



COMPASS

Your Guide to Tri-State Events

Autumn 2020

CURLING AND PURLING

Knitting As a Cozy Way To Spend A Chilly Afternoon, **3**



TRAVEL IN A QUARANTINE

These Days, The Best Trips Are Hikes or Intellectual Journeys, **5, 13 & 21**

PUMPKINS

A 'Virtual' Halloween Plan & The Secret To Pumpkin Spice Flavoring, **8 & 12**

LIFE SKILLS

Surviving School, and Zoom Conferences, **15, 17 & 22**

VERY NEAT

Deep Dives Into Closet Cleaning and Bento Lunch Boxes, **6 & 14**

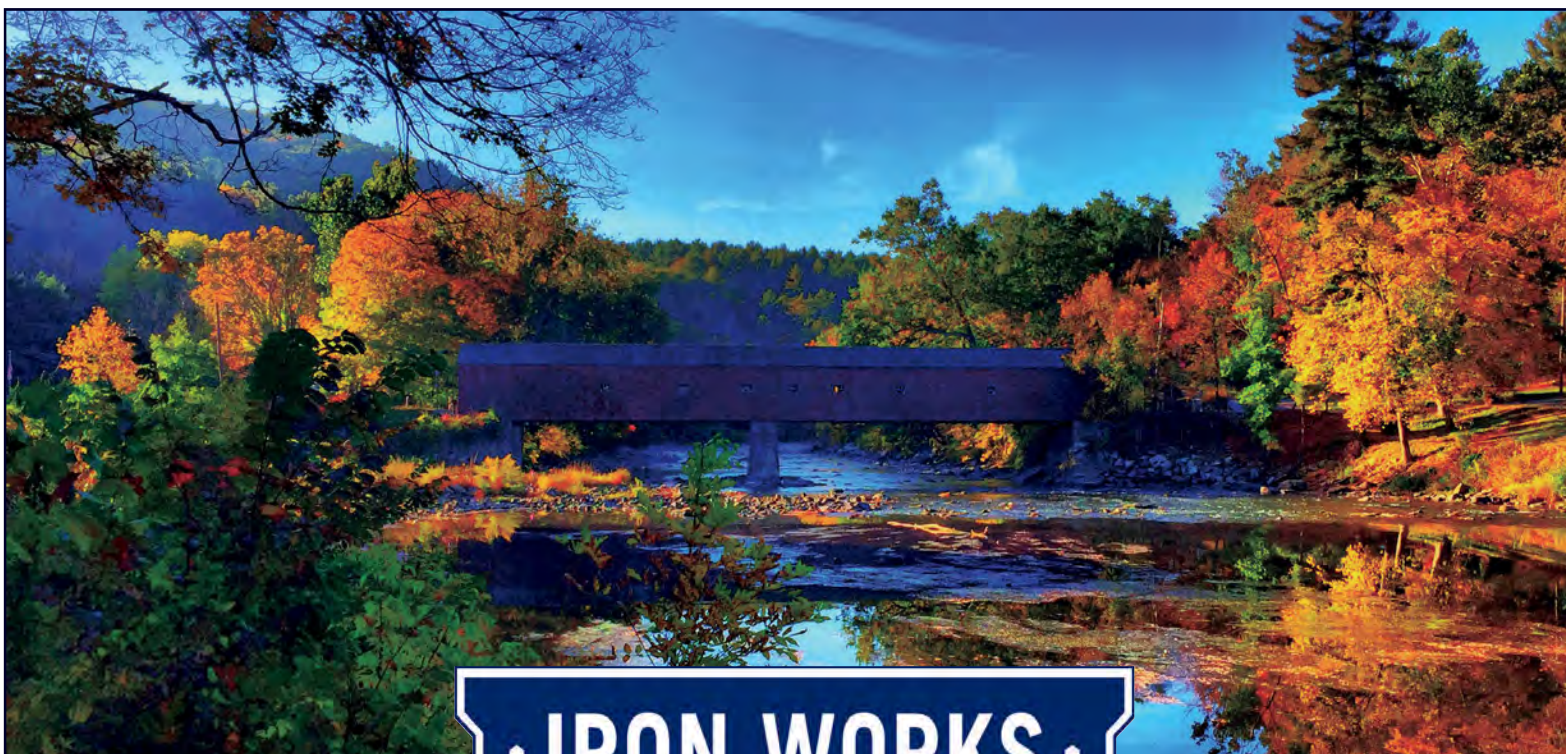
CALENDAR

Virtual and In-Person Events Across The Region, **18**



PHOTO BY CYNTHIA HOCHSWENDER

ON OUR COVER: Swans at the Ripley Waterfowl Conservancy in Litchfield, Conn., on a glorious autumn day.



• IRON WORKS •

for you and Litchfield County

For nearly 175 years, National Iron Bank has been investing locally to preserve the special quality of life of this place we call home.

As New England's oldest private bank, our banking experience is unique. With all the technology you need and the personal service that you value, trust the talented banking experts at National Iron Bank.

We welcome the opportunity to be your banker. Let ***Iron Work for you.***



IronBank.com | 1-860-435-2581



Cornwall Bridge | Norfolk | Salisbury | Washington Depot | Litchfield Loan Office





PHOTO BY HUNTER O. LYLE

Who will benefit from this colorful creation? Knitter and recipient alike.

KNITTING: CAROL KNEELAND

Keeping Your Own Hands And Heart Warm — and Those Of Others, Too — With Knitting

For the autumn knitter, there is nothing more magical than yarn — the scent of country as you breathe in fibers like wool or alpaca; the colors: rainbows wherever you look. Fingers itch to touch soft textures.

Knitters — a special breed of fanatics — are obsessed with techniques, patterns, blogs ... anything yarn. They are part of a long line stretching back through time, from Martha Washington knitting soldiers socks to crafters in ancient Egypt whose work comforted the pharaohs on their journey to the afterlife.

Yarn people are, by and large, friendly folk who will offer to teach anyone and everyone their craft.

They generally know their turf,

though there is an age-old landmine: knitters vs. crocheters. Happily, those in conflict are few and far between. Most crafters welcome one another with needles and hooks at rest, and tea and cookies for all.

Full disclosure: I've been a "let them eat cookies" type for decades. At age 5, I begged my sightless great-grandmother to teach me how she created her treasures. Probably just to shut me up, she shoved yarn and a crochet hook in my hands and set me to making the longest chain ever, with the stern caveat: "I'm almost a hundred. I don't have a lot of time to waste. So pay attention."

Continued on page 4



Berkshire Hills Design

KITCHENS ■ BATHS ■ TILES ■ CABINETS

CUSTOM KITCHEN AND BATH DESIGN SHOWROOM

Tuesday-Friday | 9am-5pm

Saturday | 9am-3pm

860-824-0209

14 CHURCH STREET CANAAN, CT 06018

DANIELLE@BERKSHIREHILLSDESIGN.COM



COMPASS

Published by The Lakeville
Journal Company, LLC
PO Box 1688, Lakeville, CT 06039
800-339-9873
www.tricornernews.com

Janet Manko
Publisher & Editor-in-chief

Cynthia Hochswender
Editor

James Clark
Production Coordinator

Caitlin Hanlon
Composing

Olivia Montoya
Calendar Editor

Libby Hall-Abeel, Mary Wilbur,
Advertising Sales

©2020 The Lakeville Journal
Company, LLC

... knitting

continued from page 3

Two years later my BFF's mom, a non-cookie type, decided I'd been corrupted and gifted me with needles but warned, "Knitting is addictive."

Boy was she right. Since I began my journey down fiber lane, hundreds — yea, even thousands — of items have morphed from bouncy skeins of yarn into anything and everything. My husband says anyone who doesn't believe in perpetual motion hasn't lived with a knitter.

I (almost) have never met a pattern I didn't like — or think I could make better. Freestyle projects are the best, like the superhero my grandson invented — made strictly to order with his 5-year-old mind changing the details every day.

Our house would have exploded had I kept it all, but herein lies the joyful truth of yarn work: There is always someone, somewhere, who can be warmed by that which willing hands produce.

Shared creations make life richer for everyone, from friends and family to those in veterans' or premature baby care units or shelters for the homeless or battered women and children.

The need is great, as are the rewards; I feel incredibly lucky to be part of it all.

Yarn has been my sidekick through thick, thin and all life's traumas. Whether due to soothing, repetitive motion or the knowledge that something good will come of it, numerous studies on stress prove that knitting is as beneficial as meditation.

