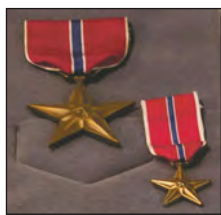


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The Lakeville Journal

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



PHOTO CONTRIBUTED

From left, Grant Bogle, president of the Twin Lakes Association, and Elyse Harney Morris and Bill Melnick of Elyse Harney Real Estate recently gathered atop Cooper Hill in Sandisfield, Mass., during an event to celebrate preservation efforts to protect 1,000 acres in Connecticut and Massachusetts from development. The background shows sweeping views of the Taconic mountain range.

A thousand-acre victory for land conservation

By Debra A. Aleksinas

SALISBURY — A coalition of eight conservation groups and two limited liability companies comprising private citizens have joined forces to protect 1,000 acres of mature woodland forests and farmland in Connecticut and Massachusetts, valued at between \$13 million and \$15 million, from development.

The acreage, a portion of which offers sweeping views of the Taconic mountain range, was put on the market this summer by Salisbury resident Robert Boyett, a retired television producer.

Boyett said he turned down several lucrative offers, preferring

to buy time for concerned environmental groups and property owners in two states to work together to put a conservation plan in place.

"A Boston developer wanted to build 30 houses on it," and other offers included plans for a golf course and a marijuana farm, he explained. "A lot of people have come along but I wanted to wait until I could just hold onto it and do the right thing."

The land comprises several separate parcels, all in different stages of preservation.

So far, 297 acres on the north side of Twin Lakes on Tom's Hill was taken off the market by an LLC

See LAND, Page A12

Community conversation on food security calls for new approach

By Leila Hawken and Natalia Zukerman

AMENIA — That food security is not a question of having enough food, but of ensuring that all individuals and households have safe, consistent access to that food was the premise of "Food Security: A Conversation," a panel hosted at Troutbeck on Sunday, Nov. 5, and attended by over 100 residents of the tristate region.

Food insecurity within the population has remained steady for the past 25 years, said Linda Quella, founder of Tri Corner Food Equity, who organized and moderated the event.

Creating resilient and sustainable access to quality food across populations, she said, requires a re-examination of the ways that food is grown, distributed and accessed throughout the region.

Typically, organic, sustainable farming practices require more labor, resulting in higher food costs; ultimately, said Quella, higher-quality produce is often inaccessible to most of the community.

The question becomes one of getting quality food to those who typically can't afford it, and get farmers a fair return.

Representatives of local networks of food pantries, warehouses, and farms made up the panel.

Jordan Schmidt, Food Program Director at The North East Community Center (NECC), in Millerton, raised the issue of fair pricing in his discussion of NECC's fresh food pantry, which delivers a variety of fresh, locally produced vegetables, milk, eggs and proteins to food-insecure residents.

The program not only makes it

possible for low income households to obtain fresh, nutritious food that they might not be able to afford, he said, but it also enables several small participating farms to increase their production and sales.

Getting food directly from farms into the food pantry system demands a shift from transactional to relational system of exchange, said Quella. Sarah Salem, founder and director of Hudson Valley Food Systems Coalition, emphasized the importance of fostering connectivity and trust.

Renee Giroux, manager of the

Northwest Connecticut Food Hub, said that food hubs can assist in resolving logistics and distribution issues faced by farmers, as well as ensure fair prices for their food. One of her goals is getting locally farmed food into schools in the Northwest Corner, she said.

Maggie Cheney, farmer and co-founder of cooperative Rock Steady Farm in Millerton, described how the farm's partnerships with food pantries and health centers suggest a model that sup-

See FOOD, Page A12



PHOTO BY RILEY KLEIN

Playoff season

Lou Haemmerle redirected a shot and scored when HVRHS played Nonnewaug in the Berkshire League playoff semifinals game on Tuesday, Oct. 31. Full story on Page A8.

Survey reveals trends in teen mental health, substance use, bullying

By Patrick L. Sullivan

FALLS VILLAGE — In May and June 2023, youth in grades nine through 12 at Housatonic Valley Regional High School participated in the Youth Voices Count survey on youth lifestyles, substance use, mental health, bullying and related risk and protective factors.

Region One middle school students in grades seven and eight took an abbreviated Youth Voices Count survey and were not asked questions related to substance use,

or other selected items such as sexual identity, certain emotional health indicators, sexual behaviors, and toxic stress items.

The survey was completely anonymous. No identifying information was collected.

The survey was a collaborative effort with the Housatonic Youth Services Bureau, the McCall Center for Behavioral Health in Torrington, the Northwest Corner Prevention Network, and Region One schools.

See MENTAL HEALTH, Page A12

First Prize

Autumn McKone, 12, of North Canaan, won the youth category for her vanilla and chocolate cupcakes on Saturday, Nov. 4, at the Calico Fair supporting the Pilgrim House, which houses Fishes & Loaves Food Pantry. Salisbury Rotary sponsored the event and King Arthur Baking Co. provided the flour.



PHOTO BY JOHN COSTON



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POLICE BLOTTER: TROOP B

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

Tire detaches, hits Jeep
On Sunday, Oct. 29, at approximately 11:15 a.m., Paula Blass, 58, of Torrington, was stopped at the Route 7 Stop sign at the intersection of Route 4 in Sharon when a Ford dump truck hauling a trailer and traveling eastbound approached the intersection. A tire from the trailer detached and struck Blass' Jeep. Jose Gonzalez, 57, of Norwalk, driver of the truck, was issued an infraction for operating with unsafe tires.

Honda stolen in Canaan
Troop B began investigating a report of a stolen silver 2013 Honda CRV in Canaan, taken between Wednesday, Oct. 25 and Saturday, Oct. 28. The vehicle was left unlocked with a key in the ignition. Troop B reminded residents to keep vehicles locked, and not to leave keys or valuable inside.

Fails to grant right of way
On Monday, Oct. 30, at approximately 2:30 p.m., Theodore Hicks, 17, of Kent was traveling north on Route 7 in North Canaan just north of Sand Road when Heeja Needham, 61, of Winsted, traveling southbound, attempted a left turn, pulling in front of Hicks' vehicle, striking the passenger side. Needham was issued an infraction for failing to grant right of way at an intersection.

Stopped, then rear-ended
On Wednesday, Nov. 1, at approximately 9:45 a.m., Troopers responded to an accident in Cornwall at the intersection of Cornwall Road and Flat Rocks Road. Muzha Medardo Vayancela, 25, of Danbury, was stopped in traffic and was rear-ended by Joanne Macdonald, 79, of Sharon. Both vehicles suffered minor damage and Macdonald was issued a verbal warning for following too closely.

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

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

Remember
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.
With thanks to those who serve.

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

Housing summit recognizes progress, plans for future

By Maud Doyle

WARREN — The annual Litchfield County Housing Affordability Summit began with the walk of the site of a new affordable housing project in Warren on Monday, Oct. 23.

Following the site walk, selectmen, members of local housing nonprofits and town housing commissions, and state legislators retired to Warren Town Hall for a series of speakers including Department of Housing Commissioner Seila Mosquera-Bruno, Rob Michalik of the state Housing Finance Authority, and State Rep. Maria Horn (D-64).

The Litchfield County Center for Housing Opportunity (LCCHO), the summit's host, awarded Maggie Cooley of the Cornwall Housing Corporation the Lifetime Achievement Award. Mary Close Oppenheimer, a board member of Salisbury Affordable Housing Commission, received the Community Engagement Award, in part for a series of profiles written originally for The Lakeville Journal on the community members who live in these homes.

The meat of the summit consisted of a series of webinars designed to arm volunteers, local legislators, and nonprofit workers with the most current thinking on strategies and tools for community engagement, recruiting and onboarding more volunteers, and finally, a discussion on working with conservation organizations to get more affordable housing built in Litchfield County.

New course record set in Cannonball Run 5K

By Patrick L. Sullivan

FALLS VILLAGE — The Ed McGuire Cannonball Run 5K race, an annual fundraiser for the Falls Village Volunteer Fire Department, was won by Stephen Fengler, whose final time of 16:04 set a new course record.

Elizabeth Fengler was the first female finisher at 20:32.

There were some familiar faces in the crowd of 50 runners, including Jill Cannon (23:16), Silas Tripp (19:25), Alan Lovejoy (28:33) and Shelley Maffucci (34:53).

The 5K course was nationally certified by USA Track and Field on Oct. 23.

Online This Week

Election 2023

Voting Day for municipal elections was Tuesday, Nov. 7, after The Journal's deadline. Election results can be found online at www.tricornernews.com

GMF sets forest closure for deer management goal

FALLS VILLAGE — Great Mountain Forest (GMF) in Falls Village and Norfolk will close the forest to recreation from Wednesday, Nov. 15, through Wednesday, Dec. 6 during the state deer-hunting season.

GMF is working to main-

tain the deer population to benefit the health of the deer herd and the health of the forest with a goal of 10-12 deer per square mile for the ecological capacity of the forest. The forest will be open for recreational use on Sundays through this period.



Stephen Fengler set a new course record on Nov. 4.

LEGAL NOTICES

LEGAL NOTICE

A meeting of the plot owners of the Amenia Island Cemetery Association will be held on Tuesday, November 28th at 5:30 p.m. at the Amenia Town Hall, 4988 Route 22 Amenia, NY for the purpose of electing trustees and for such other matters that may properly come before the meeting.

The annual meeting of the trustees will immediately follow the meeting of the plot owners.

Nicole Miller
Secretary
11-09-23
11-16-23
11-23-23

Legal Notice

The Planning & Zoning Commission of the Town of Salisbury will hold a Public Hearing on Special Permit Application #2023-0234 by owner A Slice of LLC for a detached apartment on a single family residential lot at 79 Old CNE Road, Lakeville, Map 40, Lot 29 per Section 208 of the Salisbury Zoning Regulations. The hearing will be held on Monday, November 20, 2023 at 5:45 PM. There is no physical location for this meeting. This meeting will be held virtually via Zoom where interested persons can listen to & speak on the matter. The application, agenda and meeting instructions will be listed at www.salisburyct.us. Written comments may be submitted to the Land Use Office, Salisbury Town Hall, 27 Main Street, P.O. Box 548, Salisbury, CT or via email to aconroy@salisburyct.us. Paper copies may be reviewed Monday through Thursday between the hours of 8:00 AM and 3:30 PM.

Salisbury Planning & Zoning Commission
Martin Whalen, Secretary
11-09-23
11-16-23

Legal Notice

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

Application #2023-0232 by owners Biagio Lubrano and Suzanne Tanner for a Home Occupation at 373 Lime Rock Road, Lakeville, Map 28, Lot 11 per Section 210.2 of the Salisbury Zoning Regulations. The hearing will be held on Monday, November 20, 2023 at 5:45 PM. There is no physical location for this meeting. This meeting will be held virtually via Zoom where interested persons can listen to & speak on the matter. The application, agenda and meeting instructions will be listed at www.salisburyct.us. Written comments may be submitted to the Land Use Office, Salisbury Town Hall, 27 Main Street, P.O. Box 548, Salisbury, CT or via email to aconroy@salisburyct.us. Paper copies may be reviewed Monday through Thursday between the hours of 8:00 AM and 3:30 PM.

Salisbury Planning & Zoning Commission
Martin Whalen, Secretary
11-09-23
11-16-23

Legal Notice

The Planning & Zoning Commission of the Town of Salisbury will hold a Public Hearing on Site Plan Application #2023-0231 by agent Todd Ritchie of SLR Consulting for a new garage building at 497 Lime Rock Road, Lakeville, Map 4, Lot 16. The hearing will be held on Monday, November 20, 2023 at 5:45 PM. There is no physical location for this meeting. This meeting will be held virtually via Zoom where interested persons can listen to & speak on the matter. The application, agenda and meeting instructions will be listed at www.salisburyct.us. Written comments may be submitted to the Land Use Office, Salisbury Town Hall, 27 Main Street, P.O. Box 548, Salisbury, CT or via email to landuse@salisburyct.us. Paper copies may be reviewed Monday through Thursday between the hours of 8:00 AM and 3:30 PM.

Salisbury Planning & Zoning Commission
Martin Whalen, Secretary
11-09-23
11-16-23

NOTICE OF CHANGE TO ORDINANCE TOWN OF SHARON

Town Meeting held 10-26-23 voted to repeal Ordinance pertaining to Food Establishment, Sewer Ordinance and Well Drilling Permit. Voted to adopt New Ordinance conforming to Housatonic Valley Health District. The full text of this ordinance is on file with the Sharon Town Clerk, where a copy can be obtained. This document is prepared for the benefit of the public, solely for the purposes of information, summarization and explanation. This document does not represent the intent of the legislative body of the Town of Sharon for any purpose. (CGS -157) This change to take effect fifteen days from publication in a newspaper of general circulation in the Town of Sharon.

Submitted by:
Linda R. Amerighi-CCTC
Town Clerk
11-09-23

Notice of Decision Town of Salisbury Planning & Zoning Commission

Notice is hereby given that the following actions were taken by the Planning & Zoning Commission of the Town of Salisbury, Connecticut on October 30, 2023:

Approved—Special Permit Application #2023-0227 by owner Marisa Simmons, for Cottage Bakery Home Occupation in accordance with Sections 210.1 and 210.2 of the regulations. The property is shown on Salisbury Assessor's Map 56 as Lot 25 and is located at 37 Undermountain Road, Salisbury.

Approved—Special Permit Application #2023-0229 by Authorized

Agent Rick Ehle, for Vertical Expansion of a Nonconforming Structure in accordance with Section 503 of the regulations. The property is shown on Salisbury Assessor's Map 12 as Lot 30 and is located at 254 Housatonic River Road, Salisbury. The property is owned by Theodore McGhee.

Approved—Special Permit Application #2023-0226 by George Johannessen of Allied Engineering Associates, for New Multifamily Construction the Multifamily Housing Overlay District in accordance with Section 405.3 of the regulations. The property is shown on Salisbury Assessor's Map 47 as Lot 37 and is located at 17 Perry Street, Lakeville. The property is owned by the Town of Salisbury.

Any aggrieved person may appeal these decisions to the Connecticut Superior Court in accordance with the provisions of Connecticut General Statutes §8-8.

Town of Salisbury
Planning & Zoning Commission
Martin Whalen, Secretary
11-09-23

NOTICE TO CREDITORS ESTATE OF PAUL A. COLLIER Late of Falls Village (23-00430)

The Hon. Jordan M. Richards, Judge of the Court of Probate, District of Litchfield Hills Probate Court, by decree dated October 26, 2023, ordered that all claims must be presented to the fiduciary at the address below. Failure to promptly present any such claim may result in the loss of rights to recover on such claim.

The fiduciary is:
Wayne A. Collier
105 Rte. 7N
Falls Village, CT 06031
Beth L. McGuire
Chief Clerk
11-09-23

The Lakeville Journal | MILLERTON NEWS

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Text and a reproducible photograph are due two weeks before the desired publication date. If sending a photograph (.jpg or .tiff file), please include the names of everyone in the picture in the body of your email.

For more information, or to submit your paid announcement, please email publisher@lakevillejournal.com.

Our Towns

Couch-Pipa VFW museum honors veterans' lives

By Debra A. Aleksinas

NORTH CANAAN — On the day of his release as a prisoner of war in Korea, Donny Godburn wrote a letter home to his mother.

The soldier's handwritten message is on display along with hundreds of other mementos, munitions, medals, money, photographs, uniforms and wartime items donated by veterans or their loved ones to the VFW Couch-Pipa Post 6851.

