contributing to climate change.

The growing of animals in confinement results in enormous amounts of manure, which typically ends up polluting nearby waterways. Factory-farmed animals are fed unhealthy diets to increase their weight and copious amounts of antibiotics that have other untoward consequences — both for the animals and for people. While a little bit of free-range livestock production is probably good for the environment, factory farming is unsustainable and also involves animal mistreatment bordering on torture.

So should we try to become vegetarians? It might make sense. But Americans, among the most carnivorous people on the earth, may need to try doing so gradually in order to succeed. Forget about veganism for now; it's too severe a change. Start by just learning to love fruit and vegetables.

The ever-increasing trend to urban living has undercut people's familiarity with home-grown

food. The ascendancy of chain supermarkets has meant the decline of tasty fresh fruit and vegetables. However, because of the coronavirus, over the last few months there has been a surge in home gardening, both to avoid unnecessary food shopping and to obtain better-quality produce.

For those considering vegetarianism, the growing season in the colder states is a good time to try it out. Even if you are unable to have a backyard garden you can usually find delicious fruit and vegetables at small local farm markets. And instead of eschewing all "meat" (and that includes poultry, seafood and dairy products) at once, try instead simply cutting back, say by half, and see if you can get used to it.

Lakeville architect and landscape designer Mac Gordon designed the Hewat Community Garden in Salisbury.

COVID-19 clinical trials and the promise of a vaccine

The genome sequence of the SARS-Cov-2 virus was deposited on a National Institutes of Health (NIH) server on Jan. 10, 2020. Within days, scientists all over the world started to use the sequence to make vaccines. Two vaccines are now approved for limited use; eight vaccines are in large-scale phase 3 clinical trials; 13 are in expanded phase 2 safety trials; 21 are moving through phase 1 safety testing.

More than 135 vaccines are at earlier stages of development. These numbers are being curated by the New York Times and are updated frequently. Search for their Coronavirus Vaccine Tracker; The Times will not fail to keep you updated.

How the vaccines work

All of the vaccines are designed to present a SARS-CoV-2 spike protein to the human immune system and provoke the production of circulating antibodies and T-cells that kill lung or other cells infected with the virus. After a vaccination or illness, the immune response subsides, but many antibody-producing B cells and cell-killing T cells are banked. When infection occurs, thousands or millions of lymphocytes leap into action and block or minimize the infection.

With some vaccines the banked cells last a long time; with others, only a few months. The spike protein is a string of about 400 amino acids in a unique order. During its synthesis, the protein folds into a spike shape and is assembled into the SARS-CoV-2. The tip of the spike protein grasps a protruding protein on the surface of human cells and the attached virus is pulled inside, where it unfolds and starts the production of much more virus.

mRNA as one option

The vaccines in phase 3 testing are all products of genetic manipulation. In one approach, scientists inserted the gene that carries the information for the

THE BODY SCIENTIFIC

RICHARD KESSIN

spike protein into an attenuated animal virus. The Oxford-AstraZeneca group uses a weakened chimpanzee adenovirus with an inserted spike protein gene. They have a Phase III trial in Arizona and lots of other places. The Chinese have four vaccines completing phase 3 and starting general use.

The method that is most intriguing to me is purely chemical. Recipients get no live or dead virus, which is reassuring for some people. The new method makes the mRNA that provides instructions for the synthesis of the spike protein, but all in a test tube. The scientists wrap the coding mRNA in lipid and inject it into macaques or humans, where it enters cells and uses their protein synthesis capacity to make spike protein.

In macaques, the mRNA-1273 vaccine successfully defends the host from the coronavirus. This novel vaccine is the product of Tony Fauci's National Institute of Allergy and Infectious Diseases and a company called Moderna that specializes in RNA-based defenses against infectious disease. The vaccine is in phase 3 trials on 30,000 people.

Seeking trial volunteers

The study is recruiting volunteers.