Yarn people are generous to a fault when it comes to sharing their leftover bits and pieces; but sometimes new skeins are just the thing when fighting the doldrums of COVID-19. Thankfully, yarn shop owners are being especially creative as they keep their businesses going and their customers in the latest colors and textures.

Situations are always changing,

but as of press time for this issue, Ginger Balch's In Sheep's Clothing in Torrington, Conn., has limited shop visits, curbside pickup, Zoom meetings and lessons and even a virtual trunk show. Ginger even has a special number "In Case of Knitting or Weaving Emergencies" (860-605-0405; or www.in-sheeps-clothing.com, 860-482-3979).

A website called www.starshollowyarns.com in New Preston, Conn. (860-619-0042) has online and phone ordering as well as limited hours for curbside pickup, and an outdoor set-up with masks and quarantining for any yarn that goes back in stock.

It's always best to help local shops thrive, but if visits aren't possible, the internet is chock full of sites offering material, patterns and even free lessons.

Take advantage as winter looms. Time for a cheerful hat? A scrumptious scarf? Time to be a knitter and proudly say, "I made it myself."



SALISBURY
SCHOOL

EST. 1901

A college-prep high school designed for boys to succeed in a place where tradition matters.

salisburschool.org

Laigle

OVER
35 YEARS OF
EXPERIENCE!

FLOOR COVERING & DESIGN

210 East Canaan Road, Rt. 44, East Canaan, CT in the Rose Hill Plaza
PH: 860-824-7325 | FAX: 860-824-1081

TILE • LINOLEUM • LAMINATES • CARPET • WOOD • CERAMIC • STONE

INSTALLATION • CONSULTATION • DESIGN SERVICES
RESIDENTIAL • COMMERCIAL

Mon-Fri 9:30am-5:00pm | Sat 9:00am-3:00pm or by appointment



HIKING: JENNY HANSELL

Finding Myself — And a Network of South County Trails

We are an indoors people, my family. A walk after a big Thanksgiving dinner was the extent of my childhood experiences outdoors with my parents. But they sent me to summer camp, where I learned to light fires and pitch tents. Raised in a big city, I loved being in the woods.

In college I considered taking a class called Local Flora, but my dad laughed and said, “Why would you do that?” So I didn’t.

I spent most of the years since my camp days sitting in front of a computer. A few years ago, after 17 years as executive director of the North East Community Center in Millerton, N.Y., I had the good fortune to land a job at the Berkshire Natural Resources Council (BNRC) in Pittsfield, Mass. A countywide land trust, BNRC maintains more than 50 miles of trails, and I made a commitment (out loud, in an interview) to hike all of them my first summer on the job.

It did not go well. Overweight and out of shape, I was eager to fit in with the lean outdoorsy types I was working with. I pushed too hard and badly injured my Achilles tendon.

But gradually I got out more, exploring BNRC trails from Egremont to North Adams. BNRC launched a trails app, and I loved using it — still a bit uncertain out in the woods, I found it comforting to see my blue dot moving on the trail.

My first big test after my ankle healed was an 8-mile staff hike over Yokun Ridge, which connects Pittsfield to Lenox. The trail will officially open next spring and will be the first leg of BNRC’s ambitious project, The High Road, which will be a network of trails connecting town to town throughout

I took the job at BNRC because I wanted to make some bit of difference in the climate fight. Now, more than ever, I appreciate the fields and forests, the wetlands and ridgetops that surround us in the Tristate area.

the Berkshires.

I was worried that day that I couldn’t hike 8 miles, that colleagues would have to stop and wait for me, or that I’d have to turn back. But I made it: up to the ridge, where the reward was a panoramic view all the way to the Catskills, and back down.

Hiking has become my solace. It’s my therapy, my social time, my time away from phones, politics, pandemics. A few hypnosis sessions helped me take off the weight, and I feel healthier than I have in many years.

I took the job at BNRC because I wanted to make some bit of difference in the climate fight. Now, more than ever, I appreciate the fields and forests, the wetlands and ridgetops that surround us in the Tristate area.

Find all the trails at ww.BNRC.org and the Berkshire Trails app on the Google and Apple app stores.

Jenny Hansell is president of the Berkshire Natural Resources Council.



SELFIE PHOTO BY JENNY HANSELL

Jenny Hansell and her daughter Abbey at the top of Spruce Hill, at the end of BNRC’s Hoosac Range trail in North Adams, Mass.

Millerton Service Center



SEE US FIRST
For all of your service
and repair needs!

**PROUDLY SERVING YOU
FOR OVER 30 YEARS!**

We Buy and Sell Quality Used Cars

We employ technicians certified
by the National Institute for
AUTOMOTIVE SERVICE EXCELLENCE

Service Hours:

7 am - 5 pm Mon-Fri • 7 am - Noon Sat



**Factory parts
shipped daily!**

Master Technicians
Michael Lyman
Adam Lyman

**52 S. Center St., Millerton, NY
(518) 789-3462**



PHOTO BY LIA WOLGEMUTH

AB&J on whole-grain bread, cut into the shapes of hearts with a cookie cutter; clementine and strawberries; trail mix of walnuts, pistachios, pumpkin seeds, dried cranberries and chocolate chips.

FOOD AS ART: LIA WOLGEMUTH

Bento Boxes as a Way To Have Fun, and Make Healthy Food Enticing

Tucked away in my recipe box are a few yellowed, typewritten pages from my mother-in-law's home economics class circa 1960. Knowing that I love food, she thought I might like these notes from a unit on garnishes. As Gen-Xers, my husband and I both had a good laugh at this relic from another time — when women were encouraged to host cocktail parties and serve hors d'oeuvres among displays of pickle fans, fluted mushrooms and beet asters.

While turning fruits and veggies into exquisite works of art might appeal to a caterer, I don't wish to add such laborious details to my life. But I saved it as an interesting oddity. (And for the record,

my mother-in-law hates to cook and never hosts cocktail parties. When we visit her, we usually go to Olive Garden.)

So it was with some surprise that I found myself attracted to the beauty of the bento box. While the word bento comes from China and means "useful thing" and "convenient," the bento box is a Japanese package that originated 1,000 years ago for farmers, fishermen and soldiers to carry rice.

Over the years, the upper classes developed the bento into elaborately decorated, lacquered boxes for traveling, serving tea or visiting the theater. Today, takeout bento boxes are very popular in Japan, often sold in super-

The Johnsons



OLD MILL OF IRONDALE

Antiques • Furniture • Collectibles
Prints • Paintings • Carpets • Glassware

"Lots of History to Choose From"

OPEN EVERY FRIDAY, SATURDAY & SUNDAY 10AM-5PM
CASH AND CHECKS

6082 Route 22 North, Millerton, NY — 518-789-2022
One mile north of Route 22/44 traffic light in Millerton

HELPING BUILD THE HUDSON VALLEY SINCE 1924



Amenia
5291 Route 44 • 845.373.8900

Pawling
69 Route 22 • 845.878.3003

Poughkeepsie
360 Manchester Rd 845.452.7130

Landscape Supply - Lagrange
1387 Route 55 • 845.223.7200

Kitchen & Bath Showrooms
Poughkeepsie & Pawling
845.867.9503

www.hgpage.com

Supplying Building Materials to the Greater Hudson Valley

markets, department stores, restaurants and train stations.

However, a quick online search shows that modern bento boxes have also reached insanely creative heights, with parents (mainly mothers) performing Instagram-worthy feats of gastronomy for their children's school lunches.

In Japan, making a bento box is seen as an act of love, but its appearance is also a status symbol among families in affluent communities. Many mothers compete to make the most beautiful and nutritious boxes, often spending up to 45 minutes making their child's lunch — plus hours looking through specialized magazines and shopping for the necessary tools.

Bento boxes typically include rice, meat or fish and pickled vegetables. But picture these dishes formed to look like cute pandas munching on bamboo; baby farm animals nestled in a flower-ing pasture; or characters like Hello

Kitty, Pikachu and Olaf the Snowman. If the idea of making citrus baskets and leek flowers showed me that I would probably fail a 1960 home ec class, then I can't imagine arranging nori to look like a Sony PlayStation.

But it got me thinking. Today's bento boxes can be suitable for all ages, and they don't need to be elaborate or time-consuming. They are actually perfect for encouraging a balanced, nutritious meal and making leftovers a little more appealing. If you're looking to wash fewer lunch containers, maintain a healthy diet, entice a picky eater or add a smidge of artistry to your day, then a bento box might be for you.