The artifacts, protected behind locked, glass display cases in the VFW's expanded museum, amplify the whispers of unsung heroes by keeping local veterans' stories alive for future generations.

"A lot of people, they can't believe it. They are surprised and amazed at what we have here," said Stanley Ralph, a Vietnam War veteran and post member.

The collection, which spans both world wars, plus the Korean, Vietnam, Gulf, Afghanistan and Iraq wars, is insured. The oldest artifact on display is a Shays' Rebellion 1787 musket.

Several years back, the museum caught the eye of the Smithsonian Institution in Washington, D.C., which was interested in several items on a loan basis, explained Kirk Harrington, who has served as post commander since 2012.

"Fortunately, we said 'no.' It would have been tough to get them back once they are on display there," he noted.

Munitions made in Northwest Corner

On a recent Sunday, about a half dozen members trickled into the canteen for a bite to eat and a side of camaraderie. Harrington, along with Ralph, Vietnam War veteran Ed Osborne and Wayne Marshall, the post's senior vice commander who served during the Gulf War, offered insight into the museum displays.

The collection represents much more than an assemblage of military artifacts. It also offers firsthand stories and personal experiences from soldiers as well as historical accounts of the Northwest Corner's contributions to some of the nation's important events.

"There were a lot of munitions made in North Canaan," Harrington explained, pointing to a war-worn cannonball safely secured, along with other munitions, behind glass.

"A lot of cannonballs, like the one you see here, were made at foundries in the area," including in Falls Village. "They are very, very world-renowned."

In addition, magnesium extracted from local limestone, was used in the processing of uranium for the highly secret Manhattan Project, a research program undertaken during World War II to produce the first nuclear weapons, said Harrington, who noted that the local plant where the magnesium was mined was closely guarded at the time by the U.S. Army's military police.

While many of the items on display were brought back from wars by post members, others were donated by veterans' families. "We always name the person who gave it to us also," noted Ralph. "They are honored in that respect."

North Canaan's "Sergeant York"

Osborne pointed to a display of photo albums filled with newspaper clippings,



PHOTOS BY DEBRA A. ALEKSINAS

Couch-Pipa Post 6851 VFW members, from left, Donald Call of Millerton, N.Y.; Wayne Marshall of North Canaan; Post Commander Kirk Harrington of West Cornwall; Stanley Ralph of Lakeville; Pete Hadsell of Sandisfield, Mass.; Ed Osborne of North Canaan; and Barry Finger of Great Barrington, Mass.

postcards and letters that North Canaan resident Sgt. Reno "Speed" Togninalli, who served with the U.S. Army's 3rd Infantry Division during World War II, sent home to his family.

"This is the story... what makes this place," Osborne explained. "He took pictures of every single place he went to in Europe, and his mother kept it all together in several albums."

Togninalli was credited for pulling a "Sergeant York," by single-handedly capturing a full battalion of German infantrymen, according to a yellowed newspaper on display. York was one of the most notable heroes of World War I.

What is most amazing about that story, noted Harrington, is that Togninalli had a chance "to go back to the town in Italy where he was born, and liberate that town in 1943."

"One thousand Germans surrendered to him personally, and he only had nine rounds left," added Osborne.

Treasure trove of items

A sampling of other museum treasures includes a bayonet used by Viet Cong soldiers in Vietnam, donated by U.S. Marines veteran Joe Healy, a World War I mess kit and silverware, gas mask and Army helmet used by Achille Segalla and 75mm shell designed and made by Alfred Parsons of Salisbury in 1917 while serving on the front lines in the trenches in France.

"These flags are original, they are not copies," said Osborne, motioning to a Japanese personal banner carried by individual soldiers during World War II and donated by Frank Zucco, and a nearby



A U.S. Navy jacket and sailor cap is on display at the VFW in North Canaan.

German Nazi swastika flag.

Several donated uniforms are also on display, including a World War I jacket worn by George Condon; a World War II uniform with military medals worn and donated by George Meach; and Vietnam-era jungle fatigues and a commemorative Vietnam jacket, both worn and donated by Army veteran Osborn. Osborne's likeness, sporting jungle fatigues, is featured in a large mural created by the late Tony Ghi representing the four major branches of the U.S. Armed Forces.

Osborne offered commentary on a .30-caliber carbine rifle with a folding stock used by paratroopers during World War II.

"On drops, the men were getting knocked out by the heavy stocks on standard rifles," he explained, so a special, lightweight version was developed with a retractable

butt.

The rifle on display, he said, was donated by Ricky Harmon of Falls Village, who served as a caretaker for a woman who said she found what she thought was her husband's .22-caliber rifle and wanted to donate it. "She mailed it to Ricky with two loaded magazines."

Veterans helping veterans

Many veterans returned

to their hometowns after completing their military service to enrich their community by starting businesses and services. For example, the owner of Lindell Hardware in North Canaan, Teeter Riva, is a U.S. Army veteran and staunch supporter of the VFW. His older brother, the late Leroy Riva, was a Korean War veteran and charter member of Post 6851.

Marshall offered a tour of the upstairs banquet hall, where a wood plaque "Riva Family Hall" was dedicated in 2015 to the "support and love of the Riva family to our veterans."

"They have been an integral part of our renovations. When we were unable to pay the oil bills, Teeter scrubbed it, or would work with us on terms," said Harrington. "They were always very generous."

When Lindell's closed its lumber yard, Ed Herrington of Harrington's lumber "stepped into the mix when we needed lumber and other materials."

Another military family with veterans in both world wars, the Segallas, has been instrumental in helping with excavation projects and Jessica Segalla, a VFW member, is currently on active duty with the U.S. Navy, noted Harrington.

Vietnam veteran Morris Spadaccini, whose family owns Knights Electrical Service in North Canaan, a long-standing supporter of the post, has also donated several items to the museum.

Likewise, the late Dave Simonds, former owner and operator of Dave's Tire & Auto Repair in North Canaan, was remembered by Harrington as a close friend and confidante, and one of the most gracious people he has known.

"If a veteran couldn't afford to put tires on his car, he would help him out," said Harrington.

Simonds, who served his country in Vietnam, succumbed to leukemia last year. The post's memorial garden was named in his honor.

As visitors exit the museum, a small round table, with a seat bearing a POW/MIA banner, beckons. On it rests a single red rose in a vase, a candle, the Bible, a red ribbon, a slice of lemon, pinch of salt, the glass inverted, and an empty chair. Each item carries a special significance.

It sits as remembrance and in honor of those who have given their lives in service of their country.

"You would always have that meal plate ready in case that soldier comes home," said Harrington. "And most of the time, they never did."

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Deborah Rathbun
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Rachel & Richard Robbins
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Rhonda Schwartz
& Stephen Wermiel
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Megan & Adam Sher
Isabel Sloane
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Matthew Patrick Smyth
Kathleen Spahn
David & Sarah Stack
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Eve & Alan Turner
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The Lakeville Journal acknowledges our donors who help us achieve our mission. We have attempted to make this list as accurate as possible within the dates provided at the heading of this list. If you are listed incorrectly, or believe your name has been omitted, please accept our sincere apologies, and notify us at publisher@lakevillejournal.com.

The Lakeville Journal Foundation is a 501(c)(3) organization. Contributions are tax deductible to the extent permissible under the law.

OBITUARIES

Joan Julia Palmer

LAKEVILLE — Joan Julia Palmer, 88, passed away peacefully on Oct. 17, 2023, at Noble Horizons in Salisbury after a brief illness.

She was born in Sharon, to Theodore and Ruth Johnson of Canaan.

Joan graduated from Canaan Elementary then Housatonic Valley Regional High School, where she first met her husband, John. She continued her education in the arts in New York City.

Joan and her husband were life-long residents and business owners that raised three children in Lakeville.

Joan was the art teacher for the Lakeville Day Care Center for many years. The children there adored her.

She retired to pursue her passions, painting and world travel. She was a well-known local artist in the Tristate area. Some of her paintings hang in private collections throughout the United States.

She is survived by her daughter, Thea Latourrette, and two sons, Mark and Kurt



Palmer; by her grandsons and their partners, Brandon Higley and Julie, Adam Marham and his wife Rania; and by her great-grand children Abigail and Zachary Marham.

She was predeceased by her husband, John, and her grand children Tony Higley and Eli Fitch.

A graveside ceremony will be held on Saturday, Nov. 18 at 1 p.m. at the Salisbury Cemetery.

There will not be any calling hours, however there will be a celebration of life and display of some of Joan's incredible artwork at a future date in the spring.

Special thanks to the Salisbury Volunteer Ambulance Service, Sharon Hospital and Noble Horizon for their high standard of professionalism and dedication of care for their patients.

In lieu of flowers donations can be made to the Salisbury Ambulance in her name.

Arrangements are under the care Newkirk-Palmer Funeral Home in North Canaan.

JoAnn Godburn

CANAAN — JoAnn (Remer) Godburn, 90, of 77 South Canaan Road, formerly of Grove Street, died Monday, Nov. 1, 2023.

JoAnn was the wife of the late Don Godburn, with whom she had three sons.

Known affectionately as "Nini" to her grandchildren, JoAnn is survived by her sons and their spouses; William and Lynette of Venice, Florida, Robert and Kim of North Canaan, and Stephen and Jennifer of Sarasota, Florida. She leaves behind six grandchildren; Kathryn, Erin, Christopher, Keith, Olivia, and Brittany, along with twelve great-grandchildren; Gabriel, Henry, Anna, Maryann, Nathaniel, Isaiah, Isabella, Teddy, Avery, Hadley, George, and Arthur.

Born Dec. 1, 1932, JoAnn was the only child of George H. and Josephine (Flynn) Remer. A lifelong resident of North Canaan, she worked for both Bicron and Becton-Dickinson Company after graduating from Housatonic Valley Regional High School in 1950.

With a love of mystery novels, JoAnn was an avid supporter of the Douglas Library where she also used resources to research her family history. As an early adopter of the internet, she was able to connect with many family

members over the years.

After the loss of her loving husband Don in 1991, she traveled to Europe with her lifelong friend Muriel, visiting London, Switzerland, and Italy. But through the years her attention remained focused on her family, hosting large picnics and holiday gatherings, as well as knitting keepsakes for weddings, newborn babies and Christmas stockings for each of her loved ones.

A Mass of Christian Burial was held on Saturday Nov. 4, 2023, at St. Martin of Tours Parish St. Joseph Church, 4 Main St. North Canaan, CT 06018. Burial followed the mass in St. Joseph's Cemetery.

Calling hours were on Saturday, Nov. 4, in the Newkirk-Palmer Funeral Home 118 Main St. Canaan, CT 06018 from 9:00 am until the procession left for church. The family would like to thank the staff at Geer Village; Marsha Brown, RN and hospice staff; and Dennis Kobylarz, M.D.

In lieu of flowers and at JoAnn's request, memorial donations may be sent to the following organizations: Chromosome Disorder Outreach Inc. <https://chromodisorder.org/donate/> North Canaan Ambulance Corp. 15 Main Street, North Canaan, CT 06018.



Paul A. Collier

FALLS VILLAGE — Paul A. Collier, 66 of 105 Rt. 7N died October 21, 2023 after being stricken at his home. Paul was born April 25, 1957 in Sharon, son of the late Nelson Beard and Florence (Anderson) Collier.

Paul worked at Hamilton Books as a book picker. He was a graduate of Housatonic Valley Regional High School and enjoyed beer and wine making. He also enjoyed playing his guitar.



Paul is survived by his brother Wayne A. Collier with whom he lived. He was predeceased by his three sisters.

Funeral services were held at the convenience of the family. Arrangements were under the care of the Newkirk-Palmer Funeral Home 118 Main St., Canaan, CT 06018. Memorial donations may be made in Paul's memory to the American Cancer Society P.O. Box 6704 Hagerstown, MD 21741

Dorothy Elizabeth Burroughs Wright

LAURENS, S.C. — Dorothy Elizabeth "Deb" Burroughs Wright, age 69, of Laurens, South Carolina, and wife of Gerald Kenneth Wright, passed away on Saturday, Nov. 4, 2023, at her home.

Born in Milford, she was the daughter of the late Bruce Burroughs and Helen Temple Rutland Burroughs.

Mrs. Wright worked for eighteen years with Becton Dickinson, and retired from Ed Harrington, Inc. where she worked as a purchasing agent of lumber and building materials. After living many years in Connecticut, she and her husband moved to Laurens, South Carolina, six years ago and have loved every moment of making and calling Laurens home.

Deb and Jerry's love of traveling has taken them on cruises to the Caribbean, Panama Canal, Hawaii, Alaska, Greece, and Italy. She took delight in horticulture and gardening, and enjoyed

cooking and entertaining for family and friends.

Mrs. Wright was a member of First Baptist Church of Laurens and the Bobby Smith Sunday School Class, which have become family to Deb and Jerry.

In addition to her husband, she is survived by a son, Richard William Rogers; two sisters, Helen Louise Burroughs of Waycross, Georgia, and Lucie Ann Burroughs of England; and three grandchildren, William, Gavin, and Raelyn, and their beloved pekingese, Dolly.

A Funeral Service will be held 2:00 p.m. Thursday, Nov. 9, 2023, at First Baptist Church, Laurens, conducted by Rev. Tim Marsh with burial in Laurens City Cemetery following the service.

Memorials may be made to First Baptist Church, 300 W. Main St., Laurens, SC 29360.

Condolences may be expressed online at www.thekennedymortuary.com.



Nina Loretta Brammer

LAKEVILLE — Nina Loretta Brammer, 88, passed away peacefully on Monday, July 24, 2023, at Wake Medical Center, Cary, North Carolina.

Born in Columbia County, New York, she was the daughter of the late Raymond William Duntz and Nina Wyble Duntz.

Nina was a committed wife and mother, worked hard every day for the betterment of her family and friends. She had many artistic talents that she shared with others. Nina drove a school bus for over 35 years. She will be missed greatly.

Nina is survived by her daughter, Cindy Marie Webb (Rodney) of Lakeville; sons, Gerald "Jerry" Brammer, Jr. (Dr. Robin Brammer) of Windcrest, Texas, Jeffrey Michael Brammer (Liz) of Moore, Oklahoma; sister, Leona Reid of Salisbury; brother, Raymond Duntz of Philmont, New York; grandchildren, Jerod Brammer (Amber), Jessica Smith (Joe Leifert), Rodney Webb, III (Dwayne Thomas), Jenna Ayala (Hilder), Jeffrey Brammer, Jr. (Vanessa), Braiden Brammer (Jennifer), Jaycee Stevens (Adam), Dylon Brammer (Amber), Madison Grant (Taylor); great-grand-

children, Dina Brammer, Gerald "Jed" Brammer, Ava Ayala, Logan Ayala, London Brammer, Pierson Brammer, Kolton Brammer, Rigdon Brammer, Landon Stevens, Carter Stevens, Bentley Brammer, Esme Brammer, Nora Stevens, Everson Brammer, Bennett Grant, Grayson Brammer, and Casen Grant; as well as numerous nieces and nephews. In addition to her parents, she was preceded in death by her husband, Gerald "Beefy" Brammer, Sr.; beloved god-son Bobby Brammer; sister, Barbara McGee; brother, Russell Duntz; and a great-granddaughter, Lillian Brammer.

A service will be held on Friday, Nov. 10, 2023, at 11 a.m. at the Town Grove in Lakeville.