All clinical trials must register with an organization at the National Library of Medicine at the NIH. Anyone can find the list of clinical trials for a disease or condition at www.ClinicalTrials.gov. If you are interested in joining a SARS-Cov-2 clinical trial, you will also find medical centers involved in the trials at that website (enter code identifier NCT04470427).

In the Northeast, there are few sites because there is a relatively low level of disease. If we want to test a vaccine, we have to go where disease rates are high—in the United States that means Texas, Alabama, Georgia, Arizona, Missouri and California.

Being a participant requires commitment, because the people running a trial want to know if you produce antibody and new T-cells in response to a vaccination and how long it lasts — which means occasional blood tests.

They want to know about side effects of inoculation. They are eager to have and are required to have participants of all ages and ethnicities.

In the Northeast, there are few sites because there is a relatively low level of disease. If we want to test a vaccine, we have to go where disease rates are high—in the United States that means Texas, Alabama, Georgia, Arizona, Missouri and California.

The new techniques now being tested are effective and fast but we have to know about new viruses that will surely appear. New techniques will not do us much good if we ignore pandemic preparedness plans, eliminate virus surveillance programs, leave the World Health Organization, disparage the CDC and denigrate scientists and physicians who are trying to keep us alive.

Richard Kessin Ph.D is Professor Emeritus of Pathology and Cell Biology at Columbia University's Irving Medical Center. He can be reached at Richard.kessin@gmail.com.

LETTERS TO THE EDITOR

More letters next page.

Trying to find another answer for housing

Mr. Bob Whelan, last week, suggested that I made a false "assertion" regarding a "bona fide" offer to NW Habitat, of which he is executive director, for the 66 acres they own in Lime Rock Station. That is partially true. We attempted, back in February, in league with a well-trusted local conservation organization, to reach out to Habitat and begin a dialogue whereby Habitat could garner a far better price for their property and keep to their stated mission of home ownership while at the same time putting a large piece of that land in conservation.

So, it was not a bona fide offer per se, because Habitat would hear none of it. Door loudly slammed shut. We were attempting to research alternatives for

Habitat for their 66-acre property that was designated an Incentive Housing Zone in 2013. (In our opinion, illegally. But that's another story.) We were trying to be pro-active so as not to "just say No." Our thoughts? Options (on property) expire.

We were trying to create a better solution for Falls Village. One thing we cannot seem to solve is the astronomical mill rate here (27.5), which will undoubtedly rise if this \$3.5 million, 29-bedroom rental albattross is approved. According to a reputable local Realtor/mortgage broker, property sales have skyrocketed in 2020, mainly because of refugees from COVID-19. Salisbury is up 156%. Sharon is up 116%. Falls Village is up

only 31%. Why? Because people can't or don't want to pay the high property taxes in Falls Village. With the property taxes built into their monthly mortgage costs, buyers can purchase approximately \$100,000 "more house" in other towns.

It has been alleged that this development, 2 miles from town, will not pay property taxes. Straight answers are not forthcoming from the Falls Village Housing Trust, the proposed builder. So, we are forced to guess. If there were five high school students residing in it at a cost of the required town outlay of \$29,000 each, that would raise our mill rate by approximately 7.5%, creating further hardship for residents and un-desirability for prospective buyers.

I'll say it yet again: We are not against affordable housing. Just, not this way. What we find con-

sistently surprising in our efforts to cast light, open and enlarge dialogue, and attempt to inform and include Falls Village citizens on what is "coming down the pike" is the close-mindedness of the principals (Habitat, Falls Village Housing Trust) to investigate and entertain alternatives. Mr Whelan: You don't LIVE HERE. What you and FVHT are proposing will have long-term ramifications for our town. Have you considered THAT? Has anyone queried the town as to THEIR wishes? We ARE. We will shortly circulate a petition for a referendum at a town meeting with a paper ballot vote on whether to approve or disapprove FVHT's application for their oversized project. We think this development is wrong. Let the voters decide. Thank you.

Colter Rule

Falls Village

Gronbach a voice for conservation

David Gronbach, former mayor of New Milford, wants to go to Hartford to be a voice for the citizens of the Northwest Corner of Connecticut.