The first step is to find a box. Bento boxes come in many shapes and materials, such as bamboo, stainless steel, wood and plastic. You can often find suitable containers at stores such as T.J. Maxx in Torrington, Conn., and Marshalls in Great Barrington,

SOME BENTO TIPS

- Prep veggies on the weekend so that you can sprinkle a rainbow of bright, vibrant colors here and there.
- Make extra food for dinner so that you can easily pull out leftovers.
- Cut sandwiches with cookie cutters, or make pinwheels with soft tortillas.
- Rather than chopping veggies for a salad, serve meat, grains or legumes on a lettuce leaf wrap.
- Find ways to separate the food so that it doesn't all mush together. If your box doesn't have dividers, try using cucumber slices and orange segments to make a natural border. Or, use silicone baking cups to contain yogurt, applesauce, hummus or guacamole.
- Overall, don't fuss. Simply remember that the original meaning of bento is "useful thing" and "convenient" — both for the container and its contents.

Mass. The holy grail of bento materials (including ingredients) is Mitsuwa Marketplace in Fort Lee, N.J., just across the George Washington Bridge from Manhattan. The shopping plaza there has not only Mitsuwa but also a Daiso and Little Japan USA; all three have everything from containers to special forms for shaping rice balls.

But any food container will work and it doesn't even need to have dividers to allow you to separate the different decorative foods.

When you gather the ingredients, make sure to hit all the food groups. Then, start building your box with an eye for color, shape, texture and portion size.

FOOD AS ART: CYNTHIA HOCHSWENDER

How To Make An Octopus

As writer Lia Wolgemuth sensibly warns (in the article above), it's easy to go down a bento box rabbit hole and get too deeply involved with making funny shapes with your children's snacks and lunchboxes.

As you dip your toe into the waters of hot dog octopuses and apple rabbits, try to remember that bento isn't a competitive sport — it's supposed to be about joy and smiles, about finding a fun way to connect with your children, and coaxing them into eating nutritious homemade food.

With those warnings out of the way, there are thousands of social media sites with instructions on how to make bento meals that range from simple to wildly complex.

With bento, you want to get your child to try new foods but you also need that child to get enough calories from their meal. If you put too many

unfamiliar flavors and smells in their lunchbox, it won't matter if that strange food looks like a spaceship.

In China and Japan, rice is a staple food, traditionally eaten at almost every meal — so Asian bento boxes often have rice as their base, usually seasoned with a little rice vinegar. If you're unsure whether your child will eat vinegar rice (in the shape of a baseball), maybe test it out at home before sending it to school.

There are a few classic bento shapes

that should appeal to most American kids. One of course is the octopus hot dog. There are a dozen ways to do this one; they all involve cutting eight legs out of a hot dog (leaving the top intact, for the head). Boil the hot dog and then make a mouth and eyes with cake gel.

You often see bread cut into shapes (see Lia's heart-shaped slices in the photo on the opposite page). It's hard to get a good sharp edge on most bread; a variation that works well is to cut shapes out of small, round tortillas

and then cook them with some cheese inside, to make a quesadilla.

You can also use those small round tortillas as a canvas: After you've melted the cheese between the two layers, decorate the top with cake gel to make a soccer ball or a funny face.

Always popular: vegetables cut into shapes with small cookie cutters. Buy the biggest carrots you can find, and cut them lengthwise. Slice them nice and thin, to make it easier to cut through them with the shapes.



PHOTOS BY CYNTHIA HOCHSWENDER

Quesadillas are an excellent canvas for bento ideas; try making jack o'lanterns or baseballs. Hot dogs shaped like octopus are a bento classic. Small cookie cutters can make carrots look like animals.

BEVERAGES: KATE HOCHSWENDER

Tips From an Expert: Finding the Best Pumpkin Spice Latte

The pumpkin spice latte, or “PSL” as it’s sometimes called, is a coffee drink that combines all the tastes you associate with pumpkin pie: pumpkin flavoring, cinnamon, nutmeg, ginger, cloves.

The arrival of the Pumpkin Spice Latte to the Starbucks menu has become a harbinger of autumn since 2004, when it was first released.

Now, more than 15 years later, almost every establishment that sells coffee in America has its own pumpkin spice latte recipe that it sells from late September through October.

The pumpkin spice latte, or “PSL” as it’s sometimes called, is a coffee drink that combines all the tastes you associate with pumpkin pie: pumpkin flavoring, cinnamon, nutmeg, ginger, cloves.

Over the years I have become a connoisseur of all things pumpkin

spice. I’ve taste-tested nearly every PSL product on the market — so you don’t have to.

The most famous, of course, is the one offered by Starbucks. Their version is classic and quite good — especially the Pumpkin Spice Frappuccino (a cold, blended drink) and Pumpkin Cream Cold Brew (cold-brew coffee topped with sweet, pumpkin-flavored cream). These are menu items unique to Starbucks.

However, if you just want a classic hot, pumpkin spice latte, and if you don’t feel like driving for 45 minutes or more to get to a Starbucks, I would recommend getting one from McDon-

ald’s or Dunkin’ Donuts. Brand snobs might argue otherwise, but the hot pumpkin spice latte from these three chains offer essentially the same experience. If you want a hit of caffeinated PSL this Pumpkin Spice Season, I don’t think you’d miss out by going to McD or Dunkin’ instead of Starbucks.

Cumberland Farms (which has filling station/convenience stores in Amenia, N.Y., Millerton, N.Y., Great Barrington, Mass., and Torrington, Conn.) has a make-your-own pumpkin spice latte syrup with their other coffee condiments, next to the milk, sugar and creamers. You can add as many shots of syrup as you’d like to your coffee for

either a more subtle or a maximized version. Cumbies also offers a pumpkin cappuccino from its cappuccino machine that will be well-received by anyone with a sweet tooth.

There’s also a variety of pumpkin spice coffees and creamers you can buy at your grocery store, including non-dairy options. My favorites are the Pumpkin Spice Latte Cold Brew Coffee with Almond Milk by Califia, which has nice notes of cinnamon and nutmeg and is mild enough that you don’t feel like you’re drinking a dessert. I also like the Chameleon brand pumpkin spice

Continued on page 10

THANK YOU!
 For Making Our 2020
 Season A Success!

DRIVE-IN PATIO DINNER
 Cabaret

Sharon
 PLAYHOUSE



EXHIBITION OF NORTHWEST CORNER PHOTOGRAPHY BY L.A. STEEL

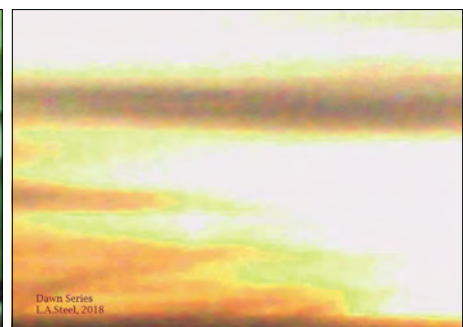
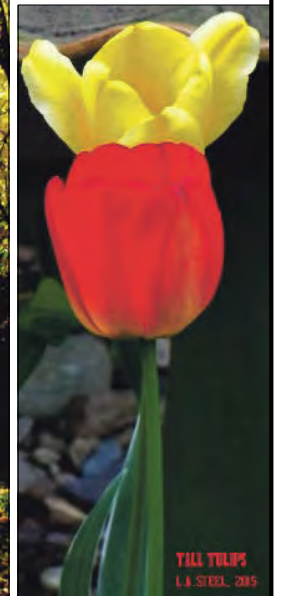
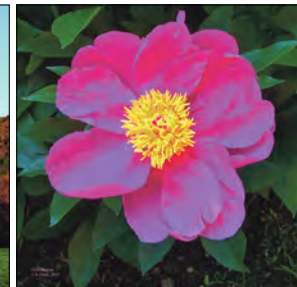
**OUTDOOR RECEPTION
FIRST DAY OF AUTUMN, TUESDAY, SEPTEMBER 22
5:00PM TO 7:00PM**

**NATIONAL IRON BANK
195 MAIN STREET, SALISBURY, CT**

I want to thank the National Iron Bank of Salisbury, CT for sponsoring my successful art exhibit and outdoor reception on the first day of Autumn, Tuesday evening, September 22, 2020. I also want to thank the many great guests who attended my reception. My very special thanks to Lorraine Oler, the Salisbury Branch Manager for all her remarkable work and enthusiasm and her great staff for putting on the reception.

I have a permanent display of my Northwest Corner Landscape Series of six colored and framed prints featured prominently in the main lobby of the National Iron Bank Salisbury Branch. All prints are available to order in three sizes 8x10, 11x14, and 24x36. Visit my website artandphotographyoflasteel.lasteelshow.org to view over 3,000 original images available for sale. Contact me by phone or email for exhibits, lectures, shows, to place orders or inquire. Email lasteel.exclusive@gmail.com or call 860-435-2187.