Alumni Wall of Honor grows at HVRHS

FALLS VILLAGE — The Housatonic Valley Regional High School Alumni Association inducted 11 graduates to the Wall of Honor on Sunday, Nov. 5.

Since 2017, the Wall of Honor has recognized alumni with strong character traits, who have made significant contributions and modeled high standards of excellence in their personal and/or professional lives, in employee, public, and volunteer service or as a Friend of Regional School District One.

In 2023, the inductees are as follows:

Patricia (Benedict) Blakey, Class of 1952

Gerald Blakey, Class of 1954

Benjamin G. Foster, Class of 1954

Christopher Godburn, Class of 2005

James "Cricket" Jacquier, Class of 1991

Donald Lamb Jr., Class of 1999

James Liang Loi, Class of 1985

Dr. Donald Meuten, Class of 1966

Kathryn Godburn Schubert, Class of 1999

James DelTenno Segalla, Class of 1943

Peter C. Smith, Class of 1954

Each inductee's contributions were noted and revered by the presenters in the HVRHS auditorium.

The audience in attendance joined together for a performance of "High Above the Housatonic" before the gathering migrated to the cafeteria for refreshments.

Worship Services

Week of November 12, 2023

Call ahead or visit websites for updates on remote or in-person services.

Christ Church Episcopal in Sharon
9 South Main, Sharon CT
Sunday Holy Eucharist at 9:00 A.M.
Transitioning through prayer
All welcome to join us
860-364-5260
www.christchurchsharon.org

St. John's Episcopal Church
12 Main Street, Salisbury, CT
Rev. Paul Christopherson
SUNDAY SERVICE
10:00 a.m. Eucharist with music (Rite II)
In-Person and on YouTube
www.stjohnssalisbury.org
860-435-9290

North Canaan Congregational Church, UCC
Joyfully opening our hearts and doors to all God's people
172 Lower Rd./Rt. 44, East Canaan CT
Worship services Sundays at 10 am
www.facebook.com/northcanaancongregational
860-824-7252

FISHES & LOAVES FOOD PANTRY, A MISSION OF OUR CHURCH
is at Pilgrim House, 30 Granite Ave., Canaan
Tuesday 4-6 pm & Thursday 12-2 pm
www.fishesandloavesnorthcanaan.org

The Lakeville United Methodist Church
319 Main St., Lakeville, CT 06039
9:00 a.m. Worship Service
9:00 a.m. Sunday School
"Open Hearts - Open Minds - Open Doors"
The Rev. Dr. Anna C. Camphouse
860-435-9496
Lakevillemethodist@snet.net

The Sharon United Methodist Church
112 Upper Main Street, North End of Sharon
Touching Lives - Lifting Spirits
10:30 a.m. Worship Service, Nursery Care
No Sunday School in Summer
The Rev. Dr. Anna C. Camphouse
860-364-5634
sharonumc5634@att.net

Falls Village Congregational Church
16 Beebe Hill Road, Falls Village
10:00 a.m. Family Worship
Coffee Hour
A Friendly Church with a warm welcome to all!!
860-824-0194

The Smithfield Presbyterian Church
656 Smithfield Valley Rd. Route 83, Amenia, NY
Services every Sunday 10 a.m.
www.thsmithfieldchurch.org
21st Century Theology in an Historic Building

Canaan United Methodist Church
2 Church St., Rte 44, Canaan, CT
11 a.m. Worship Service
"Open Hearts - Open Minds - Open Doors"
Rev. Lee Gangaware
860-824-5534
canaanct-umc.com
canaanctumc@gmail.com
We hope you will join us!

The Chapel of All Saints, Cornwall
Join our intimate Episcopal service via Zoom Sundays at 9:00 a.m.
Email Rev. Mary Gates at: mngates125@gmail.com
for an invitation to the Zoom service
If you don't have a computer you can participate via phone.

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A Reform Jewish Synagogue
3344 East Main St., Amenia
SERVICES SATURDAY 10:30 AM
Twice Monthly • Followed by Oneg (Calendar at congbethdavid.org)
ALL ARE WELCOME
Rabbi Jon Haddon
845-373-8264
info@congbethdavid.org

All Saints of America Orthodox Christian Church
315 Twin Lakes Rd., Salisbury, CT
Vespers Saturday at 5:00 P.M.
Divine Liturgy Sunday at 9:30 A.M.
Special Services Online
Rev. John Kreta
860-824-1340 | allsaintsofamerica.us

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30 Main Street, Salisbury, CT
Whoever you are, wherever you are on life's journey, you are welcome here!
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www.salisburyucc.org
Sharing God's shalom: Wholeness, harmony, justice, and joy!
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40 Leedsville Road
Amenia Union, NY
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Rev. AJ Stack
845-373-9161
www.stthomasamenia.com
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Offering companionship along the Way
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Sunday School at 9 a.m.
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Misa en español a las 4 de la tarde el último domingo de mes
The Revs. Heidi Truax & Felix Rivera
trinity@trinitylimerock.org
(860) 435-2627

Unitarian Fellowship of NW CT
The next meeting will be Sunday, November 12 at 10:30 a.m.
The Transcendental Club
1830s Concord, MA
For information, contact Jo Loi at jokialoioi@gmail.com
All are Welcome

Chabad of Northwest CT On The Green
69 West St. Litchfield, CT 06759
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chabadNW.org
860.567.3377 | office@chabadNW.org

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Sunday 9 am, Church of St. Mary
Sunday 11 a.m., Immaculate Conception Church
DAILY MASS SCHEDULE
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Thursday 8am
Immaculate Conception Church
Friday 8am
Church of St. Mary
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25 Main Street, Sharon, CT
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Visit our website sharoncongregationalchurch.org
for Sunday services
Contact us at 860-364-5002 or info@sharoncongregationalchurch.org

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29 Granite Ave., Canaan, CT
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Sunday Worship - 11am
Wednesday Bible Study and Prayer Meeting - 7PM
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EDITORIAL Food for thought

In the United States, according to the U.S. Department of Agriculture's Economic Research Service, almost nine out of ten households had access — at all times — to enough food for an “active, healthy life for all household members.” That was in 2022. But the trend was headed the wrong way when comparing food security in America in 2021. That year, some 10.2 percent of households were food “insecure.” In 2022, the percentage of households that were uncertain of having or were unable to get enough food to meet the needs of the entire family rose to 12.8 percent, equally 17 million households.

Besides food, household expenses add up fast: housing, child care, transportation, health care, taxes and all the rest that can't be avoided, including a smartphone plan. Studies show that overall household costs increased in Connecticut between 2019 and 2021.

The pages of our newspapers have established that food insecurity is a persistent issue that was here before the pandemic and still is a problem. Our reporters have written stories that feature lists of food pantries in our communities in the Northwest Corner and across eastern Dutchess County. We also have written about the need for food support and described how volunteers in the network have made such a big difference.

Last Sunday, Sharon's Hotchkiss Library Guild conducted a community discussion on food security at Troutbeck. The focus was on the Tri Corner region and its pressing need to build an equitable food system. Linda Quella, Tri Corner Food Equity, Education and Distribution, moderated. Experts included Jordan Schmidt, food program director at the North East Community Center in Millerton; Sarah Chase of Chaseholm Farm in Pine Plains; Renee Giroux, manager of the Northwest Connecticut Food Hub based in Torrington; Sarah Salem of the Hudson Valley Food Systems Coalition, which represents seven New York counties and Maggie Cheney of Rock Steady Farm in Millerton.

We list all their names here out of respect for what they are doing to make the world better.

Their geographic range demonstrates that food insecurity spans our wide community. We applaud the Hotchkiss Library and its Guild for seizing on this topic. A report on Sunday's discussion appears on Page A1.

We already know that our regional pantries feed hundreds of families that include thousands of people. It is unconscionable to think that with our dedicated volunteers, our rich resources and the earnest intent of community leaders like those assembled for Sunday's panel that we can't solve this problem.

TURNING BACK THE PAGES

NORMA BOSWORTH

100 years ago — November 1923

Miss Grace Sherwood has had installed a new radio set.

M.G. Fenn of the telephone force is enjoying his annual vacation.

P.J. Hines is suffering from an infected left hand.

LIME ROCK — Mrs. Loucks has not been quite so well the past week and a nurse, Miss Maine of Pittsfield is taking care of her.

50 years ago — November 1973

Several Northwest Connecticut fuel oil distributors predicted Wednesday that the price of home heating oil may reach 30 cents a gallon and gasoline 50 cents a gallon before the winter is out. Home heating oil is now selling at around 24 cents and high-test gas at 46-plus.

The bridge over Salmon Kill on the Salisbury—Lime Rock Road will be closed for reconstruction either tomorrow (Friday) or Monday, with work scheduled to be completed in 21 days.

A larger concentration of heavy trucks have been finding their way through the downtown section of Canaan this past week since trucks weighing more than 15 tons were banned from North Elm Street. The truck ban on the narrow residential street was imposed last Thursday morning. Selectmen acted to reduce the truck traffic on the road because of damage

done to the road by the heavy vehicles and because of residents' complaints.

25 years ago — November 1998

A plan is in the works to fix the roof on the village's train depot and to refurbish the area surrounding the building. The town recently received \$8,500 in state funds to renovate the roof. That is half of the cost — the town will make up the other half from its own coffers. Work will begin in spring of 1999. The train depot is part of Lakeville's historic district and houses WQQQ radio station.

Four hours, 31 minutes and 38 seconds. The time it takes to get uptown in a taxi during rush hour? Maybe on a good day. But for Paddy Rossbach, that time is much more significant. It's a world record. Ms. Rossbach, who has residences in New York City as well as Salisbury, ran the New York City Marathon last Sunday. That in itself is a feat for those of us who cannot run from here to there without heaving. However, Ms. Rossbach has two things that make her accomplishment stand out. First, she is 60 years old. And second, she only has one leg. That four and a half hour mark is now the fastest in the world for amputees in a marathon.

State Senator M. Adela Eads (R-30th) and Rep. Jeanne W. Garvey (R-67th) have confirmed a \$200,000 grant from the State Bond Commission to pay for re-



LETTERS TO THE EDITOR

The courts will decide

Litigation proceeds (currently in Colorado and Minnesota) about whether Donald J. Trump is prohibited by the Constitution from serving as President. The Supreme Court will in all probability decide the issue on appeal. As this litigation proceeds and is reported in the press, we should remember some basic facts.

1. Section 3 of Amendment XIV to the Constitution is clear:

No person shall be a Senator or Representative in Congress, or elector of President

and Vice-President, or hold any office, civil or military, under the United States, or under any State, who, having previously taken an oath, as a member of Congress, or as an officer of the United States, or as a member of any State legislature, or as an executive or judicial officer of any State, to support the Constitution of the United States, shall have engaged in insurrection or rebellion against the same, or given aid or comfort to the enemies thereof. But Congress may by a vote of two-thirds of each House, remove such disability. (Emphasis added)

2. The prohibition under Section 3 against holding any office is automatic (“No person shall ...”) without requiring conviction of any crime. The results of current criminal prosecutions of Donald J. Trump are not relevant to the question of disqualification or qualification under the Constitution. Other automatic criteria under the Constitution are place of birth, age, and residence.

3. A triggering event of disqualification is to “have engaged in insurrection or rebellion” against the Constitution. The language is not “engaged in an insurrection or a rebellion.”

In short, whether January 6 by itself was or was not an insurrection or rebellion

does not determine disqualification under Section 3. A course of conduct over a period of time that constitutes insurrection or rebellion against the Constitution triggers disqualification, even a course of conduct that occurred before January 6, or that continues to the present, or both.

4. In the second impeachment of Donald J. Trump, the House of Representatives voted 232 to 197 to indict Trump for “Incitement of Insurrection,” and the Senate voted “Guilty” by a vote of 57 to 43. While the Senate vote fell short of the two-thirds necessary to convict in a Senate impeachment trial, Congress has determined by a majority vote of both the House of Representatives and the Senate that Donald J. Trump engaged in insurrection.

5. Congress has not acted to remove the disability of Donald J. Trump.

6. Thus, while Congress has determined that Donald J. Trump engaged in insurrection, it has not removed the automatic disqualification of Section 3.

It will be interesting to see if the courts recognize the basic facts and enforce the Constitution.

G. A. Mudge

Sharon

pairs and improvements to the Kent Iron Furnace located on the grounds of the Sloane-Stanley Museum on Route 7. The funds will be used to repair and improve the ruins of the furnace, which produced pig iron from 1826 to 1896, by stabilizing the stone masonry and hearth, constructing brick archways and a furnace liner.

These items were taken from The Lakeville Journal archives at Salisbury's Scoville Memorial Library, keeping the original wording intact as possible.

Cornwall Parks & Rec thanks for Halloween celebration

Cornwall enjoyed a beautiful Halloween celebration this year, and what a lovely event our Parks and Recreation people created. In the Town Hall, tricksters were invited to a very long table loaded with hot stews, soups, and excellent varieties of chili provided by locals. You could take a small cup sized sample of many,

and vote for your favorite, or help yourself to a full bowl of your top pick.

Many thanks to all the volunteers who made this happen, and to the many tailgate treaters who decorated their cars, and served up the sugar.

Karl Saliter

Cornwall

Praise for storytelling article

I would like to praise Maud Doyle and the Lakeville Journal for the “Schaghticoke storytelling to celebrate Sukkot” article (Oct 19). How poignant that the cross-cultural sharing and timeless lessons

that the article so beautifully described occurred the same day as the eruption of the appalling violence in Palestine.

David Colbert

Cornwall Bridge

The views expressed here are not necessarily those of The Lakeville Journal and the Journal does not support or oppose candidates for public office.

LETTERS

Questioning cell equipment on Sharon church steeple

Did you know Cellco/Verizon is aggressively working to install cell equipment (7 panel-type antennas and 6 remote radio heads) in the landmark steeple of the Sharon Congregational Church at 10 Main Street? I bet not — because the only addresses notified were a few homes that about the church property line. Please note, they only received the letter on Friday, Oct. 20 ahead of the Sharon Historic District Commission meeting on Monday, Oct. 23. It seems the Church has been planning this for quite some time.

I'm a very concerned grandmother — and former Sharon resident of 25 years. This proposed cell tower in the existing steeple will be about 66 feet from my 11-month old granddaughter's second floor bedroom window, not the recommended distance of 1300 feet from any home.

Please, residents of Sharon, we need to address this proposal from Cellco/Verizon before it is too late. The Sharon Historic District Commission has approved the proposal with a few aesthetic conditions such as, moving the back up generator back and the type of fencing. Next, it will be going before the Planning & Zoning Commission. Be sure to check the town hall for the agenda. The next meeting is on Nov. 8 but we are not sure if the proposal will be addressed in this meeting.

It is frightening that this can happen in the historic district, literally across from the Sharon Hotchkiss Library and the Sharon Historical Society & Museum. Just because “one can not see it,” what makes the antennas safe for our overall quality of life and health? Please, let's try to move the location for another cell tower to a more remote location where it belongs — away from our homes.

Naomi Couture

Millerton
formerly Sharon

Deadline for letters is Monday at 10 a.m. Send to publisher@lakevillejournal.com. More letters on page A6.

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Thursday, November 9, 2023

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The Lakeville Journal Company, Publishers of **The Lakeville Journal** and **The Millerton News**. Our goal is to report the news of our communities accurately and fairly, and to foster the free flow of information and opinion.

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Viewpoint

OBITUARIES

John Franklin Green

WEST CORNWALL — John Franklin Green died Nov. 2, 2023, in New York after a series of health setbacks early in 2023.