David Gronbach understands that the needs of northwestern hill towns are not the same as the needs of Hartford, Bridgeport, and New Haven and that cookie cutter policies for every town in Connecticut make no sense. He stands behind the State and Town Plans for Conservation and Development that are prepared with great input from the citizens and with great expense.

David Gronbach supports safeguarding our Connecticut Trail Systems and the sensitive ecological areas that surround them while seeing that state funds for development reach

their intended destination in the priority funding areas of our towns as outlined in our Town Plans of Conservation and Development. David is running for the Connecticut State Senate, 30th District, on Nov. 3. Read what he has to say on his website, www.gronbach2020.com, and if you like what he has to say, I hope you will consider giving him your vote.

But as David said to me in a recent phone conversation, "The important things happen between the elections."

David Gronbach encourages participatory government in which constituents pay attention to the issues, ask hard questions and receive respectful answers.

Laura Werntz

Falls Village



PHOTO BY LANS CHRISTENSEN

Come again

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As we come to the end of summer, homeowners start to prepare for the winter months. Here is a list of items to consider to be able to go through winter trouble free. Scheduling to have the furnace serviced and the chimney swept before the cold arrives would be good. Checking and replacing the batteries on the smoke and carbon monoxide detectors. Also cleaning the gutters is smart to prevent water issues on the roof or foundations. Confirming that you are set up for auto delivery of oil and or propane with your fuel provider. Firewood already seems to be in short supply, but ordering that would be also good. If you are having trouble finding it, please email and I will send suggestions. Finally, and this is my personal favorite, washing the windows of the house to maximize the light during the dark months of winter!



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In a World Without Ag Fairs, Still There Is Thorncrest Farm

This is the time of year when, normally, we would head to the Goshen Fair in Connecticut or the Dutchess County Fair in New York and learn the differences between all those types of cows that we see in the fields as we drive around on our country roads.

This year there are no agricultural fairs. But you can still learn about dairy cows — and taste some exquisite handmade chocolates made from the milk of those same cows.

If you've lived here for a while, you've probably heard of Thorncrest Chocolate Shop and Farm in Goshen, Conn. Almost everyone with a sweet tooth knows this place — and raves about it.

The chocolate itself is silky, creamy, gorgeous, everything that chocolate ought to be.

It's fresh, so much so that it comes with a warning that these sweets are best eaten within two weeks of purchase (and you should store them in a cool, dark place — but not your refrigerator, where they're likely to get discolored).

There are pre-made assortments but why bother



PHOTO BY CYNTHIA HOCHSWENDER

To accommodate shopping in an age of social distancing, there is a new retail shack at Thorncrest Chocolate Shop and Farm in Goshen, Conn. Through the back window, visitors can see Pretty Lady, a Texas longhorn, and her new calf.

when there is the temptation of the daily menu, which includes almost 30 different specialty items, including (for example) Madras Curry Dark Chocolate, Lavender Dark Chocolate and Lemon Mint Dark Chocolate — in addition to more traditional favorites such as caramels;

chocolate bark with granola or trail mix; chocolate with peanut butter (called Tali's Delights); or citrus peel, apricots or candied ginger dipped in chocolate.

And then of course there are the cows, who lounge around in their stalls eating hay, steps away from the newly built retail shack.

The chocolate master is Kimberly Thorn. The masters of the cows are her husband, Clint, and sons Garrett and Lyndon, who are generally out and about working on the farm and are happy to answer questions about their "girls," the dairy cows.

Like the farm they live on, the cows are lovely and clean. The barn is open for visits; often one of the family farmers is there, ready to answer questions and introduce "the ladies" — and explain which cow's milk produces which chocolates, caramels, yogurts and cheeses.

You can phone in your order (sometimes there is a long line). You can also

phone ahead to arrange a more deluxe tour of the barn.