— L.A. Steel



Madsen Overhead Doors offers numerous options to fit any budget! Residential, commercial & industrial doors, electric operators, radio controls, sales & services.

**= MADSEN =
OVERHEAD DOORS**

Fast, friendly service since 1954

(518) 392 3883

673 Route 203, Spencertown, NY
www.MadsenOverheadDoors.com



Celebrating over
65
Years

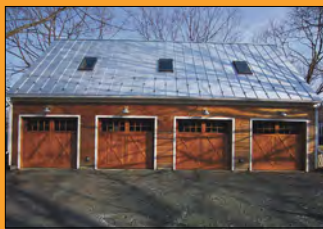


PHOTO BY CYNTHIA HOCHSWENDER

If you don't find a commercially produced pumpkin spice latte that's to your liking, try making one yourself. It's surprisingly easy.

... pumpkin spice

continued from page 8

oat milk latte, which is more spicy than sweet, differentiating it from many of the PSLs on the market.

If you're not a coffee drinker, Harney & Sons tea company, based in Millerton, has a Pumpkin Spice Tea.

If you are staying homebound due to quarantine, we've found a recipe for a pumpkin spice latte that you can make yourself at home.

This is from the website www.sweetsteep.com; the recipe was developed by a woman whose daughter was a barista at Starbucks. We found it was easy to make and tasted just like the Starbucks PSL — or actually, a little bit better.

We happened to have a couple cans of Libby's canned pumpkin in the pantry; when we went to the grocery store to pick up a few more cans we were surprised to find that none of the area grocery stores that we visited had any in stock.

The internet isn't indicating that there is a canned pumpkin shortage this year, as there was in 2015. We were shopping in late September, so it's possible that it was just a bit too early for the stores to be stocking it.

Some stores have the One-Pie brand of canned pumpkin, which gets high marks from users on the internet.

However, if you are unable to find canned pumpkin (and be sure you do not buy canned pumpkin pie mix, which already has spices added) there is still time to buy a baking or pie pumpkin at your local farm stand. Roast and puree the flesh, scoop it out of the shell and remove the seeds. Then be sure to puree the roasted flesh and then run it through a food mill. To give it more body, you can add roasted butternut squash or sweet potato; fresh pumpkin is always a little more stringy and watery than the canned version.

**BUDGET®
BLINDS**

Style and service for every budget.®

FREE In-Home Consultation

Lutron, Hunter Douglas, Shutters, Blinds & More

860.619.2811

www.budgetblinds.com

An Independently Owned and Operated Franchise

Proudly serving Litchfield County



JOHN & JUNE KINSKY
BUDGET BLINDS OF LITCHFIELD COUNTY
Email: jjkinsky@budgetblinds.com
HIC#0648748



VISIT OUR WEBSITE

www.budgetblinds.com/litchfieldcounty

LIKE US ON FACEBOOK

www.facebook.com/budgetblindsolitchfieldcounty



PUMPKIN SPICE LATTE SYRUP

Adapted from www.sweetsteep.com

- 1/2 cup sugar
- 1/2 cup water
- 2/3 cup pumpkin puree
- One 14-ounce can of sweetened condensed milk
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon salt

You can buy premade pumpkin pie spice, but you probably have all the ingredients for it in your pantry already. Save yourself some money, and use up your spices before they start to lose their flavor.

Most of the spice recipes we found are variations on a few basic ingredients. The Martha Stewart recipe worked fine, but almost any other recipe will be just as good. Combine 3 tablespoons of ground cinnamon, 2 teaspoons

of ground ginger, a teaspoon of ground nutmeg, a teaspoon of ground allspice and a half teaspoon of ground cloves. If you don't have any allspice, don't go out and buy some just for this.

To make the pumpkin spice latte syrup, first make a simple sugar by combining a half cup of water and a half cup of sugar in a small saucepan over medium heat. The sugar will dissolve into the water and then begin to boil; when it does, turn the heat to low and add the pumpkin puree, the condensed milk, the pie spice and the salt. Stir them together for a couple minutes over low heat and then set the mix aside and let it cool.

Be sure that you use condensed milk, which is thick and sweet,

and not evaporated milk or any other canned milk product.

The two most common brands around here are Magnolia from Borden's, which was made here in the Tri-state region for many years by the Borden family; and Eagle Brand (and actually, Eagle makes the Magnolia milk too).

When you're ready to make a latte, you don't have to use espresso, you can just make coffee (as strong or weak as you like). I use about two tablespoons of syrup for each normal-sized cup of coffee; experiment until you find the amount that you like.

You don't need to add milk—but if you have a milk frother you can of course scoop some on top of your latte, and sprinkle a little dusting of pie spice over the top.

FALLS VILLAGE PACKAGE STORE



BEER • WINE
SPIRITS • KEGS
ICE • CIGARETTES

MONDAY-SATURDAY
9AM-8PM

SUNDAY
12PM-5PM

860-824-7971

36 RAILROAD STREET
FALLS VILLAGE, CT



Support for dyslexia and other language-based learning differences



Kildonan @ MARVELWOOD



Former Kildonan School's Orton-Gillingham Program is now part of Marvelwood's Learning Support Center.

FOR INFORMATION:

marvelwood.org/learningsupport

admission@marvelwood.org

860-927-0047 ext 1011

www.marvelwood.org

A Co-ed Boarding & Day School in Kent, CT Grades 9 thru 12 & Post-Graduate

ROSE O'NEILL

(1874-1944)



Vote for Our Mothers An Original Watercolor on Paper, 4 1/4" x 5 5/8"

GREEN RIVER GALLERY

SINCE 1975

SPECIALIZING IN WORKS BY ERIC SLOANE AND AMERICAN ART OF THE 19TH AND 20TH CENTURIES

1578 Boston Corners Road, Millerton, NY 12546 • 518 789-3311

Just 5 1/4 miles north of Millerton

Open Saturday: 10-5, Sunday 12-5, or by appointment

HALLOWEEN: KATE HOCHSWENDER

Zoom Into Halloween!

Halloween is fast approaching, which means it's time to forget everything Tom Ford told you about how to look beautiful on Zoom.

Spooky season is now in full effect, and while many of Halloween's festivities may be canceled due to the quarantine, we can still carry on the way we have been with everything else this year: on Zoom!

The New York Times in April published a column about tips from Tom Ford on how to look your best on Zoom, but for October it's important that you look your creepiest instead.

While 2020 has had no shortage of scariness already, stores are still stocking up with seasonally appropriate decorations, costumes and toys in preparation for Oct. 31. Some people have been doing work calls on Zoom in a button-up shirt and tie but with no pants on; for Halloween, you only have to wear as much costume as is visible on camera. This is your opportunity to go as a Frankenstein's monster in boxer shorts — and no one will be the wiser.

The beauty of a Zoom Halloween is that instead of needing to decorate your whole house or front porch, you just need to decorate the area directly around your computer and within the scope of your webcam. This will save you some time and money as you only need so many skeletons, cobwebs, crêpe paper ghosts, blood-spatter clings and paper bats to cover the necessary wall space. In fact, if you're the type of person who saves your decorations from previous years, you can now consolidate all of them into one small area for maximum effect.

Other guides to looking good on Zoom focus on the importance of lighting to make your skin and eyes radiant on camera and would have you put your laptop near natural light or a lamp. For October, make sure to close all your curtains and turn off your overhead. The only light you need is perhaps a lit candle or flashlight directly underneath your chin, to really

accentuate the shadows underneath the contours of your face — perfect for telling scary campfire-style stories. Orange or purple string lights will also do the trick and give your face an eerie glow.

If you're currently sharing your quarantine with another person, you have a perfect accomplice for some Halloween Zoom pranks. Get him or her (or they) to dress up in a scary costume and menacingly wander in and out of frame behind you, perhaps carrying a machete.

All the materials needed for your perfect Zoom Halloween setup can be found in the usual local stores' holiday aisle such as CVS, Walgreens, Stop & Shop, the Salisbury Pharmacy, and the seasonal Spirit Halloween, which is open again in Kingston, N.Y.

This may be a year where our creativity at getting our Halloween spooks in is pushed to the limit — but just remember: Your house is as haunted as you make it!



PHOTO BY CYNTHIA HOCHSWENDER

Author Kate Hochswender, in her happy place: The horror mask display at Spirit Halloween in Kingston, N.Y.



PHOTO BY KATE HOCHSWENDER

Don't worry about decorating the front porch and lawn for Halloween this year, when trick-or-treating might be canceled. Instead, set up a mini horror tableau for a Zoom Halloween.