John was born on June 2, 1941, in Sutherland, Virginia, to Frank and Mildred Green.

He attended the University of Richmond, where he received a Bachelor of Arts degree in accounting in 1962. Following a tour of duty in the United States Army, John moved to New York City to begin a career with the accounting firm Peat, Marwick, Mitchell (now KPMG), where he worked as a partner until retirement. His employment at Peat included a three-year stint at the company's Milan, Italy offices from 1972 to 1975.

Beginning in 1977, John split his time between his house in Brooklyn, New York, and his newly acquired weekend home in West Cornwall, Connecticut, where he established full-time residence in 2012. Al-

ways generous with his time, John worked tirelessly on town committees (including several terms as Town of Cornwall Treasurer) and on local boards, especially the Chore Service of Northwestern Connecticut.

John maintained an apartment in Manhattan until his death, enjoying the city and all of the cultural amenities it offers.

Calling hours were held on Monday, Nov. 6, from 4 to 6 p.m. at the Kenny Funeral Home, 41 Main Street, Sharon, Connecticut. A private burial was held at the West Cornwall Cemetery on Tuesday, Nov. 7, 2023.

John was predeceased by his parents and his sister Charlotte. He is survived by his sister Patricia, his brother Thomas and wife Francine, many nieces and nephews, his partner Rudy Rambaran, friends Tom Bechtle and Don Bachman, and many other relatives and friends. He will be dearly missed by all.



Mary Pitcher Lamb

SHARON — Mary (Pitcher) Lamb, 84, passed away on Nov. 5, 2023, at Noble Horizons in Salisbury. She was born in Canaan, on Dec. 10, 1938, daughter of William Pitcher and Margaret (Humeston) Pitcher. She lived her entire life in Sharon.

Mary was a graduate of Housatonic Valley Regional High School in Falls Village, and the Krissler Business Institute in Poughkeepsie.

She was predeceased by her best friend and loving husband of 52 years, Peter Lamb, and also her wonderful sister, JoAnne Danforth and her husband James Danforth of Dalton, Massachusetts.

Mary's greatest joys, accomplishments and rewards in life were her family. She is survived by four sons, Donald Lamb Sr. and his wife, Rachel, of Salisbury, Michael and his wife, Frances, of Raymond New Hampshire, Robert and his wife, Kathleen, of Clayton, North Carolina, and Joseph and his wife, Christine, of Salisbury. She is also survived by eight grandchildren: Donald Lamb Jr. and his wife, Erin, of Dunlap, Tennessee, Jocelyn Chaplin and her husband, Arthur, of Uncasville, David Lamb and his wife, Kendra, of Walpole, Massachusetts, Carrie Monks and her husband, Matthew, of Winchester, Massachusetts, Morgan Lamb of Fayetteville, North Carolina, Jacob Lamb

of West Hartford, Shayla Lamb and Brogan Lamb, of Clayton, North Carolina. She also leaves ten great grandchildren: Aiden Maurin, Gabriel Lamb, quadruplets Maryann, Nathaniel, Isaiah and Isabella Lamb, Phoebe, Jonah and Rhys Lamb, and Cameron Monks.

Mary's sister-in-law, Karen, and husband, Stephen Blass, of Pittsburgh, Pennsylvania, and brother-in-law, John Lamb, of Sharon, and sister-in-law, Suzanne Lamb of Cape Elizabeth, Maine, also survive her. She was predeceased by her sister-in-law, Mary Elizabeth Ameen and her husband, Richard, and her brother-in-law, Arthur Lamb.

Calling hours will be Thursday, Nov. 9, from 5 to 7 p.m. at the Kenny Funeral Home, 41 Main St, Sharon, CT. Funeral services are Friday at 11:00 a.m. at St. Kateri Parish (St. Bernard's), 52 New Street, Rt 361, Sharon, CT. Burial immediately following in Hillside Cemetery.

In lieu of flowers, donations may be made to United Cerebral Palsy @https://ucp.org/, Visiting Nurse and Hospice of Litchfield County (SVNA), 30A Salmon Kill Road, Salisbury, CT 06068, or Sharon Fire Department, Inc. Ambulance Squad, PO Box 357, Sharon, CT 06069.

As was typical of Mary, she requested that family and friends do an act of kindness for a stranger.



Cheryl Meyer

MALONE, Ny — Cheryl Meyer, 78, passed away on Oct. 22, 2023, in Johnson City, Tennessee.

She was born on Dec. 20, 1944, in Malone, New York, to Arthur and Shirley Crate, who both predeceased her.

She graduated from Franklin Academy in 1962 and went on to work as a secretary/medical transcriptionist.

She married Cecil Meyer on June 16, 1985, whom she lost on July 16, 2002. She loved her church, enjoyed being with her friends and family and was loved by all who met her.

Cheryl is survived by her children Barbara Delfa of Granville, New York, Wayne (Tammy) Rock of Jonesborough, Tennessee, Cheri (Roger) LaMere of Miller-ton, New York and Donna Muncy of Williamsburg, Virginia; her grandchildren

Ashley (John) Teal of Brantingham, New York, Tamara Carter (Jazu Stine) of Pittfield, Massachusetts, Britnee Muncy and Richard Muncy of Raleigh, North Carolina, and Jessica Muncy of Jackson, Michigan; her great-grandchildren Gabriele Rooney, Allie Teal,

Jack Teal, Draeko Campbell, Donte Campbell, Indigo Stine, Noah Gifford, Juliet Muncy and Madeline Muncy; her brother Stephen (Phyllis) Crate of Tupper Lake, New York, sisters Debra (Percy) McMahon of Malone, New York and Susan (Cecil) Patenaude of Huntingdon, Quebec; and numerous nieces and nephews, all of which she loved dearly.

A memorial service will be held at a later date.

In lieu of flowers, donations may be made to the American Heart Association.



Elsie Lynn Meehan

SALISBURY — Elsie Lynn Meehan, a retired teacher at the Cornwall Consolidated School in Cornwall, Connecticut for over two decades that included one year in England as a US exchange teacher.

In addition to her teaching career, Lynn was also an active member of several local volunteer-based organizations. Lynn is survived by her husband of 50 years, Joseph Meehan, as well as her sister, Barbara, and niece, Christina.

Lynn served as a fifth-grade teacher at the Corn-

wall Consolidated School in Cornwall, Connecticut for over two decades that included one year in England as a US exchange teacher.

In addition to her teaching career, Lynn was also an active member of several local volunteer-based organizations.



SOURCE: WIKIMEDIA COMMONS

Engraving of the Night the Stars Fell by Adolf Vollmy (1889) from a painting by Karl Jauslin.

The meteor storm we would love to see

Imagine that you lived in a time when there was often no explanation for falling stars or extraordinary occurrences in the sky. On the night of Nov. 12-13, 1833, people rushed outside all over the United States to watch the awe inspiring sight of thousands of meteors, some as big as our moon, light up the sky with celestial fireworks that lasted for hours. This was, of course, no ordinary meteor shower but a rare meteor "storm."

This week you might be fortunate enough to look up and see a few meteors here, or a few more out of the corner of your eye over there, sometimes with a trail lasting a few seconds. But in the early morning of Nov. 13, 1833, the sky was so bright that people could not sleep, with between 50,000 to 250,000 meteors falling per hour. The description from newspapers across the country was the same: it was the night of falling stars.

We know now that this extraordinary cosmic event was part of the Leonid meteor storm, when the planet Earth passes through streams of dust left over from the comet Tempel-Tuttle. In 1833, people would have known to expect falling stars in the clear skies of mid-November, just as we do, but no one anticipated the extraordinary events of that night.

People across the country reacted with fear and often hysteria. What did it mean? No one had ever seen such a thing. For many, it signaled that the end of the world was coming, or that they were being punished for their mortal sins. Others were stunned by

GUEST COLUMN BY ALEXANDRA PETERS

the sheer beauty — this was before electricity and few had ever seen more than candlelight at night — and saw the thousands of stars as foretelling wondrous things.

Some repented, some sang hymns, some wept and cried, but we know from those newspaper reports from all over the eastern United States that the whole country was awake, watching the sky filled with stars that rained down on them.

The biggest events from Tempel-Tuttle happen every 33 years, although it is very difficult to predict how strong a meteor shower will be. (The next time there could be a meteor storm is 2030).

But in the meantime, while you won't see a meteor storm with thousands of streaks of light, go outside late at night between Nov. 6 and Nov. 30 this month and look up. This year the Leonids meteor shower will be at its peak on the night of Friday, Nov. 17-18, where from 1:00 am until just before dawn you should be able to see as many as 15 bright "shooting stars," with long trails, in an hour. Don't worry about where to look — you might be able to see them anywhere in the sky. The moon will be in a quarter phase and if it's not overcast and you are bundled up, even a few meteor trails will be a wonderful sight.

MILLBROOK — Jay Marc Schwamm, 93, died at home in Manhattan on Oct. 16, 2023.

Jay maintained a home in Millbrook for 33 years, hosting countless weekends and holiday celebrations on Tower Hill Road for generations of friends and family. He and his beloved wife, Judy Mello Schwamm (1940-2003) valued their longstanding associations with the Millbrook Golf and Tennis Club and Saint Peter's Church.

Jay spent much of his time in Millbrook surrounded by grandchildren, teaching them horsemanship, organizing outings, and generally making life pleasant and fun. Countless friends and neighbors over the years joined his family in calling him Papa Jay, a tribute to his loving

inclusivity.

Jay was born in Brooklyn, New York, on April 17, 1930, and grew up in New York City. He attended the Ethical Culture School and New York Military Academy before majoring in history at Princeton, where he particularly enjoyed

taking part in discussion forums led by Albert Einstein. Jay completed his required military service in the US Army Reserve Counterintelligence Unit, graduated from Harvard Business School (Class of 1953), and served as Chairman and CEO of the American Trust Company Bank, building successful relationships in the emerging Mexican banking sector.

He left the bank in 1962 to pursue other business ventures (representing West-



Jay Marc Schwamm

inghouse in the USSR; producing "spaghetti westerns"; and developing dishware with pop artist Peter Max) as well as politics. Jay served as one of Hubert Humphrey's most valued advance men on the 1964 campaign trail, and spent 1968 as Special Assistant to the Vice President in the Executive Office Building of the White House.

Jay later established RE-

DAFCO, the real estate development and finance company where he worked until his death, developing major commercial buildings and other properties.

Jay is survived by his three children (Jennifer Schwamm Willis, Michael D. Schwamm and Lee H. Schwamm) and their spouses, seven grandchildren and one great-grandson.

For more obituaries, see page A5

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At some point winter will set in and it is important to prepare your house for its onset. One thing to ensure is that your furnace is serviced and that you are on auto delivery for your oil or gas. The next important item is the chimney, having it swept and inspected before using it in the colder months. Install an alarm to monitor the temperature of the house which will alert you if the temperature suddenly starts falling and will give time to inspect the house before pipes begin to freeze. And finally, let's not forget cleaning the gutters, which is what I was doing this past weekend. Consumer Reports has an interesting article on preparing for winter that will help you be a responsible homeowner: www.consumerreports.org/home-garden/home-maintenance-repairs/tips-to-get-your-house-ready-for-winter-a1063886384/

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Sports

Housy soccer falls to Nonnewaug in Berkshire League semifinal

By Riley Klein

WOODBURY — Housatonic Valley Regional High School (HVRHS) girls varsity soccer lost a 3-2 decision to Nonnewaug High School in the Berkshire League semifinals game on Tuesday, Oct. 31.

These two teams faced off in Woodbury for the last match of the regular season on Thursday, Oct. 26, just five days prior to the semifinal game. A 3-1 win for the Nonnewaug Chiefs in that game secured their spot as the two-seed in the Berkshire League (BL) playoffs with a regular season record of 13-2-1. The HVRHS Mountaineers finished third in league standings with a regular season record of 11-3-2.

After their third meeting of the season on Halloween, the Chiefs remained undefeated against the Mountaineers in 2023. HVRHS nearly evened the score late in the semifinal game, but Nonnewaug held on for the win and advanced to the BL finals against Thomaston (15-0-2).

On Tuesday, Oct. 31, the weather was brisk, about 47 degrees with overcast skies, as the two teams took the field.

It was all Nonnewaug early on. The Chiefs controlled the ball in Mountaineer territory and fired away at HVRHS keeper Madison "Mad Dog" Dewitt. Dewitt didn't let one past until the 21st minute when the Chiefs snuck in a goal and took a



PHOTOS BY RILEY KLEIN

1-0 lead.

HVRHS found a fast break opportunity shortly after and the forwards raced down the field. Madeline Mechare finished the job with a floater over the head of Nonnewaug's goalie, tying the game at one all.

The Chiefs resumed possession dominance for the rest of the half. In the 36th minute, Nonnewaug scored their second, and just two minutes, later they tacked on a third.

Nonnewaug led 3-1 at halftime. Both teams huddled up for warmth in jackets and blankets during the break for some relief from the frosty air.

HVRHS looked rejuvenated in the second half. With improved ball control, the Mountaineers took the fight to the Chiefs' defenders.

In the 63rd minute, Ava

Tessa Dekker battled for possession in Nonnewaug.



Coats and blankets did little to fight the cold on Oct. 31.

Segalla blasted a daisy cutter down the middle and Lou Haemmerle redirected the shot just in front of goal. The ball popped up and splashed into the back of the net, bringing the score to 3-2.

In the final 15 minutes, HVRHS sent several shots into the box, but none connected. Nonnewaug pulled out the win and moved on in the Berkshire League playoffs.

HVRHS got knocked out of the BL tournament, but its

conference record qualified the Mountaineers for the Connecticut Interscholastic Athletic Conference (CIAC) Class S playoffs as the eighth seed in the state division.

HVRHS played Litchfield for round one on Nov. 6 and won 3-1.

HVRHS advanced to the next round and hosted Terryville on Nov. 8.



PHOTO SUBMITTED

Middle school Mountaineers conclude cross country season

The Region One middle school cross country team wrapped up a winning season with a home meet against Gilbert on Oct. 24. Running on their new home course on the Housatonic Valley Regional High School campus, both the girls and boys teams won handily. Grace O'Brocki placed first to lead the girls and Nate Young was first in the boys race. With five girls and six boys on the team, every runner contributed to the victory and the season's success. Coach Frank Handelman said, "A really great thing about the program since we started in 2021 is the way the seventh and eighth graders from all the Region One middle schools quickly become a team and friends, and they carry that with them into high school as students and athletes." The coaches are looking forward to another great track season next spring.



PHOTOS BY LANS CHRISTENSEN

Hotchkiss RB Phoenix Sward rushed for big yards against Kent on Nov. 4.

Hotchkiss Bearcats tame Kent Lions 30-14

By Lans Christensen

KENT — On Saturday, Oct. 4, The Hotchkiss School Bearcats came to Kent growling and ready to play another installment in their long-standing rivalry.

The spirit of the game was in place from the onset; Hotchkiss captain Rett Ziegler ran back the opening kickoff 85 yards for a touchdown. Just one minute into the game, Kent was trailing 8-0.

The first half continued with the Bearcats maintaining the same control and momentum. Hotchkiss running back Phoenix Sward scored again minutes later, and at the half, bringing the score to Hotchkiss 30, Kent 0.

The Lions roared back in the second half, led by quarterback Gerald Petrow. First downs and good pass receptions were the key to Kent's comeback hopes. But despite Petrow's great running for two touchdowns, the final score was Hotchkiss 30, Kent 14.