The dairy barn is open for visits from Thursday to Sunday, 10:30 a.m. to 3 p.m. Private group tours are offered at 9:30 a.m. and 3 p.m. Thursday through Monday from May to October; there is a fee for these group visits, which can accommodate up to 35 people (the fee is between \$50 and \$85 depending on the size of the group; there is no charge for individual informal visits to the barn).

There are also (in a non-quarantine time) chocolate tastings and talks at \$10 per person; and there are cheese-making classes.

The farm's website warns that sometimes circumstances will arise that will keep visitors out of the barn.

"We are a working dairy farm and occasionally these hours will need to be flexible for the stable, as well as weather dependent," the website warns. "This is to ensure the safety, health and comfort of our cows."

The chocolate shop is open Monday through Saturday from 10 a.m. to 5 p.m. and Sunday from 10 a.m. to 4 p.m.

To learn more about Thorncrest Chocolate Shop and Farm, go to www.milk-housechocolates.net, where you can see the daily menu, arrange a group tour and get directions; or call 860-309-2545.



PHOTOS COURTESY KENT MEMORIAL LIBRARY

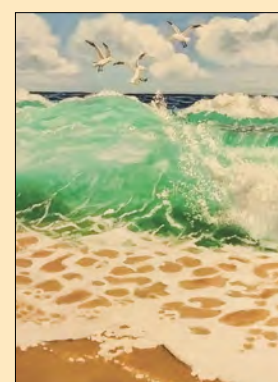
A show of sea-themed works by Christine Lombardi at the Kent, Conn., library is on display until Oct. 30.

DREAMING OF A SEASIDE VACATION

Despite the COVID-19 quarantine, many people did answer the annual call of the sea and took long-planned vacations at the Jersey Shore or Cape Cod.

For those who dream of oceans but weren't able to go to one this year, some sea-themed solace can be found in a show of work by Kent, Conn., artist Christine Lombardi on display at the Kent Memorial Library through Oct. 30. The show is called "By the Sea," and features paintings inspired by memories of childhood vacations at the shore.

Lombardi is a professional illustrator who returned to painting after a many-year hiatus — and discovered that the sea was her favorite subject. The paintings vary in size from very small (5-by-7 inches) to moderately large (22-by-28 inches). They are, mostly, acrylic on canvas.



There will be an artist reception in front of the library in the Chess Court on Saturday, Sept. 12, from 1 to 3 p.m. (the rain date is Saturday, Sept. 19).

Refreshments will be served and visitors can get a private tour of the show. Adults must wear a face mask or shield.

The library is open for anyone who wants to browse the gallery. Call ahead to make an appointment between 10 a.m. and 4 p.m. (with a short option at 5 p.m.). Appointments can be made by phone 860-927-3761 or email at kmlinfo@biblio.org.

TRI-CORNER CALENDAR

Look for a new calendar of events for children at our website, www.tricornernews.com/events-calendar. We will also include the calendar in our print edition as space allows.

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WORK THAT IS DEEPLY GROUNDED IN NATURE

The inspiration for Donald Bracken's paintings made a 360 degree turn when he lost his studio on the 91st floor of the World Trade Center (where he was an artist in residence) and he came home to West Cornwall, Conn.

He had been painting New York City from hundreds of feet in the air, and studying the clouds that were sometimes below his feet. Now he is literally creating work from the ground up, and using dirt, stone and river sand from Litchfield County, mixed with acrylic gels.

The resulting paintings are, of course, earthy — fea-

turing trees and ponds and fields.

The Hotchkiss Library of Sharon, Conn., has a show of his work that opens with an artist reception on the lawn on Saturday, Sept. 5, from 4 to 6 p.m. Small groups may enter to see the work inside.

The show will remain up until Oct. 31. Call the library at 860-364-5041 or email request@hotchkisslibrary.org to make an appointment to come in and see the show.

To see a broad view of Bracken's work, including his sculptures, go to www.donaldbracken.com.



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Work by Don Bracken, including Out of the Ashes will be featured in a show at the Hotchkiss Library of Sharon, Conn.

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