TRAVEL: HUNTER O. LYLE

Forget the Plane — Flip The Page Instead

Autumn is typically a time when we dive back into books, after a summer spent, ideally, on vacation. But with the world in disarray as it is now, summer travel was nearly impossible, — and if you're anything like me, five months of being cooped up have left you looking for any way out.

While you cannot hop on a plane and skip town just yet, a safe alternative would be to let the written word take you away from the stress and struggles of quarantine.

Some books take you to a different country. Some take you to a different time, and some even take you to another world. Whatever, wherever or whenever you are looking to go, there is most likely a book that can transport you there, and it will not cost you a fraction as much as a plane ticket.

While I have never been to Puerto Rico, the words of Hunter S. Thompson in the novel “The Rum Diary” have brought the sandy beaches and palm trees to me. Known for his crazy antics and wild thoughts, Thompson delivers the story of Paul Kemp, a journalist in the 1960s who travels to the Caribbean island for work, and finds adventure, romance and, of course, a lot of rum along the way.

The absurdity that ensues will help readers forget about the insanity that is continuing to unfold in reality.

If tropical islands don't do it for you, maybe a trip through France and Spain would. That is what you get in the 1926 novel “The Sun Also Rises” by Ernest Hemingway. Join Jake Barnes as he and his group of fast-living, hard-drinking expatriates travel from Paris, France, to Pamplona, Spain, to watch the traditional running of the bulls.

“On the Road” by Jack Kerouac is a 1957 novel that describes the

The portrayal of romanticized travel and wanderlust, written by one of the greatest authors of all time, is more than enough to lift the spirits dampened by the quarantine blues.

author's effort to make it across the United States by any means necessary. It's one of many books that may offer a solution to the stuck-in-lock-down gloom.

“The Cuban Affair” by Nelson DeMille, “All Quiet on the Western Front” by Erich Maria Remarque and “The Proud Highway” (also by Hunter S. Thompson) are three other books that transport the reader away from the stress of quarantine.

The portrayal of romanticized travel and wanderlust, written by some of the greatest authors of all time, is enough to lift the spirits dampened by the quarantine blues.

Life has started to return somewhat to what it was like in the days before COVID-19. Businesses are starting to reopen, school is back in session and people seem to have found comfort in leaving their homes again, even if only for a brisk walk around the block.

But leaving the house is one thing; leaving the state or even the country is another thing entirely. While there are still limitations and restrictions on travel in this world, the ones crafted by the great writers and authors throughout time are still untouched by the pandemic.



PHOTO BY HUNTER O. LYLE

“The Cuban Affair” by Nelson DeMille, “All Quiet on the Western Front” by Erich Maria Remarque and “The Proud Highway” by Hunter S. Thompson are all books that transport the reader away from the stress of quarantine.



Sanitation Service

*Quality Service For
Refuse Removal
Recycling For The Future*

Amenia, New York

1-800-522-7235

845-877-9354

T-SHIRT FARM

Home of The Black Cow
 Creating custom apparel since 1973

We now carry Carhart!

22 Main Street Millerton, NY 12546
 518-592-1777 • www.TshirtFarmNY.com



Salisbury
Artisans
 Group

We're sad to miss everyone at the fall festival but you can find us and our beautiful, handmade wares online!

Artisansale.org
Facebook.com/SalisburyArtisans



PHOTO BY LEILA HAWKEN

Who knows what treasures lurk in the back of your closet? Perhaps a pledge paddle and a giant egg cup ...

ORGANIZING: LEILA HAWKEN

Weeding Out the Walk-In

The fall season inspires many of us to tackle tasks in home spaces holding essential and non-essential stuff that has built up over the summer, or longer. Take, for example, a walk-in closet that has become a stretch-to-reach-in closet with various objects blocking the way.

It is time for a fall clean-out of that closet. So, I invite you and others to undertake the task along with me. I have selected the dining room closet.

It was intended to be the guest coat closet, but reality dictates that it needs to harbor lots of other stuff.

First, open the door and have a look. OK. Five old golf clubs with wooden shafts; four still have their original leather hand grips; one is a brass putter. Six umbrellas; good condition. Two are short and collapsible, and there's one collapsible pink one that I've never seen before. It's not mine.

Moving ahead, I find my father's 1920-ish pledge paddle for Theta Xi fraternity at Carnegie Tech in Pittsburgh, signed by fellow pledges and some members. Should keep that.

As I feared would be the case, half of the coat racks are taken up with outer clothing left behind by a wily New York City apartment-dweller who has gradually encroached on my household closet space, using it as free storage. Came heavy laden and departed with lighter luggage.

Continuing on, I discover a smallish box labeled "Miscellaneous Non-Essentials." This is an interesting box that has not been opened for eight years.

What's in the box? Well, let's see. A linen kitchen apron from the Dominican Republic: not essential, but useful.

An unused 1963 business diary from the Acme Wire Company in New Haven, Conn. In addition to useful calendar and appointment pages, it offers advice on chemical properties and even stain removal and First Aid. It advises on what to do if someone nearby has been struck by lightning: Simply throw water on the victim. To me, that seems like a bad idea.

Three packages of colorful clothespins will definitely be useful, even essential. A yellow egg cup. A packet of linen mailing envelopes. My initials in huge wooden letters. An extension cord. An extension outlet. Two packets of whimsical kitchen magnets. A partial packet of Christmas cards.

For fall clean-up of closets, experts use words like weeding and purging. As I survey my closet during this fall season, and now that I look over the dining room table cluttered with this assortment of non-essentials, I understand the concept of weeding.

And, then, even better is the prospect of actually walking into my walk-in closets. The experts are correct.



KENT FITNESS MATTERS

**EMBRACE CHANGE.
 FEEL GOOD.
 BE HAPPY.**

Physical activity is an integral part of our lives. It not only benefits us physically but mentally, as well. Our goal at Kent Fitness Matters is to help facilitate the happiest and healthiest version of you. That, for us, is the true definition of the mind-body connection.

PERSONAL AND GROUP TRAINING FOR STUDENTS
 FUNCTIONAL TRAINING/STRENGTH, STRETCH AND BALANCE
 PERSONAL TRAINING
 OPEN GYM
 TRAINING FOR BREAST CANCER SURVIVORS

KENTFITNESSMATTERS.COM
903.470.3973



MUSIC: PATRICK L. SULLIVAN

The Best of Jazz, and Jazz as a Pathway to Greatness

I had the good fortune to attend an excellent public high school. Langley High School in McLean, Va., was so good that the great and the good of Washington, D.C., who had their pick of exclusive private schools, often sent their kids to Langley.

I was a decent trumpet player, and mid-way through my sophomore year I was plucked from the pedestrian Concert Band and took the fourth chair in the trumpet section of the Jazz Lab.

The music teacher was a white-haired, red-faced Boston Irishman named George Horan. He ruled his empire with a cunning mix of fear and encouragement. We wanted to make him happy, because a) he was genuinely delighted when we demonstrated improvement and b) we were afraid of

what he'd say if we didn't demonstrate improvement.

Going from Concert Band to Jazz Lab was like being suddenly promoted from single A baseball to the major leagues. I hid at the end of the section and played my parts as softly as I dared, lest I attract any attention.

Horan was having none of it. "Sully!" he'd bellow. "Lemme hear it from the top!"

My junior year we went to what was then West Berlin on an exchange trip. (The Germans sent a bluegrass band, which sounds like the premise of a Philip Roth novel.)

We played two shows a day for two solid weeks, on television, radio, in a



AMAZON CATALOG PHOTO

Continued on page 16

Herrington's Welcomes Designers Mikayla and Jennifer.

Mikayla "I've had a passion for design from a very young age and hold a Bachelor of Fine Arts Degree in Interior Architecture and Decorating. My design tip for anyone starting a new project, whether big or small; remodel or new build, is to have an idea of what you want your end goal to be and don't be afraid to try new things. The designers at Herrington's are here to make your dream space become a reality."



Display: Light Cabinets: Door style: Lyndale Half Overlay in Maple — Kraftmaid custom color matching. Dark Cabinets: Door style: Layden in Woodgrain Foil — Color: Cannon Grey. Backsplash & Right Side Top: Caesarstone Staturio Maximus — Left Side Top: Caesarstone Concrete

Jennifer "Making your house a home" has been my motto as a designer. I've worked with clients over the last 20 years, in the residential and commercial sector, turning their ideas into a reality. It's been my goal as an interior designer to help my clients love where they live! No project is too small, come stop in the Lakeville design studio to learn about our latest in kitchen, bath, tile and flooring.