Kent QB Gerald Petrow welcomed the contact on a sneak to the left against the Hotchkiss defenders.

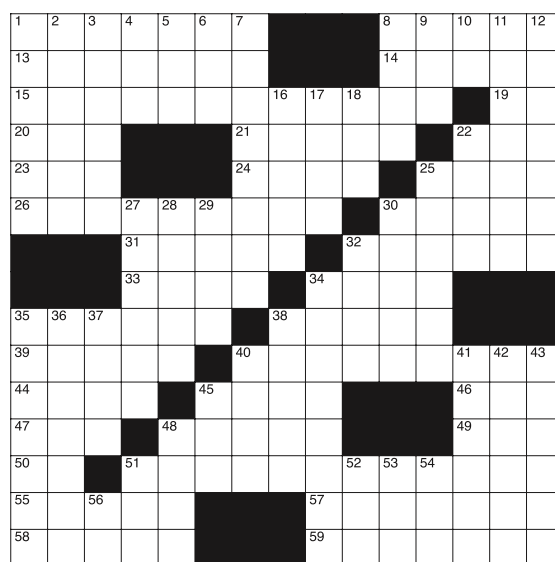


Kent picked up momentum late in the game but was unable to catch Hotchkiss on Nov. 4.

Brain Teasers

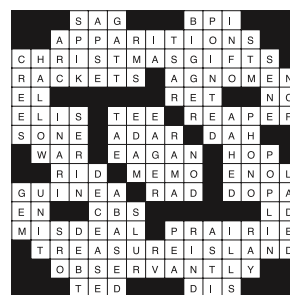
CLUES ACROSS

- 1. Happen again
- 8. Large flightless birds
- 13. A type of account
- 14. Beyond what is natural
- 15. Beloved comfort food
- 19. Rural delivery
- 20. Belonging to us
- 21. Typical
- 22. Pie ___ mode
- 23. Returned material authorization (abbr.)
- 24. Not us
- 25. Discharge
- 26. Made empty
- 30. Fishing net
- 31. Fast-moving, harmless snake
- 32. Analyzed into its parts
- 33. In a way, chilled
- 34. Hindu queen
- 35. Circles around the sun
- 38. Used for emphasis
- 39. Reactive structures
- 40. Recommendations
- 44. Feel intense anger
- 45. Puke
- 46. Rural Northern Ireland community
- 47. Naturally occurring solid material
- 48. British watch brand
- 49. Toddler
- 50. Integrated circuit
- 51. Being revered
- 55. "Pets" you can grow
- 57. Continual
- 58. Puts together in time
- 59. Houses temporarily

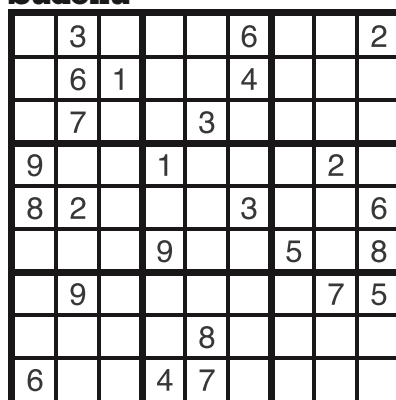


- 8. Fisherman's tool
- 9. Of she
- 10. Trauma center
- 11. Commercial flyer
- 12. Administered medicine to calm
- 16. Popular R&B performer
- 17. Regretted
- 18. Leg (slang)
- 22. "Night Train" author
- 25. More supernatural
- 27. Baltimore ballplayer
- 28. Shoe parts
- 29. Scores perfectly
- 30. More lucid
- 32. Trim by cutting
- 34. Disreputable people
- 35. Dramatic behaviors
- 36. Disorder
- 37. Private box in a theater
- 38. More dried-up
- 40. Raw
- 41. In operation
- 42. Pillager
- 43. Butterflies with brown wings
- 45. Disallow
- 48. Own up
- 51. Hungarian city
- 52. A way to condemn
- 53. Tax collector
- 54. Lease
- 56. Not out

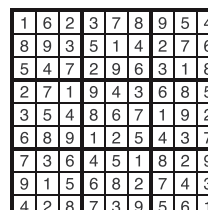
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Sports

GNH wins 49-14 over Wolcott

By Riley Klein

WINSTED — Gilbert/Northwestern/Housatonic (GNH) co-op football defeated Wolcott High School in decisive fashion on Saturday, Nov. 4.

The GNH Yellowjackets were firing on all cylinders in this one with touchdowns coming from both sides of the ball. Wolcott's defense was helpless against the GNH ground game, which militantly marched down the field unstopped.

Conditions were pleasant on game day, about 58 degrees with sun shining on Van Why Field throughout the match.

In the first half, the Yellowjackets were simply dominant. They scored on their first offensive play of the game when Aiden Avenia rushed to the right and dashed 30 yards to the house. Avenia doubled up on the next possession by muscling his way in for another rushing touchdown to put GNH up 14-0 by the end of the first quarter.

Jackson Haefner kept the ball rolling in the second with another score on the ground. On Wolcott's next possession, Owen Riemer snagged a pick-six to put GNH up 24-0 with 9:03 left in the half.

The Yellowjackets were buzzing by this point and Riemer caught a 24-yard TD-pass. The Eagles went three-and-out on the next drive and a botched snap gave GNH the ball on first and goal. Brett Maguire finished the job and gave GNH a 42-0 lead by halftime.

The mercy rule went into effect in the second half and the clock ran continuously for the rest of the game. GNH's opening drive lasted nearly the duration of the third quarter and included four third-down conversions. Evan Schibi put a bow on it with a rush up the gut to bring the score to 49-0.

GNH placekicker Esten Ryan was a perfect 7-for-7 in extra points against Wolcott.

As GNH worked subs onto the field, Wolcott caught wind. Wideout Michael McCormack broke out for a 65-yard catch and run to the endzone to put the Eagles on the board. Late in the fourth, McCormack caught another and took it to the endzone, bringing the final score to 49-14.

GNH advanced to 4-4 this season after the win, while Wolcott moved to 1-7. To wrap up their home stretch, the Yellowjackets will host Holy Cross High School on Saturday, Nov. 11, at 1 p.m.



PHOTOS BY RILEY KLEIN

Wes Allyn swarmed the Eagles' backfield and stunned the Wolcott rusher.



Wolcott had no answer for the relentless GNH run game on Saturday, Nov. 4.



All eyes were on Evan Schibi as he powered in for the last GNH touchdown of the day.



PHOTOS BY RILEY KLEIN

Joey Tumolo of Trinity Pawling competed in HMBL.

Hotchkiss tops 2023 Housatonic Mountain Bike League season

By Riley Klein

COLEBROOK — Nearly 100 extreme cyclists hit the Norbrook Farm Trail for Housatonic Mountain Bike League's championship race on Wednesday, Nov. 1.

Teams from eight area schools set out for up to three laps of the rugged 3-mile loop that twists and turns through the woods behind Norbrook Farm Brewery. At a nippy 39 degrees, flurries sprinkled on and off as the bikers toured the leaf-covered forest.

The Hotchkiss School, Kent School, Salisbury School, Berkshire School, Indian Mountain School, South Kent School, Rumsey Hall School, and Trinity Pawling School met for the final match of the season on neutral ground in Colebrook. In the regular season, each school hosted one race at its home trail. Hotchkiss' team won them all and finished off the year with another victory on title day.

In Category One, Hotchkiss sophomore Asher Frankel placed first in the championship race, with Kent rider Shaun Neary finishing in second. Both riders placed first and second overall in the season as well. Hotchkiss senior Sawyer Dillion earned third in season rankings despite being injured and unable to race in the championship.

After powering through the elements for about an hour, Frankel returned to the timer's tent triumphant. He exclaimed, "My toes are frozen."

Frankel placed first in all but one race in the 2023 Housatonic Mountain Bike League season. He credited his success to summertime training, but said the cold and wet conditions on the trail during the title race were not overly treacherous.



Kent's Warren Volles raced through the three-mile loop in Colebrook.



Hotchkiss' Asher Frankel placed first in HMBL.

"It's just the roots I have to worry about. Wet and roots aren't really the best combination but if I go fast through it, it normally sticks pretty well," he said after the championship race.

Season winners in three other categories were also named. Each group received their titles on a picnic table podium surrounded by tumultuous applause from the other riders.

Hotchkiss took home team victory for the 2023 season and will possess the chainring trophy until the end of the 2024 season.

"See you in September," said Hotchkiss coach Mike Fitzgerald, signaling the group to rush back to the warmth of the team buses.

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Kent's pilot waste program succeeds creating compost

By Leila Hawken

KENT — Since its launch in July, the town's pilot program in waste management has already reduced the waste stream by channeling organic waste into compost.

A report detailing the initial successes of the program and responding to residents' concerns was presented on Wednesday, Oct. 25, by the Housatonic Resource Recovery Authority (HRRRA). The program was presented on Zoom and was the first in a continuing series of planned status reports.

Representing the HRRRA were Executive Director Jen Heaton-Jones and local project manager Tiffany Carlson.

Introducing the report, First Selectman Jean Speck praised Heaton-Jones as the "Pied Piper of materials management," adding that she had been excited to work in concert with HRRRA for the past three years as the pilot program was developed.

Kent was one of only 15 towns selected to receive a grant to participate in the waste reduction pilot program.

Heaton-Jones responded that the core of the program was to consider "how we can change our community and create our own change in what's going on with our planet."

Beginning with statewide statistics, Heaton-Jones said that the state's 169 towns produce 3.5 million tons of waste annually, and that 22-30% of the waste stream is made up of organic waste, including compostable food scraps.

Carlson reviewed the

early results from Kent's program, indicating that the pilot is intended to compile data that will in turn motivate residents, hoping to jump-start households into adhering to better waste management practices.

The program includes food scrap separation. Carlson praised the pilot households for the speed at which they figured out how to collect their food scraps. In 10 weeks, Kent had diverted 14,970 pounds, or 7.49 tons, of food scraps.

As a result, the weight of trash was reduced to 76 tons for the current year, as opposed to 85 tons in the same period in 2022, a savings to the town of \$900 in tipping fees. Heaton-Jones said that there is potential for collecting 17 tons more townwide, and if everyone had participated, the town could have saved \$1,687.

"If we can encourage others, the savings can be substantial," Heaton-Jones said.

Of the 7.5 tons of food scraps diverted this year, Carlson noted that the material will become nutrient-rich compost that will be returned to Kent and distributed to residents.

About 90% of the waste stream can be reused and made into other products. All textiles are being collected at the transfer station for processing into such products as carpet backing, Carlson said.

Carlson noted that Kent was creative with transfer station fees, implementing a \$20 annual permit to dispose of food scraps, embraced by residents who have home pick-up but want to partic-

ipate in waste diversion initiatives.

Concerning issues raised by residents, Heaton-Jones said that most issues, such as odor, can be solved by frequency of emptying the small container into the larger one.

"Every few days, take the little container from your kitchen and empty it into the larger 6-gallon bin, and keep the bins cool," advised Heaton-Jones, as a means of staying ahead of the decomposition process.

The Zoom forum was recorded for posting on the town website.



PHOTO BY CARMELA BARGER

North Canaan coat drive

Members of the Knights of Columbus Berkshire Council No. 1520 distributed coats to local Social Service Agents at the St. Martin of Tours Bittermann Center in North Canaan Tuesday, Oct. 31. The coats will be given to children in need for the upcoming winter. From left, Recorder Dave Barger, North Canaan Social Services agent Sharon Kelly-Levesque, Falls Village Social Services agent Theresa Graney, Grand Knight Gerry Routhier and financial secretary Ron Dower.

Kent to vote on new ordinances Nov. 17

By Leila Hawken

KENT — Three ordinances were the subject of a public hearing held on Friday, Nov. 3, but the attendance was sparse and comments were few.

The hearing cleared the way for the ordinances to be voted on for adoption at a town meeting scheduled for Friday, Nov. 17.

The first ordinance to be discussed concerned a gift of land from the Albin estate, reviewed by First Selectman Jean Speck, who described the 0.05-acre parcel that serves as an informal connector between Route 341, Segar Mountain Road and Davis Road. Speck said that the Board of Selectmen had considered the gift and referred the matter on to the Planning and Zoning Commission which gave it a positive review. The Kent Volunteer Fire Department had

also supported acceptance of the gift for the access it offers for emergency vehicles along its 200 feet of unpaved roadway that may be improved by paving.

An ordinance was reviewed to provide tax abatement benefits to local emergency personnel, making the potential \$2,000 benefit retroactive by one year to the past tax year (2022). Selectman Glenn Sanchez explained that he had not felt comfortable with extending the retroactivity further into the past, a move that would have adjusted a decision made by a previous Board of Selectmen.

An addition to the ordinance governing the Inland-Wetlands Commission would allow for a system of citations for violations and a local process for appealing those citations, rather than the currently cumbersome and costly system of needing

to litigate appeals in court.

"This will save the taxpayers money," said Speck, adding that the present system that requires court action can result in protracted litigation.

Under the new ordinance, if adopted, a local citation agent will be authorized to levy fines for violations and if the recipient of the fine wants to appeal, a local citation hearing officer, appointed

by the first selectman, will hear the appeal. Under the ordinance, the first selectman may appoint more than one hearing officer.

A resident asked in what fund the collected fines will be held. Land Use Administrator Tai Kern responded that there will be a special designated fund established for the purpose.

Food and fuel aid applications now available in Salisbury

SALISBURY — Salisbury Family Services will provide turkeys at Thanksgiving and grocery gift cards and gifts for children for the holidays. The deadline to register for the Thanksgiving program is Wednesday, Nov. 15. The deadline to register for the Christmas program is Monday, Nov. 13.

Fuel assistance applications are currently being

taken for fuel deliveries made between Nov. 1, 2023, and April 1, 2024. Applicants may qualify for fuel assistance if annual income is under \$54,338 for a household of two; \$67,124 for a household of three; and \$79,910 for a household of four.

Town of Salisbury residents in need should contact Patrice McGrath at 860-435-5187.



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Our Towns

Gold's wellness lesson for seniors

By Patrick L. Sullivan

LAKEVILLE — Physical therapist Emelie Gold provided information on balance problems for seniors and helpful strategies for making falls less likely at the town Grove Friday, Oct. 27.

The presentation was part of a free workshop focused on fall prevention and stroke awareness sponsored by Sharon Hospital.

Gold said that falling down is a significant problem for seniors. Falls occur in times of transition, such as standing up from a seated position, or moving from room to room, or going to the bathroom in the middle of the night, and of course navigating stairs.

Seniors often compensate for their decreased mobility without realizing it, Gold said. Examples include putting pants on while seated, or dropping something and deciding to pick it up later.

Gold said 8 million American adults have some kind of balance problem, with 13% of those between the ages of 65-69 and 46% of those 85

years and up reporting difficulties.

Falls are common, she continued. Fully one third of American adults aged 65 and up take a fall once a year, and 20 to 30% of those suffer a moderate to severe injury as a result.

To decrease the chances of falling down, Gold first recommends regular medical checkups. Seniors should review all the medications they take with their doctor for possible side effects related to balance problems. And seniors should have regular blood work, especially with an eye on Vitamin D deficiency, which is linked to balance problems.

Gold said dehydration contributes to balance problems, and urged the audience of about 25 to drink eight cups of water per day.

She acknowledged that drinking that much water means a lot of trips to the bathroom, but noted that the movement involved is good exercise.

Gold said seniors need to take a hard look at their home layout to identify and

change arrangements that could trigger a fall.

Common culprits include electrical cords and loose area rugs.

Rooms need to be arranged to offer clear pathways between and within rooms.

Bathrooms, which are notoriously slippery places, should be equipped with night lights, handrails and/or grab bars, nonskid strips, and elevated toilet seats. Gold said seniors should always leave the bathroom door unlocked, so in case of a fall, someone trying to help can get in.

It's also a good idea to have the bathroom door open out, rather than in. A door that opens out leaves much more room for rescuers to operate.

Keep stairs free of clutter and make sure they are well-lit. Use non-slip treads if possible, and consider adding a high-visibility strip to the edges of the risers.

Having shoes that fit properly will help prevent falls, as will avoiding things like flip-flops, which offer no



PHOTO BY PATRICK L. SULLIVAN
Emilie Gold

support.

Gold said improving one's posture, standing or sitting, will help with balance problems.

And circling back to the frequent trips to the bathroom, Gold emphasized the importance of regular exercise for balance and overall health.

Seniors should try for 150 minutes of exercise a week, or 30 minutes five times per week.

"If exercise was a prescription medicine we'd all be taking it."

Cornwall's voters approve spending to fix retaining wall

By Riley Klein

CORNWALL — At a town meeting at Cornwall Consolidated School on Friday, Nov. 3, voters unanimously approved the transfer of \$500,000 from the unassigned fund to be used for the reconstruction of a retaining wall in West Cornwall.

The retaining wall in need of replacement supports River Road at the bridge near Route 128. After a summer of heavy rain, the boulders that compose the wall have been jostled out of position.

Situated at a point of high velocity rapids, roughly 5,000-acres of Cornwall's watershed converges against the wall at a sharp turn in Mill Brook.

Contractors submitted bids for the work, some

of which came in at more than \$700,000. The selected proposal was under \$500,000 and will utilize a precast concrete model to minimize bridge closure time.

First Selectman Gordon Ridgway said he is hopeful the work can be completed in several weeks, rather than several months, as was initially anticipated.

"We want to get this in place before we get another big storm," he said, adding that the on-site work is expected to begin in January 2024.

It was unclear whether the nearby bridge would be accessible during nights and weekends for the duration of construction. More information will be provided by the Selectmen's office as the project develops.

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LAND

Continued from Page A1

(limited liability company) comprising about 10 individual donors who scrambled to raise nearly \$2.5 million to give the Salisbury Association Land Trust (SALT) time to apply for state and federal preservation grants.

That parcel, which offers expansive views of the Twin Lakes watershed, had been on the market for \$2.9 million. The closing from Boyett to the LLC took place in late September, said John Landon, co-chairman of the Salisbury Association's Land Trust Committee.

A second LLC comprising about a half dozen donors, several of whom own property around Twin Lakes, was formed to purchase a 220-acre parcel on Miles Mountain, which leads to Cooper Hill, Landon explained. "That hasn't closed yet," noted the SALT official.

In addition, several other parcels comprising the 1,000 acres eyed for preservation include about 456 acres on Cooper Hill Farm and another 75 acres in Bartholomew's Cobble in Sheffield, Massachusetts.

"For eight conservation groups in two states to partner with private donors to work together like this is amazing. It has never been done to this magnitude," said real estate agent Elyse Harney Morris, who brokered the deal, representing Boyett's interests, with Bill Melnick.

She credited Boyett for his generosity. "He accepted less

than he could have in selling the land."

The coalition involved in the multiple transactions include, in addition to SALT, the Housatonic Valley Association (HVA), Northwest Connecticut Land Conservancy (NCLC), the Connecticut Nature Conservancy, Massachusetts Nature Conservancy, the Sheffield Land Trust, the Trustees of Reservations and Massachusetts Audubon.

Time was of the essence

In early August, Grant Bogle, president of the Twin Lakes Association (TLA), invited Landon to address TLA members about a 297-acre parcel atop Cooper Hill owned by Boyett that had just been put on the market.

"We quickly ascertained that in order to make this work, we needed to get a group together to buy it and preserve it while SALT applies for grants and then buys it back from the LLC," said Bogle, who noted that the expectation is to get "from 80 to 90% of the funds returned" to donors.

"We formed the LLC very quickly and what's good about this is that not everybody knew each other before coming together. Some have been on the lake forever, and some are fairly newcomers to the area."

According to Landon, "The transaction gives us time to apply for grant funding and find other funding to purchase it. We have already submitted an application to

the state for an Open Space and Watershed Land Acquisition Grant, but the rewarding of grants by the state probably won't be announced until May." But at least, until then, he said, the land is safe from development.

Eventually, said Landon, if SALT does secure a state grant, one of the requirements will be that there should be some sort of public access to the land. "Perhaps some sort of trail, but that is way off," he said.

Important forest and farmland habitat

Tim Abbott, regional conservation and greenprint director for HVA, described the 1,000 acres being protected "as significant" and in line with HVA's mission: protecting wildlife and clean, cold groundwater.

"It includes an Upland Review Area for the Housatonic River Corridor and at or near the top is a very large amount of important forest and farmland habitat all in one place in two states," noted Abbott, who has been a staunch advocate for regional conservation partnerships for the past 25 years.

"The Connecticut portion of it is off the charts in terms of biodiversity," he noted.

On the Massachusetts side, said Abbott, a large swath of farmland atop Cooper Hill, along with a piece of land that will be added to Bartholomew's Cobble, is now in the hands of the Trustees of Reservations.

Abbott described the var-

ious parcels of undeveloped land making up the 1,000 acres, which all came on the market within six months, as those that "tend to sell fast" and have "tremendous dollar value, particularly the Massachusetts portion, valued at between \$7 million and \$8 million."

"No land trust was sitting on a couple million dollars to drop on some of these parcels. The land is not protected right now, but it is on a path to protection. There is more to do because we're not done, by any means," noted Abbott. "It's going to take a few years."

'I could control what to do with it'

Boyett, who has retained several hundred protected acres where his home is located, the majority of which are under conservation, said he acquired his real estate portfolio over the years as neighbors were looking to sell off contiguous properties.

"I wasn't sure whether I wanted to put it under conservation or not, but I thought, if I own it, I could control what to do with it."

On the Massachusetts side, Boyett said he is happy to be able to transfer farmland "to younger hands." The Aragi family, he said, "have farmed that land for 20 years, and have been wonderful custodians of the land, so when we were able to transfer it to them, I was thrilled."

Boyett said he was heartened by the rapid response from local citizens.

"It's not only the people who have money who have stepped up, but the everyday citizens who are so concerned and protective of the land have also stepped up to become guardians of this area."

To Boyett, the recent land deals represent more than cut-and-dry transactions. Parting with the land he has

cherished for so long, he said, is bittersweet.

"About 10 days ago I was up on Cooper Hill looking at that beautiful view, and almost had a tear come to my eye because I view it all so affectionately," recalled Boyett. "But I am very lucky to have found people to become the next custodians who want to do the right thing."

FOOD

Continued from Page A1



PHOTO BY LEILA HAWKEN

An audience of more than 100 residents of Connecticut and New York assembled for a panel discussion on food security in the tri-corner towns and what is being done to address it. Panelists from left to right were Linda Quella of Tri-Corner Food Equity, Jordan Schmidt of the Northeast Community Center, Sarah Chase of Chaseholm Farm, Maggie Cheney of Rock Steady Farm, Renee Giroux of the Northwest Food Hub and Sarah Salem of the Hudson Valley Food Systems Coalition.

ports diversity and inclusivity within the local food ecosystem. Cheney said that Rock Steady's commitment to diversity extends to both farm workers and crops, and ultimately makes both the operation and the output of the farm more resilient.

Sarah Chase, farmer and owner of Chaseholm Farm, Schmidt, and Cheney all emphasized the importance of asking the community how to make food access easier in their day to day lives as a way of understanding where and how resources are best distributed.

In particular, panelists emphasized the importance of mitigating the lack of affordable housing.

"We don't have food if we don't have farmers," Quella said.

"Housing insecurity is connected to everything else,"

said Cheney.

That everything is connected to everything else was perhaps the forum's central message. Panelists made it clear that improvements across housing, transportation, healthcare and environmental sustainability are all critical to addressing food access.

They also emphasized the need for collaboration between farmers, community organizations, and government entities. System-wide improvement can only be implemented with system-wide participation, they said.

The Hotchkiss Library plans to continue the series of community conversations on food security, the next such forum scheduled to occur in January, 2024. The panel was sponsored by the new Guild chapter at Hotchkiss Library of Sharon.

MENTAL HEALTH

Continued from Page A1

Results

Anxiety: For grades seven through 12, 24.6% of youth reported feelings of anxiety in the past year as occurring almost always (14.7%) and always (9.9%). Additionally, 29.8% of youth reported their feelings of anxiety make things difficult for them in their lives always or almost always.

For the sources of anxiety, students in grades seven and eight reported the sources of stress or worry as academics, peers, and post-high school plans. For high school students (grades nine through 12), the sources of anxiety are academics, post-high school plans, and schedule.

For all students, social media and financial security were ranked as the lowest sources of anxiety.

Depression: 15.6% of respondents in grades seven and eight and 27.7% in grades nine through 12 reported having "felt sad or hopeless for two or more weeks in a row so much it stopped me from doing my usual activities" in the past year.

Bullying Frequency: 59.4% of youth in grades seven through 12 report having been bullied in their lifetime. 10.9% experienced this one to five days in the past month, 2.7% six to 20 days in the past month and 1.6% for 21 days or more in the past month.

The types of bullying most frequently reported among youth grades seven through 12 were mean names or comments, rumors and exclusion. Bullying most frequently occurs in the hallways, classroom and online.

Gaming and Social Media: For online gaming, in grades seven through 12, 40.8% of youth indicated that as a result of gaming, they "felt more connected with others." The most common negative consequence of gaming was "I did not get enough sleep" (22.1%), and "I heard or saw things my parents/guardians

would think is inappropriate (22.2%).

Social Media Assets and Consequences: For grades seven through 12, 56.6% of youth indicated that as a result of social media, they "felt more connected with others," 35.1% of youth reported they heard or saw something their parents/guardians would think was inappropriate, and 33.0% reported having a hard time stopping their social media use.

Substance Use and Gambling Rates: In grades nine through 12, alcohol was the most used substance in youths' lifetimes (29.0%), followed by marijuana (19.5%), and vape products with nicotine (19.5%). For past-month use, alcohol was the most used (13.6%), followed by marijuana (8.6%) and vape products with nicotine (8.1%). Gambling in the past month was reported by 2.7% of high school youth.

For respondents in grades nine through 12, vape prod-

ucts were perceived as the easiest to obtain, followed by alcohol. These substances are most frequently obtained from friends/peers.

Youth who have used prescription drugs nonmedically most frequently report getting it from home without parents' permission.

Driving Under the Influence of Alcohol or Marijuana/THC: Among youth in grades 11-12, more drove under the influence of marijuana/THC in the past month (1.1%) than alcohol (0.0%).

Other Substance Use: Of substances less commonly used, the highest lifetime use rates for grades nine through 12 were cannabidiol (CBD) products (8.6%) followed by inhalants (4.1%). Heroin/fentanyl was 0.0%, noted here due to community concerns regarding the opioid epidemic in our state and nation.

The survey results were presented to all six town school boards and the Region One Board of Education last

month.

Marissa Kent, youth program coordinator at HYBS, said in an interview on Saturday, Nov. 4, that the next steps will include focus groups with students to get more information. "For example, on bullying, we want to know what does it look like to you?"

Region One Superintendent Lisa Carter, in an interview on Sunday, Nov. 5, said a task group has been formed consisting of administrators, counselors, representatives from McCall and HYBS, and teachers.

The group "will look for how to make use" of the survey results.

Information will be sent to parents on specific topics: "We don't want a huge data dump on parents."

The focus will be on the practical use of the survey results: "We want to make it as useful as possible."

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COMPASS

Your Guide to Tri-State Arts, Entertainment & Lifestyle

WELLNESS: NATALIA ZUCKERMAN

A voice in the dark

From the wreckage of his life as an addict, Thuan Nguyen found a way to heal others

Thuan Nguyen, the wellness manager at addiction treatment center Mountainside in North Canaan, has remarked that an addict's journey from a life of addiction to a life of service and spiritual fulfillment is a testament to the transformative power of the human spirit.

Nguyen created Mountainside's signature Spirituality in Recovery curriculum, which many of the treatment center's alumni have said helped them begin their own journeys to the peace of mind and self-knowledge necessary for sober living.

Nguyen's own life began in tumult. Born in South Vietnam during the war, he was just 11 months old when his father, a pilot for the South Vietnamese air force, received word that Saigon was on the brink of falling.

Nguyen's mother fled via motorcycle with her four children and "just the clothes on their back," said Nguyen. The men were destined for mainland Thailand, but in a desperate bid to be with his family, Nguyen's father and a friend stole a plane off the air force base and deserted. Reunited, the family ended up in a refugee camp in Pennsylvania, won the sponsorship of a church in Pleasantville, New York, and finally came to settle in Westchester County.

"I've been told that I thrash at night sometimes, so I think it's still in my body somewhere,"

Nguyen confided. "I probably have some trauma from it, but I don't know consciously."

Struggling against social anxiety, Nguyen began drinking in high school. "I'd been so anxious, and I used it as a tool," he said. "I wanted to fit in. I was an introvert. I was really shy. But when I drank, it was like, 'OK. Now I can be like everybody else.' And I wanted to be like everybody else."

In sobriety, Nguyen has come to realize that at the time, he simply didn't like who he was, and alcohol offered him the illusion of transformation.

Asked if alcohol eventually "stopped working," as many alcoholics report, Nguyen laughed: "I don't think it ever stopped working. It was the crystal meth that took me down."

A driven and successful student, Nguyen went from high school to Vassar College to Cornell University into a successful professional life in New York. One night out at a club with colleagues, a work friend's dealer offered him crystal meth. "The sense of euphoria was unbelievable," said Nguyen. "Crystal meth made me feel like Superman. I felt like I could do anything I wanted."

And for a time, he was indeed Superman. In a turn of events that many people with addiction experience, promotions and raises flowed.

"I thought, 'No one needs to know as long as I can control it,'" he said. "I controlled it for a good three years, and then the last year was just horrendous. I was doing it at work, around the clock. I thought people didn't



PHOTO COURTESY MOUNTAINSIDE

Thuan Nguyen

know, but people knew."

He was fired. "I couldn't stop," he explained. "I kept telling myself I'd stop if my partying life got in the way of my professional life, but when it actually happened, I was like, 'Well, I can't stop now.'"

He moved to Seattle, hoping that, in a more relaxed life, he would be able to stop drinking and using drugs. But he couldn't.

In the throes of his addiction, convinced he would die, with the police showing up at his door, no job, and the threat of homelessness

looming, Nguyen finally checked in to High Watch, a 12-step-based treatment program in Kent.

I remember walking into the dining hall and seeing the 12 steps on the wall and thinking, 'Oh god. I'm in one of those places. How did I get here?'" Nguyen decided he'd get through the 21-day program, get his family off his back, and get back to his life.

"That was the plan," Nguyen explained, "Until I realized I couldn't live without drugs and alcohol."

One night at High

Watch, a blizzard came through the area. The campus was covered in crystal rock salt to prevent slipping. Alone in his dorm room, Nguyen mistook a chunk of rock salt for crystal meth and thought this must have been a test of the program.