Display: Crystal Cabinet Regent Inset w/beaded frame — Color: Overcast Matte paint Sink Kohler Cape Dory in white — Counter top: Cambria Waterford



We share your passion.®

Hillsdale, NY: 518.325.3131 · Marble & Tile Design Center: 518.325.5836 · Lakeville, CT: 860.435.2561 · Hudson, NY: 518.828.9431
herringtons.com · 800.453.1311 · KITCHEN, BATH & TILE DESIGN SERVICES



AMAZON CATALOG PHOTO

... best of jazz

continued from page 8

former concentration camp and in a beer hall on the same bill with the Platters. Then we drank beer at Burger King with some of the Platters.

And when we came back we were a tight outfit. We won every competition we entered.

I had braces for what seemed like forever, and playing a brass instrument with braces is not much fun.

Senior year the braces came off and with them went most of my range.

But my tone was suddenly nice and round and full.

Horan promoted me to the second chair, which handled whatever soloing was called for.

He ordered me to practice endless scales at home.

And he told me to listen to (and play along with) records by Miles Davis and Sonny Rollins — the former for what a trumpet player could get away with without a big range, and the latter for how to start a solo with a restatement of the melody line and then add a few twists.

Much to my surprise, suddenly I was

improvising and it didn't sound awful.

He recommended some other stuff too — a lot of bluesy material without complicated chord changes.

So I did, because nobody disobeyed George Horan. Here are the records I picked up or borrowed and played to:

- Miles Davis: "Kind of Blue." This is on everybody's jazz list but so what.
- Sonny Rollins: "Saxophone Colossus" (especially "Blue Seven").
- "The Trumpet Kings Meet Joe Turner" with Roy Eldridge, Clark Terry, Dizzy Gillespie and Harry "Sweets" Edison.
- Joe Turner and Count Basie: "The Bosses" (with Edison on trumpet).
- "The Smithsonian Collection of Classic Jazz," which in its first incarnation ran the gamut from Robert Johnson to Ornette Coleman.

I occasionally get my trumpet out and I can still play "Ornithology" (not very well).

But I never forgot George Horan and the way he got the best out of me — and then demanded a little bit more.

NORTHWEST AUTO

Home of the \$49.95 All Wheel Alignment Special!

Winter is coming ...

call us for the best TIRE prices around!

(860) 824-4000

www.northwauto.com

32 Railroad Street Canaan, CT 06018



AMAZON CATALOG PHOTO

COMMUNICATION: DEBRA A. ALEKSINAS

How To Survive the Dreaded Zoom Conference

I was dumped from my dream job via teleconference.

Instead of packing my plant and personal belongings into a cardboard box, I had to bubble wrap all the company-supplied electronics provided by my employer (computer, smart phone, printer/fax, camera) stuff them into three Volkswagen-size containers and ship them back from whence they came. Talk about insult to injury.

There were no goodbye hugs to my remote coworkers, all 50-plus of whom were also laid off en masse that Bloody Monday in April 2014 when the print magazines division of the global company we worked for shut down. No notice. No closure. Worse of all, no cake!

Just collective gasps and virtual pink slips.

Time, as they say, heals all wounds, and being the eternal optimist, I chalked it up to a learning experience while vowing never to work remotely again.

But never say never. Fast forward to the 2020 apocalypse, and here I am, once again, yup, working in PJs.

Whereas the first time around I was still able to do what I enjoy most, like meeting up with humans and covering community events, this time around it's pretty much me in front of my computer, all day long, staring at pixels instead of people.

In just nine months since the pandemic started, this social butterfly has morphed into a reluctant Zoomie (not to be confused with zombie, which does perfectly describe me after about five minutes into a Zoom meeting).

Now, don't get me wrong. I appreciate being able to work from my home office and out of COVID-19's cruel path. But there must be a way to stave off the symptoms of a Zoom-induced coma: bleary eyes from staring at the blue screen while trying (unsuccessfully) to maintain eye contact and look interested; permanent deafness from ear-piercing screeches as others grapple with technology; and conversations punctuated with odd background noises.

Who hasn't been one of those people vying to get a word in edgewise as a select few monopolize the conversation? And what about the never-ending small talk and annoying interruptions from children and pets, which only prolong the agony for those of us praying for a blackout?

So what's a Zoomie to do? *Carpe diem*,

as the Roman poet Horace would say. Seize the virtual day. With that in mind, I've come up with some survival tips to help my fellow Zoomies survive the next virtual encounter:

- Turn yourself into a potato. True story. During a virtual work meeting, a boss accidentally turned herself into a potato using a fancy filter and couldn't figure out how to fix it. Her colleagues were in stitches for 10 minutes. Now *that's* a stress reliever on steroids.

- Take yourself to a tropical island. Find a virtual background that speaks to your interests and personality. (Just keep in mind that sexual harassment prevention training course you were required by the state of Connecticut to take!)

I've seen many recent backgrounds that depict stunning locales, both globally and in our own communities. You can even transform your humble kitchen or bedroom work area into a swanky palace (tiara or crown optional).

- Be prepared and remember, the mute button is your friend. Let others be more than just virtual wallpaper. There are plenty of small theaters looking for a few good hams if you really must speak.

- In a reversal of Casual Fridays, dress up for Formal Mondays. Ditch the "new normal" work outfit of baggy sweats, T-shirts snatched from the dirty laundry bin and tattered bunny slippers. Instead, start the first meeting of the week in your Monday finest by dusting the cobwebs off your "old normal" wardrobe (remember button-down shirts and khakis, skirts and heels?) and putting your best face forward.

Of course, there is no guarantee in this day and age of uncertainty that relationships, whether work-related or personal, won't fall victim to an unexpected virtual parting of ways.

My advice, as someone who has been there, is to keep plenty of cake on hand, just in case.



SCREEN CAPTURES BY DEBRA A. ALEKSINAS

Author Debra A. Aleksinas has had just about enough of Zoom meetings.



Custom Bending Up to 3 Inches

**Tires • Brakes • Mufflers
New York State Inspections**

Open Mon - Fri 8 to 5; Sat 8 to 1

**Route 22, Millerton, NY
(518) 789-3669**

John Heck • Cindy Heck



PHOTO BY CYNTHIA HOCHSWENDER

Getting back to our roots

The colorful bounty of peak summer at our area farms is over for this year, but farmstands are still a rewarding destination, with root vegetables, winter squash, beets and sturdy winter greens. This photos is from the Montgomery Place stand in Red Hook, N.Y.

TRI-CORNER CALENDAR

To view all calendar entries, go to www.TriCornerNews.com.

ART

Five Points Gallery, 33 Main St., Torrington, Conn. www.fivepointsgallery.org
"Strange Names"; Joe Bun Keo, Hirokazu Fukawa & Olu Oguibe, Oct. 9 through Nov. 14.

Gedney Farm, 34 Hartsville-New Marlborough Road, New Marlborough, Mass. www.gedneyfarm.com
A Bridge Over Troubled Times – Sculpture by Peter Barrett & Susan Clinard, through Oct. 31.

Kent Memorial Library, 32 N. Main St., Kent, Conn. www.kentmemoriallibrary.org
Christine Lombardi's "By the Sea", through Oct. 30.

The Re Institute, 1395 Boston Corners Road, Millerton, N.Y. www.thereinstitute.com
"Together in Isolation", by appointment.

Scoville Memorial Library, 38 Main St.,

Salisbury, Conn. www.scovillelibrary.org
DIY Series - Intro to Calligraphy: Blackletter with Debby Reelitiz, Oct. 31, 10 a.m. to noon. (online).

MISCELLANY

Kent Pumpkin Run, www.kentpumpkinrun.com
44th Annual Kent Pumpkin Run, Oct. 22, 23, 24 or 25 (online).

Millbrook Free Library, 3 Friendly Lane, Millbrook, N.Y. www.millbrooklibrary.org
Tech Help, Oct. 23, 4 to 6 p.m. (online);
The Great Give Back Food Drive, through Oct. 31.

The Mount, 2 Plunkett St., Lenox, Mass. www.edithwharton.org
Creative Writing Workshop: Healing Through Nature, Tuesdays Oct. 15 through Nov. 12, 11 a.m. to 1:30 p.m. (in person and online).

Worried about ticks and fleas this season? Call us to discuss what prevention may be appropriate for your companion or check out the options on our online pharmacy!

CALL 518.789.3440 or
VISIT US AT:
www.mvponlinex.com



Millerton Veterinary Practice



Creative Reading Workshop: Imagining Reclamation and Healing, Oct. 15 through Nov. 12, 4 to 5:30 p.m. (online).