It was then that he realized, "I am obsessed. When I'm not doing drugs, I'm thinking about doing drugs."

This total acceptance is what people in recovery sometimes describe as "surrender"—and for Nguyen, it enabled him to commit to his recovery

"I think self-love is the holy grail of the entire program. Because if you can learn to love yourself, you will never do anything to harm yourself."

ery and to Alcoholics Anonymous. He found himself surrounded by a community of people who were spiritual and peaceful, and he shared, "I wanted what they had."

Three years since he had last held a job, Nguyen left rehab and secured a position in housekeeping at High Watch.

"I couldn't exactly pick and choose," he said of his then-new position. "It taught me humility." He told himself, "I'm just like everyone else here. I'm just gonna do my job and be okay with that."

Through his work at High Watch, he became a 12-step coach. Fueled by a deepening connection to spirituality through meditation and yoga, Nguyen became a certified yoga and reiki teacher, in Yoga of the 12 Steps, and special training in qigong.

This path eventually led him to Mountainside, where he could explore an array of healing modalities. Here, he revels in the opportunity to share his journey and the wisdom he's gathered with clients.

"I think self-love is the holy grail of the entire program. Because if you can learn to love yourself, you will never do anything to harm yourself," said Nguyen. He said that working at Mountainside helps to keep him sober day to day, and to find immense gratitude for his journey.

"Most of it is knowing how hard it is to get sober, how painful the beginning is and getting to be a voice for people because there were voices of hope for me," he said. "I want to be around to help somebody when they finally say, 'OK, I'm done. Now what do I do?' and to be one of those people that gets to help."

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BOOKS: MIKE COBB

Robert Dance presents Joan Crawford biography and film series at the Norfolk Library

Norfolk resident and author Robert Dance is presenting his new biography "Ferocious Ambition: Joan Crawford's March to Stardom" and a film series featuring Crawford at the Norfolk Library.

Norfolk Library director Ann Havemeyer said: "The first film screening was great. Lots of people came, even those who had seen "Mildred Pierce" several times, and everyone agreed it was just wonderful to watch the film on the big screen. All his books were sold, and he has ordered more for the next screening on Nov. 10 of "Sudden Fear."

Crawford became the potential subject of a biography during a conversation with Dance's publisher soon after he delivered the manuscript of his previous book, "The Savvy Sphinx: How Garbo Conquered Hollywood."

"Craig Gill of the University Press of Mississippi told me that he had his best successes with "lives." Jokingly I responded, "You're not going to make me write a book on Joan Crawford." "If you do," he said, "I'll publish it."

Dance had read "Mommie Dearest," written by Crawford's daughter Christina, which was a bestseller in the late '70s and chronicles her mother's meteoric rise as well as her abusive parenting.

"Christina's remarkable story was the first in what has now become an industry of survivor stories told from the point of view of the victim. She suffered terribly at the hands of her mother, as did her younger brother. How to reconcile this story with Crawford's brilliant career as possibly the

greatest actress to come from the golden age of Hollywood became my quest," Dance said.

Although Dance had written many books about classic Hollywood, he did not consider himself an authority on Crawford. To immerse himself in his subject, he watched her films, from her first silent films from 1925 through the 1970s. He also researched her life and career using primary resources to describe her upward trajectory in the world of cinema.

"It took four years for her to become a star. When she did, Crawford became the epitome of cool, elegant sophistication and chic, and was Hollywood's first 'influencer.' When she wore a dress on screen, it was copied by the tens of thousands days after the film was released. She was the most imitated woman in America," he said.

"When she arrived at MGM, the studio that would nurture her career, and where she would stay for 18 years (1925-1943), she was untrained, gauche, overweight, pretty, but hardly movie-star attractive. Through her amazing will and ferocious ambition, she transformed Lucille LeSueur (Crawford's birth name) from Kansas City into the 'queen of the movies.' Not only was her ascent improbable, but so too was her staying power. Perhaps most striking was her ability to reinvent herself with the passing of years. She reimagined her career at the age of 40 when she moved to Warner Bros. and became a brilliant dramatic actress," he added.

The film series at The Norfolk Library began on Friday, Oct. 27, with

Crawford's first Warner Bros. film "Mildred Pierce." Based on a novel by James M. Cain, the film tells the tragic story of a single mother with two children and her struggles to achieve financial and personal success. The movie contains sharp social observations and intense emotional violence.

"Crawford won the Academy Award for her performance and proved, even back in 1945, that life could 'begin' even for a woman who had just turned 40," Dance said.

"Sudden Fear" (1952), which garnered another Academy Award nomination for Crawford — to be shown at the Norfolk Library on Nov. 10 — will be followed by "Whatever Happened to Baby Jane?" (1962) on Friday, Dec. 1. Both films come from the later part of Crawford's career and show her continued relevance throughout the decades.

Throughout his research, Dance was surprised to learn that virtually every one of Crawford's 80 films was a box-office success. Another revelation was that though she was known as being extraordinarily generous to her inner circle, Crawford privately maintained four rooms at Hollywood Hospital for folks who were unable to pay and covered doctor's bills.

Crawford even had a connection to Litchfield County. "Crawford was a close friend of Lakeville resident Genie Chester [daughter of Colby Chester, head of General Foods]. They met when Crawford was married to Douglas Fairbanks Jr., her first husband, and remained lifelong friends. Chester was one of many friends with whom she maintained an active correspondence," Dance said.



PHOTO SUBMITTED

Joan Crawford, left, with Genie Chester

The legacy of Crawford still resonates today. Though many of Hollywood's female stars like Garbo, Bette Davis and Katharine Hepburn have faded, Crawford remains a vital presence.

Dance said, "Crawford

reads contemporary and unmannered, and the age-old story of the woman from the wrong side of the tracks who, through grit and determination, succeeds spectacularly, has staying power."

Reservations for the next two screenings of Joan Crawford films followed by Dance's book talk are recommended and can be made through the Norfolk Library website at www.norfolklibrary.org.

ART: NATALIA ZUCKERMAN

Colored cotton canvas at BES

Painter and printmaker Meg Musgrove will be showcasing a selection of her color studies on raw cotton canvas at BES on Main Street in Millerton, starting with an opening reception on Saturday, Nov. 11, from 5 to 8 p.m.

With meticulous attention to detail and a commitment to quality, every piece is made with the utmost care, from the selection of the water-based inks and 100% cotton fabrics to the construction and finishing.

Born in Los Angeles, Musgrove exhibited widely under her maiden name, Berk. She earned her Bachelor of Arts from New York University in 2001, and in 2008, she graduated with a Master of Fine Arts from Pratt Institute.

Her work, which was narrative and personal in nature, shifted when she started a family. Musgrove explained, "When I had kids, I stopped painting so much and turned to printmaking as a way to keep my practice going." After working for a time doing surface design for wallpaper companies, Musgrove started her own textile company (megmusgrove.com). She clarified, "Freelance just stopped being fun."

More recently, Musgrove reignited a passion for painting by exploring color. This experimentation has led to the wall hangings, which Erica Recto, owner of BES, saw and immediately wanted to show in her shop. Musgrove emphasized:



PHOTO BY BRYANT MUSGROVE

Meg Musgrove

"Erica, apart from being a great person, comes to people whose work she loves and whose practice she's interested in and puts a lot of trust in them to bring their best work to the shop. She has put a lot of trust in me in terms of what I want to bring to the shop and in doing this show. That means a lot."

In BES's introduction to the show, Recto writes that the work "emphasizes intuition and joy while avoiding pattern and resolution." When asked about this idea as it relates to her process, Musgrove shared: "I always try to stop before they're finished. There's an uneasy feeling, and that makes it more accessible to people."

Her inclination to

leave a touch of ambiguity invites viewers to engage with her work, she said: "Things that are too well resolved don't leave any space for people to get into them."

Musgrove is continuing her exploration of textiles and is excited about a journey that is leading her to find better, more sustainable materials. She said, "There's this blurred line between the commercial textiles and my studio work, which is uncomfortable but good."

As she finds her way back to her narrative work, creating new stories through the intersection of her two distinct bodies of work, she mused: "They're coming together. It's working itself out."



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COMPASS



PHOTO BY PAM OSBORNE

FOOD: PAM OSBORNE

Really good chicken & rice

I was checking out at a supermarket not long ago—basically an out-of-body experience these inflationary days—and while I was focusing on keeping my head attached and putting my credit card back where it belonged, my checker took my bags and started packing them.

When consciousness bubbled up, I realized she had taken the largest bag and loaded it with six big cans of plum tomatoes, four cans of soup, eight bars of Cabot cheese (it was on sale), and more besides. I gave it a trial heave, just to show I was a sport, but there was no way.

“I can’t lift this bag,” I said. “You have so many cans,” she said, proving that watching politicians on the evening news had in fact been instructive re: offering evasive non sequiturs as being responsive.

Feeding a big group

This recipe feeds a lot of people, 12 at least, or a smaller number can eat it for several days, as it keeps well. You can make it ahead of time and it doesn’t suffer, and neither will you—is there anything better than having people over and not having to do a lot at the last minute?

This is very easy to serve up without a lot of fuss. The first time, I put it together from what was in the refrigerator—sometimes that works out. Don’t be discouraged by the list of ingredients, or by the initial prep work. A lot of chopping, but then it’s done.

If you are a vegetarian, you can probably substitute drained and rinsed canned beans—Roman, navy beans, etc., and I use Goya, they’re the best ones—for the meat, although I haven’t done this.

Really Good Chicken And Rice

4 to 5 cups cooked chicken. I first made this with duck, but chicken

is easier to come by. Cut or shred into bite-size pieces.

4 bunches scallions—about 20, trimmed, coarse stalks cut off, thinly sliced

One 1-pound package frozen cauliflower. Cook in the microwave, drain, squeeze out excess liquid moderately with paper towels, chop into bite-size pieces

Hot pepper flakes to taste, at least a teaspoon. I use very hot peppers chopped and put into a jar with a neutral olive oil (Berio). This will keep for a few days in the refrigerator and it’s guaranteed to set your mouth on fire. But the pepper flakes are okay. A hottish afterburn is what you want.

10 Mission figs. Remove the tough stems, then slice.

3/4 cup sultanas or raisins. Soak in hot water to cover for about half an hour to soften. Drain.

2 teaspoons ras el hanout, a North African spice, which can be found in the supermarket spice section. This has a very unique flavor, and its contribution to the finished dish is out of proportion to the amount used. It’s important.

5 cups cooked basmati rice

Using a big, deep skillet (mine is non-stick) or a cast-iron casserole, sauté the scallions over low to medium heat in some butter and neutral olive oil—a few tablespoons of each will do.

When they are softened, make a well in the center, put in a little more oil, and add the garlic. Cook for a minute or two, using a silicone stirrer to keep it from sticking to the pan. Don’t burn.

Stir in everything else, rice last. This is the base mixture you will keep in the refrigerator for up to a day or two until you are ready to serve.

At some point, chop: 1/2 head green cabbage and thinly slice, on the diagonal, 6 or

Lifestyles of the rich and clueless

I recently spent a week chasing trout in the Catskills, and went back last week for a couple of days to button up the camp for the winter.

My accomplices in this endeavor were my nomadic attorney Thos. and my regular fishing buddy Gary.

A good fishing buddy is a rare find. Different anglers have different styles, and what I don’t want is a low-holer, or a fish bro, or someone who’s gonna spout Latin names of bugs at me.

It’s also good if someone has a truck. Gary does, and it holds copious amounts of stuff plus three of us.

Either the passenger ponies up for gas or picks up the lunch tab, preferably at the World’s Second-Greatest Restaurant, the Roscoe Diner.

(The World’s Greatest Restaurant is, of course, Mizza’s in Lakeville.)

In a previous incarnation, Gary built homes for the rich and clueless, which is how he can afford to be a serious trout bum now. On the long ride back to Phoenicia from the West Branch of the Delaware, he entertained us with amusing tales from this era.

Such as the time in the 1980s when the Famous Actor decided the Upper West Side condo needed crystals installed at the four compass points.

Bottom line: They had to rip up a lot of stuff but the condo’s chi is still humming along, 30 years later.

“The guy didn’t even live there,” said Gary. “He just kept it for his New York girlfriend.”

His what?

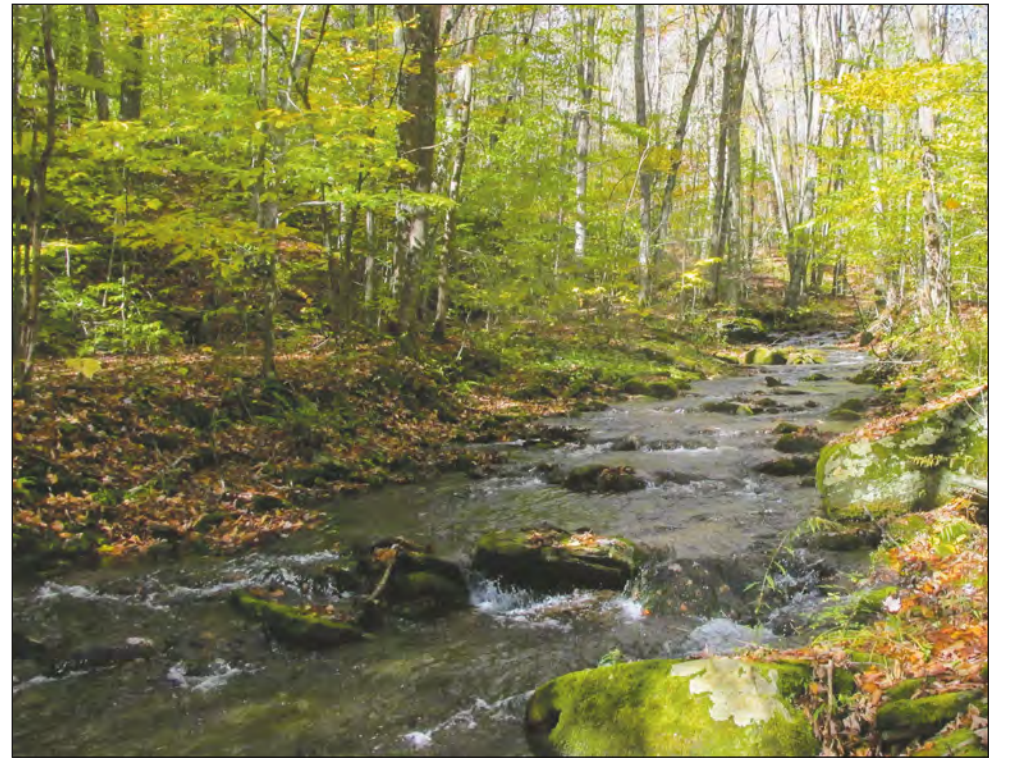
“Yeah, his New York girlfriend. He’d show up every once in a while for some movie bleep, and she’d be his girlfriend for a few days. Rest of the time she was on her own.”

“They bleeping explained it to me. He had the same deal with other women in other cities. Just matter of fact about it. The girl didn’t seem to mind.

“He told me that his spiritual advisor told him he needed to have the crystals put in. I don’t know how many people he had on his payroll.

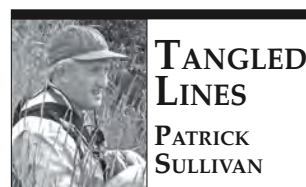
“It was a pain in the bleep but KA-Ching!”

This year I discovered the Shandaken Wild Forest. This is described by the N.Y. Department of Environmental Conservation thusly: “Shandaken Wild Forest contains six different parcels, each with its own distinctive character. The many remnants of past industries found here including farms, sawmills, bluestone mining and tanneries, will intrigue those interested



PHOTOS BY PATRICK L. SULLIVAN

Rochester Hollow brook requires a lot of crawling.



TANGLED LINES
PATRICK SULLIVAN

in Catskill history. “

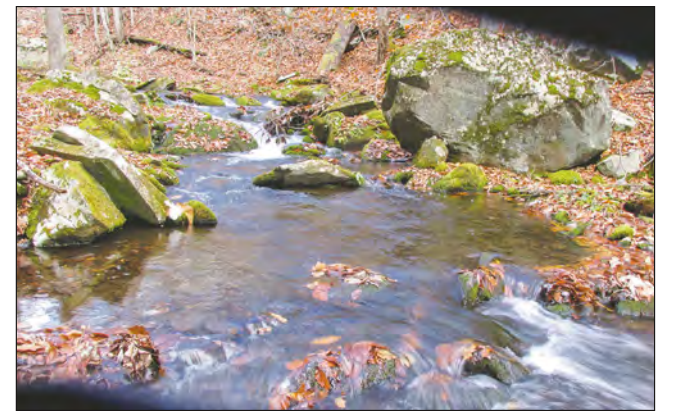
I’ve been driving past the signs for these spots for decades and never took a look. It’s embarrassing.

Birch Creek is a squirrely little brook. You get there by banging a sharp right off Route 28 in Pine Hill just before the long rise that tops out at the entrance to the Bellayre ski complex. Drive past a small neighborhood and take another right on a dirt road, and look for the blue and white DEC signs that indicate public access.

More accessible, far less squirrely and also part of the Shandaken Wild Forest is Rochester Hollow, which is off Route 28 in Big Indian.

This involves a very short ride up a dirt road to a trailhead. The babbling brook is about 30 yards away.

My first attempt at Rochester Hollow during vacation was less than stellar. I managed a cou-



The Unfinished Business pool on Rochester Hollow brook.

ple of wild browns but it was cold that day and I wasn’t feeling it.

Last week, between domestic chores, I took another crack at it.

Got a brookie right off the bat, and had both browns and brookies chasing big bushy flies on the surface.

Then the dang sun came out and it was behind me, causing my shadow to fall on the stream. This is not good.

In the two hours, me and my shadow proceeded to send approximately 80 bazillion trout scurrying for cover.

I finally found one decent pool without ruining it and low-crawled.

Pausing briefly to savor the lower back pain, I then enjoyed possibly the

most frustrating hour of fly-slinging in a 50-year career.

They came up and looked. They chased things subsurface. They hemmed and hawed and swam in circles.

And when they did finally hit a fly, the take was so subtle that I missed the strike and sent the fly into the trees. Because I didn’t want to stand up and send my shadow across the pool, I had to yank. Good thing I had plenty of flies, because I left enough there to pass for Christmas decorations.

That pool is now etched in my memory under “Unfinished Business.”



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Continued on next page

TRI-CORNER CALENDAR

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

NOVEMBER 11

ROUND CORNERS: An NYEP Art Exhibition

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

In November, the David M. Hunt Library in Falls Village (CT) will host ROUND CORNERS, an exhibition by art students of the New York Educational Program (NYEP) in Manhattan, including Falls Village artist John Hodgson. Taught by practicing artist and art instructor, Baris Gokturk, the NYEP art class explores art mediums through a step-by-step multi-layered process creating an environment in which the artists can express themselves and interact with each other. There will be a reception for the artists on Saturday, Nov. 11 from 4 to 6 p.m. Mr. Gokturk will give an informal art talk about the group at 3 p.m.

Art Show, Poetry Reading, and Workshop

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

The Cornwall Library is excited to announce that artist and prize-winning poet Sally Van Doren is offering an art show, poetry reading, and exciting workshop at The Cornwall Library, exploring the intersection of poetry and art for poets. The combined art show opening and poetry reading by Sally Van Doren from her new book of poetry "Sibilance" is on Saturday, Nov. 11, from 5 to 7 p.m. "Poetry and Art, A Creative Writing Workshop with Sally Van Doren," takes place on Sunday, Nov. 12, from 1 to 3 p.m.

Free registration for attendance is required at: cornwalllibrary.org/events/

Movie Night at Colonial Theatre

Colonial Theatre, 27 Railroad St., Canaan, Conn.

Boondocks Film Society Presents STRICTLY BALLROOM (1992) (dir. Baz Luhrmann) at Colonial Theatre in North Canaan on Saturday, Nov. 11, from 7 to 10 p.m. (film at 8:30 p.m.). Live flamenco film-inspired food and beverages, artist-designed commemorative poster and much more flair in store! Tickets: \$22 (food and drink sold separately.)

NOVEMBER 12

Harpichord Festival Part II

The Kellogg Music Center on the campus of Bard College at Simon's Rock, 84 Alford Road, Great Barrington, Conn.

The Berkshire Bach Society continues its 34th season on Sunday, Nov. 12, 4 p.m., with the second concert in its Harpichord Festival—The Ensemble Harpichord with Elliot Figg and Caitlyn Koester. The duo plays works by scions of the dominant keyboard dynasties in the Baroque era, J.S. &

W.F. Bach and Louis & François Couperin. The event is a preview of the concert they will present on Nov. 30 at St. Malachy's Church in New York City, sponsored by Gotham Early Music Scene, Inc.

Benefit Concert

Christ Church Episcopal, 9 South Main St., Sharon, Conn.

Renowned musicians Jon Lafleur, Marthe Ryerson, and Donna Castanar will be coming together for a special concert to raise funds for various Community Outreach Services.

The benefit concert will begin at 3 p.m. Tickets are \$20 per person and \$50 per family. Tickets can be purchased at the door or by calling 860-364-5260 for more information.

Free Food Distribution

7 Sand Road, Canaan, Conn.

Mark your calendars! On Sunday, Nov. 12 from 10 a.m. to 2:30 p.m. there will be a free drive-thru food distribution at the Canaan Seventh-day Adventist Church at 7 Sand Road, Canaan, Conn. "First come, first served" while supplies last!

NOVEMBER 16

Virtual Book Talk and Cheese Tasting with Madame Fromage

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

The David M. Hunt Library will present a virtual book talk and cheese tasting on Thursday, Nov. 16 at 5 p.m. The event will be hosted by Tenaya Darlington, a cheese expert, journalist, and educator who has been blogging about cheese for a decade under the name Madame Fromage. Register for this class at huntlibrary.org.

NOVEMBER 18

The History and Archeology of the Indigenous Lifeways of the Northwest Corner

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

On Saturday, Nov. 18 at 1 p.m. the David M. Hunt Library will host a talk with Paul Wegner, Assistant Director of the Institute for American Indian Studies in Washington, Conn. Paul will discuss the history and archeology of the Indigenous lifeways here in the Northwest Corner.

International Poetry Cornwall Library, 30 Pine St., Cornwall, Conn. cornwalllibrary.org

An in-person/Zoom hybrid poetry event will be hosted by Cornwall Library on Saturday, Nov. 18 at 2 p.m. Join poets from around the world, poets from across the nation, and local poets for an afternoon of live readings. Spots are limited. To sign up to read, contact www.ccArshagra.com. Registration is required at cornwalllibrary.org.

MUSIC: JOHN COSTON

AHA benefit at Colonial Theatre

The Colonial Theatre rocked the night away on Friday, Nov. 3, as Cherry Pie Band took the stage for a performance benefiting AHA, the after school program at North Canaan Elementary School.

The Colonial, which for a century has been a fixture for community entertainment, has been revived to become a gathering place for a wide range of programming.

Cherry Pie played almost two hours of foot-stomping music that at times forced some to get out of their seats and dance in the aisles. Singer Jilian Grey left the stage to join the crowd of about 60 and prompted a sing-a-long. At one point, guitarist Paul John Tautkus joined her and added some fancy finger-picking energy to the night as they both pumped up the crowd.

The event was sponsored by Raynard & Peirce Realty to support AHA, which serves approximately 25 children each day in its afterschool program. Students range from kindergarten through eighth grade. AHA runs Monday through Friday and eight weeks during the summer.

"I grew up in Canaan,"

said Chea LaMedica, AHA's director. "I got involved because many parents—including single parents—have to work past the school day, and I know what that's like."

AHA has been running since 1990.

Stephannie Grant, operations manager at Great Falls Brewing Company, whose children attend North Canaan Elementary School, ran a tasting table in the lobby.

In between the music, there were door prizes and a few remarks from Lenore and Marc Mallett of Lakeville, co-owners of the restored theater, who have put together an ambitious event schedule for November and December. See schedule at www.canaancolonial.com

For Veterans Day, "Good Morning Vietnam" will be shown as a free movie at 2 p.m. on Sunday, Nov. 12. Other free movies to come include holiday favorites such as "Elf," "National Lampoon's Christmas Vacation" and Frank Capra's "It's a Wonderful Life" with James Stewart and Donna Reed.

"We want to create a place for the community to come together," said Lenore Mallett, who, with her husband,



PHOTO BY JOHN COSTON

Paul John Tautkus

bought the theater last spring with Stacey and David Fiorillo of Salisbury.

The theater's marquee provided colorful neon accent lighting to Railroad Street, and as the

theater's doors swung open and shut, the booming sound of music, including the Pretenders' "Back on the Chain Gang," filled the otherwise quiet night outside the Colonial.

...really good chicken and rice

Continued from previous page

so stalks of celery, and some of the good leaves in the center of the head.

Both of these can be kept, chopped and ready, in bowls in the refrigerator. Squeeze out a couple of paper towels with cold water and place them over the bowls. This will keep things fresh and crisp, but do check that the towels don't dry out.

Make a cup of chicken stock using a bouillon cube. Vegetarians can use vegetable stock or water.

When you are ready to serve, mix together a couple of handfuls of celery, three or four handfuls of cabbage, and some big scoops of the base mixture. The base should be about 40% of the mix. Add about 1/4 cup (or more, depending on how much you're serving; it should be moistened, not wet) of stock or water. Microwave, covered, for about 4 and a half minutes at full power, until hot. Serve in heated bowls, with:

Chutney—I buy Stonewall Kitchen Mango, and Patak's Major Gray

Plain whole-milk yogurt—by itself, or mixed with your chopped herb

of choice (parsley, basil, sorrel), a little olive oil, and a pressed garlic clove. This can be made ahead.

Salted peanuts, sprinkled on top

Well, I'm exhausted, and all I did was tell you

how to do this. Anyway, I was thinking about the grocery bagging. What you want to do is put the heavy stuff into small bags and put those onto the floor of the back seat. Then take your big bag, which you've filled with

good bread, soft cheese, berries, tomatoes, potato chips—all the fragile things that make life worth living—and sit that on top.

Pam Osborn keeps her kitchen in Sharon.

A Bank for the Next Generation

To George Whalen IV, relationships are what build community, and lending is a tool that helps people make things happen. He's seen it his whole life, the Bank of Millbrook working together with people like you, in this area that's thrived from his great grandfather's generation to his son's.

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 MEMBER FDIC

Our Towns

Sharon Connect offers help with Frontier phone issues

By Leila Hawken

SHARON — With the Comcast internet expansion program well underway, the Sharon Connect Task Force has announced a new initiative in cooperation with Frontier Communications to assist residents who are experiencing issues with their Frontier-provided phone service.

A recent announcement from Sharon Connect indicated that co-chairman Meghan Flanagan has undertaken to help residents with Frontier phone issues that can include an inoperative phone line, noise on the line or slow internet speeds.

Homeowners have experienced undue delay in Frontier's response, followed by inability to fix the problem because the problem's cause is traced to the copper-wire network. Numerous complaints led the task force to undertake to imagine a solution.

Flanagan has achieved a high degree of success in intervening with Frontier on behalf of its customers with the result that Frontier has now agreed to respond to address-specific issues channeled to it by Sharon Connect.

Sharon Connect invites homeowners experiencing Frontier phone issues to make contact by using the contact form or by emailing the task force at sharonctcon-

nect@gmail.com. Be certain to include the customer's name as it appears on the Frontier bill and the address, along with a description of

the issue. If the resident includes contact information, the task force will provide updates on progress with the specific issue.

Thanksgiving Day dinner at Pilgrim House Nov. 23

NORTH CANAAN — The Pilgrim House will host its annual Harvest Thanksgiving Celebration from noon to 2 p.m. on Thursday, Nov. 23.

Thanksgiving dinner will be provided to all attendees, and deliveries are also available by request.

Those interested in contributing to the celebration can do so by making food donations such as uncooked turkeys, potatoes, vegetables, rolls or condiments. Volunteers are also needed to help prepare vegetables on Wednesday, Nov. 22 at 2 p.m. and/or work Thanksgiv-

ing Day, or deliver dinners to shut-ins—CDC requirements will be required for both days. Cash contributions in any amount will be helpful.

If there are any unused funds, they will be used to assist people to help fight hunger and famine.

Monetary donations can be made payable to Trinity Episcopal Church, 484 Lime Rock Road, Lakeville, CT 06039 with "Thanksgiving Celebration" marked in the memo line. To make a food donation or volunteer, contact Beverly Becker at 860-671-1892 or beverlybecker4@gmail.com.

Winter clothing drive and giveaway in Salisbury Nov. 11

SALISBURY — All Saints of America Orthodox Christian Church will again hold its annual winter clothing drive and giveaway. The event will take place on Saturday, Nov. 11, from 10 a.m. to 3 p.m. at the church, which is at 313 Twin Lakes Road.

Winter clothing may be

donated and dropped off at the church at any time between now and Friday, Nov. 10. Please be sure clothing is clean and in good condition.

Winter clothing for all ages will be accepted, including coats, sweaters, hats, gloves, scarves and boots. For more information, call 860-824-1340.



PHOTO BY LEILA HAWKEN

Movie matinee

Mid-morning film buffs gathered to view a showing of "Marilyn Hotchkiss' Ballroom Dancing & Charm School" (2005), at the Hotchkiss Library on Thursday, Nov. 2. Free morning matinees are anticipated to occur once or twice each month on Thursdays when the library is closed to patrons. The new projection system was installed as part of the recent renovation and expansion. This romantic film was chosen because it had "Hotchkiss" in its title. While the audience was small, enthusiasm for the new film program was abundant.

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Classifieds

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Real Estate

REAL ESTATE

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Email your classified ad to classified@lakevillejournal.com.

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BERKSHIRE SCHOOL: has a part-time opening in the school store. This position works approximately 2.5 hours per week on Saturdays. There will be some extra days during certain events and occasionally to cover some shifts. If interested, a short evening shift could be added. Responsibilities include interacting with customers, using a point of sale computer, making cash sales, help with merchandising, cleaning and stocking. Some weekends require additional hours and there are reduced hours during academic vacations. Successful applicants must work well with the employee team and interact well with high school students as well as adults. Interested candidates may contact Cheryl Geerhold, Director of Human Resources at cgeerhold@berkshireschool.org.

LAMP REPAIR ANDREW IRING: Serving the Northwest Corner. 413-717-2494.

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

Remember

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.

With thanks to those who serve.

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The Millerton News is seeking a part-time news reporter to cover Harlem Valley towns and school districts.

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Writing skills and basic knowledge of how New York government functions are a must.

Email Resume and Writing Samples to Editor John Coston, editor@millertonnews.com.

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