October Pop-Up Bistro Evenings at The Mount, Fridays and Saturdays in October, 3 to 7 p.m., and Sundays in October, 10 a.m. to 1:30 p.m.

Salisbury Association, 24 Main St., Salisbury, Conn. www.salisburyassociation.org

Birds in Crisis: What Can I Do?, Tuesday through Friday, 9 a.m. to 1 p.m. and Saturday, 10 a.m. to 1 p.m.

Scoville Memorial Library, 38 Main St., Salisbury, Conn. www.scovillelibrary.org
Salisbury Farmers Market, Oct. 3 and 10, 10 a.m. to 1 p.m.

Meditation with Kathy Voldstad, Sundays, Tuesdays and Thursdays in Oct., 9 to 9:30 a.m. (online).

Yoga with Kathy Voldstad, Tuesdays in Oct., 8:30 to 8:55 a.m. (online);
Therapeutic Movement and Breath Class led by Suzanne Mazzarelli, Yoga Therapist, Oct. 2 and 9, 10:30 a.m. (online).

Sharon Audubon Center, 325 Cornwall Bridge Road, Sharon, Conn. sharon.audubon.org
Bird Seed Sale, order by Oct. 16, pick up Nov. 14, 9 to 11 a.m. (Sharon Audubon Center) or 1 to 3 p.m. (Bent of the River Audubon Center in Southbury, Conn.)

Ventfort Hall, 104 Walker St., Lenox, Mass. www.gildedage.org

Drop-in Yoga, every Saturday, 8 to 9 a.m.

TALKS

Cornell Cooperative Extension of Rensselaer County, 61 State St., Troy, N.Y. www.ccerensselaer.org

“Putting The Garden To Bed”, Oct. 14, noon (online).

Mahaiwe Performing Arts Center, 14 Castle St., Great Barrington, Mass. www.mahaiwe.org

Scott Eyerly Virtual Met Opera Lecture, Oct. 25, Nov. 8 and 22, Dec. 6 and 20, 5:30 p.m. (online).

Millbrook Free Library, 3 Friendly Lane, Millbrook, N.Y. www.millbrooklibrary.org

Investment Basics, Oct. 14, 5 p.m. (online); Medicare 101, Oct. 19, 6 to 8 p.m. (online).

The Mount, 2 Plunkett St., Lenox, Mass. www.edithwharton.org

Online Ghost Tours at The Mount, Fridays through Oct. 31, 8 p.m. (online).

Scoville Memorial Library, 38 Main St., Salisbury, Conn. www.scovillelibrary.org

Understanding Medicare presented by Margaret Ackley, Oct. 17, 10 a.m. to noon (online).

Ventfort Hall, 104 Walker St., Lenox, Mass. www.gildedage.org

Eva Tanguay, the I Don't Care Girl or Lady Gaga of the Gilded Age, Oct. 3, 3:30 p.m. (in person and online). Molasses from Slave Trade to Boston's Great Molasses Flood, Oct. 10, 3:30 p.m. (in person and online).

YOUTH

Berkshire Botanical Garden, 5 West Stockbridge Road, Stockbridge, Mass. www.berkshirebotanical.org

Garden Sprouts — Berkshire Botanical Garden's Toddler Program, Wednesdays and Thursdays in October, 9 a.m. to noon.

The Center for Performing Arts at Rhinebeck, 661 Route 308, Rhinebeck, N.Y.

www.centerforperformingarts.org
Showdown at Palm Tree Pines, Oct. 3, 11 a.m.

Fellowship of the Books: Five Libraries

More Programs, www.facebook.com/fellowshipofthebooksny
Virtual Dungeons and Dragons, last Saturday of the month through Dec. 26, 1 to 4 p.m. (online).

Kent Memorial Library, 32 N. Main St., Kent, Conn. www.kentmemoriallibrary.org

Music and Rhyme for Children from Birth to 3s, Tuesdays, 10:30 a.m. (online);

Baby Group in the Grass, Wednesdays, 10:30 a.m.; Lunch Bunch, Thursdays, 12:30 p.m.

KidsPlay Museum, 61 Main St., Torrington, Conn. www.kidsplaymuseum.org

Bilingual Stories in the Meadow, Wednesdays, 10 a.m.; KidsPlay Show & Tell, Thursdays, 9 a.m. (online).

North East Community Center, 51 South Center St., Millerton N.Y. www.neccmillerton.org

Teen Team In Person Outdoor Activity, Mondays; Teen Team Restorative Circle, Tuesdays (online); Teen Team Social Justice Book Club, Thursdays (online); Virtual Toddler Program, Mondays, 11:30 a.m., Fridays, 10:45 a.m. (online).

NorthEast-Millerton Library, 75 Main St., Millerton N.Y. www.nemillertonlibrary.org

Stay at Home Story Time with Miss Molly, Wednesdays, 10:45 a.m. to 11:05 a.m. (online); Tween/Teen Virtual Makerspace: Jack O'Lantern Wall Art, Oct. 23, 5:30 p.m. (online)

Oblong Books & Music, 6422 Montgomery St., Rhinebeck, N.Y. www.oblongbooks.com

Hudson Valley YA Society: Kenneth C. Davis, STRONGMAN, Oct. 16, 7 p.m. (online); Hudson Valley YA Society Virtual Book Launch: Jennifer Donnelly - POISONED, Oct. 21, 7 p.m. (online).

Lakeville Wine & Spirits



336 Main Street
Lakeville, Connecticut 06039

Large Selection of Domestic & Imported Wines,
Ice Cold Beer, Ice

Find us on BeerMenus.com, updated daily

P.O. Box 1837
860-435-2600

Robain L. Dionne
Permittee

lakevillewineandspirits.com

**All Lines
Of
Insurance**

Contractor Liability
Commercial Auto
Personal Auto
Home - Renters
Farm

William J. Cole Agency, Inc.

VICKI BENJAMIN
vickibenjamincoleagency@gmail.com
518-789-4657

1 John Street
Millerton, NY 12546

your news your community your life!

*When you need to know what's happening
in **your** community, we're there.*

Stay informed of all the local news and information that is around you. Whether you are looking for the high school sports scores, the dates for the county fair, an obituary or wedding announcement of a friend, or the police blotter — it's all there!

*We keep **you** connected.*

We've made it even easier to
Stay Informed.

*Visit www.tricornernews.com to purchase a print or online subscription.
Or contact Sandra Lang at 800-339-9873 or circulation@lakevillejournal.com*

The Lakeville Journal
THE MILLERTON NEWS
TriCornerNews.com

*Your Independent,
Locally Owned,
Community
Newspapers &
Regional News
Website*

JOURNALING: KAITLIN LYLE

Turning The Page This Fall With Journaling

Take it from someone who's been practicing the art of journaling for more than a decade: You may just discover more about yourself with a pen in hand and a blank page than you might suspect.

For some, journaling can be therapeutic: A few flicks of the wrist and you can feel confident that your thoughts are secure with a silent listener.

Others may use it to preserve memories, to jot down the woes and wonders of everyday life or to even find a way to approach conflicts they're too anxious to talk about out loud.

I first turned to journaling in high school and continued writing through college; this year, I've been using journaling to chronicle stories from the COVID-19 pandemic. Thanks to the thoughtfulness of friends and family members, I haven't needed to buy myself a new journal in years, though that hasn't stopped me from admiring the ones I see on display at stores around here.

The journal you purchase can reflect the way you want to tell your story. Are you looking for something small that you can whip out of your pocket at a moment's notice? If so, you might enjoy a Moleskine Classic Notebook, a Moleskine Volant Journal or a Moleskine Cahier Journal. If you want to see how they fit your own pockets or pocketbook, you can see and purchase them in person at Oblong Books & Music in Millerton, N.Y., or you can check Barnes and Nobles in Kingston, N.Y., most Staples stores and most Target stores.

If you don't want one of the Moleskines (which were, famously, the notebook of choice for Ernest Hemingway and Pablo Picasso), art supply stores

such as JWS on Railroad Street in Great Barrington, Mass., always have interesting options for journaling.

You can even buy heavy stock paper there and cut the sheets to be exactly the size you want, then custom cover them with the fabric or leather of your choice (you can also buy beautiful leather journals at Barnes and Noble; some are neat and tidy and others have unfinished edges that make them feel very "Lord of the Rings").

Over in Kent, Conn., House of Books carries a line of leather journals from Rustico, with colors ranging from buckskin to black to burgundy.

Young writers looking for a space to confide their thoughts in the manner of iconic YA heroine Harriet the Spy can always turn to the classic black-and-white marbled composition notebook, available at most stores and pharmacies. (Drip some juice from a tomato

sandwich onto one of the pages, for a true Harriet the Spy experience.)

Those seeking encouragement while trying a hand at journaling might want to pick up an inspirational journal. These journals are designed with an uplifting message on the front cover to empower the journaler and can be found at most art supply and stationery stores, and online at Anthropologie.

Journalers who like to keep track of the passing days can pick up a dated journal at Staples.

Ocean State Job Lot in Torrington, Conn., also has an unexpectedly large and diverse selection of art supplies, notebooks and dated journals.

Oblong Books & Music in Millerton sells a special Bibliophile Reader's Journal, an ideal gift for book lovers and writers. Many vendors of books and journals also carry the decorative and entertaining Wreck This Journal

line, which encourages the destruction of the journal with poked pen holes, spilled coffee, drips from tomato sandwiches (see the above reference to Harriet the Spy) and defaced photos. This might be a good place to start for anyone who is ambivalent about journaling; perhaps it will prove to be a gateway to more pacific and productive journaling. If not, perhaps it will offer a good aggression outlet.

The opposite of the Wreck This Journal books is the Bullet Journal craze (well, it was a craze last year). This innovative series reminds us that we don't have to put everything in electronic form on our phones and computers — we can write it down. On paper. With a pen.

Devotees of Bullet Journals keep lists of their favorite pens. The biggest supplies of diverse pens can be found at Big Box stores such as Staples and Target; and small, independent stores that sell art supplies, such as Oblong, JWS and Tom's Toys in Great Barrington. You can also find an excellent selection of pens at craft stores such as Michael's and Joann (they have shops in Torrington, Conn., and Kingston).



PHOTO BY HUNTER O. LYLE

Millerton News reporter Kaitlin Lyle advocates for journaling as a way to store memories and also to work out problems you aren't necessarily ready to talk about yet.

Whatever you hope to gain from giving journaling a try, just remember: It's not the journal or the pen that matters, it's what you put on the pages.

EDUCATION: ALEXANDER WILBURN

Teaching Children — and Finding Hope — in a COVID-19 World

It's perhaps not surprising that in recounting the many changes and challenges teachers have faced this year, Jandi Hanna, a speech and language pathologist who lives in Falls Village, Conn., starts with the negative. On top of the threat of spreading COVID-19 this year, there has been the existential threat. Teaching children, which relies on in-person conversation and, often, tactile learning, has been turned on its head.

Of course, what hasn't been called "an existential threat" these days? Hanna's response to the transitions of 2020 has been to not give up.

"When people say 'I can't do this anymore,' it's often because they feel that transitioning from one set of expectations is too much. It's not fun anymore.

"They're not incapable of doing it, they're just not enjoying it anymore."

Hanna has taught speech therapy throughout Connecticut's Region One School District, but currently works with students in kindergarten through eighth grade in both Cornwall Consolidated School in Cornwall, Conn., and Lee H. Kellogg School in Falls Village.

"I'm still enjoying it," she said. "It's hard, it's stressful, but I still like it."

Hanna recalls with a laugh those early days, when she still believed quarantining in the Region One schools

would only last two weeks.

"It was so abnormal. It was such a shock to the system."

Stuck at home, she created what she describes as her version of the electronic board monitoring the Dow Jones Industrial Average at the New York Stock Exchange.

"I used the Venetian blinds in my bedroom as the board, and had stickers all over the blinds: which child goes into which list ... It was really hard. But one day I woke up and I didn't need the blinds anymore. The week was going smoothly."

Hanna's students have needs that range from improving speech articulation to language skills. Some older students might feel stuck in a literal mindset, struggling with understanding figurative expressions or drawing conclusions based on verbal inferences, for example. Multiple choice and matching tests can also prove to be difficult for these students, something Hanna addresses in her virtual lessons with a system she created on Google Docs.

"A lot of children who have delayed

or special needs are not very good at advocating for themselves," Hanna said. With that in mind, it might be easy to imagine that delayed students would struggle this year, feeling particularly isolated while learning from home. Hanna found the opposite was true. The spring turned out to be a positive turning point.

"Some students really do have school anxiety. Some of the trauma is actually being in school."

Hanna heard from teachers that some of her students felt more comfortable in the virtual classroom, able to ask questions privately to the teacher, free from facing the anxiety of drawing immediate attention to themselves.

Because of virtual learning, Hanna said, "Several students I worked with were turned into better self advocates. And they still came back to school this fall. There were two in particular who wonderfully surprised me by wanting to come back. They've grown up, they've become better self advocates, they missed their friends and they want to be there. Now we have these touchstones. 'Remember this-or-that was difficult before, but you found a strategy during virtual learning; so what did you do?'"

Back at school once again, Hanna is facing new challenges as she holds her sessions in a booth in the school gymnasium, with two partitions divided by plexiglass.

"It's everything in graduate school they taught us not to do. The gym has all kinds of ambient noise. You can hear the furnace there..."

For Hanna of course, the show goes on, as she and her students wear face

When people say 'I can't do this anymore,' it's often because they feel that transitioning from one set of expectations is too much. It's not fun anymore.



PHOTO BY ALEXANDER WILBURN

Jandi Hanna helps children with communication and verbal expression as a speech pathologist at Lee H. Kellogg School and Cornwall Consolidated School in Connecticut. She continued to teach students "virtually" in quarantine, and has returned to in-person lessons this school year.

shields (put on before removing their masks) so they can see each other's mouths.

She described going from virtual learning in the spring to a new kind of in-person distance teaching in the fall as the musical progression from the blues to jazz.

"Blues are blue, we missed each other, but with jazz we feel better now. We're happy to see the students. Though the challenges are enormous, we really have the support of the administration, not only from the principal of each school, but from the superintendent's office. There aren't any unrealistic expectations."

YOUR COMMUNITY-SUPPORTED LIBRARY TUES & THURS 10-5 | FRI 3-7 | SAT 10-1

SAFE CURBSIDE SERVICE & FAMILY VISIT APPOINTMENTS
SPACED NEW! EXPANDED WIFI & 2ND FLOOR WORK SPACES
OPEN ART EXHIBIT | *GIRLS! GIRLS! GIRLS!* THROUGH NOV 14
BOOKSALE | NOV 7 & DEC 5 OR BY APPOINTMENT

ZOOM EVENTS W/ CONSERVATIONIST GINNY APPLE

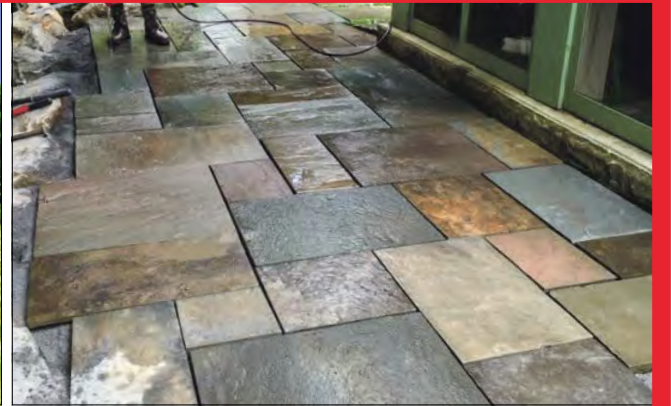
THINGS THAT GO BUMP IN THE NIGHT | OCT 17 3PM

WILD TURKEYS | NOV 14 3PM



**David M. Hunt
Library**

63 MAIN ST | FALLS VILLAGE, CT
860-824-7424 | HUNTLIBRARY.ORG



one call for all your needs

EXCAVATION, LANDSCAPING GROUNDS MAINTENANCE

Thank You!

Sharon Lawn and Landscape gives thanks to first responders during this worldwide pandemic.



**SHARON LAWN
& LANDSCAPE**

Builders, Churches, Custodians, EMS, Financial Institutions, Food stores, Healthcare Facilities, Law Enforcement, Militia, Postal Service, Restaurants, Retail stores, Schools, Truckers, and our Hardworking, Dedicated Employees

Thank you for all you do. We appreciate your dedication and love.

**Commercial/Residential
Licensed | Insured | Credit Cards Accepted**

(860) 672-5260 | Sharonlawnandlandscape@yahoo.com





ASSOCIATED LIGHTNING

Rod Company, Inc

*Protecting the Northeastern
U.S. since 1953*

**Design & Installation
Surge Suppression**

www.alrci.com

(518) 789-4603

(845) 373-8309

(860) 364-1498