



The Lakeville Journal

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26 PAGES IN 3 SECTIONS VOLUME 127 NUMBER 24 © 2024 The Lakeville Journal Company, Periodical Rate Postage Paid at Lakeville (Town of Salisbury), Connecticut 06039 THURSDAY, JANUARY 18, 2024 \$3.00

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



PHOTO BY PATRICK L. SULLIVAN
Gage Heebner described the restoration of a 1986 Jeep Cherokee as teacher Tom Krupa, left, and principal Ian Strever looked on. Seniors at HVRHS presented their Capstone projects last week.

Pursuing passions in HVRHS senior projects

By Patrick L. Sullivan

FALLS VILLAGE — Gage Heebner lifted the hood of a 1986 Jeep Cherokee to reveal a fascinating automotive artifact. He removed the lid of the air filter holder and took the filter out and held it up for people to see. Beneath the filter apparatus was another artifact from the olden days: the carburetor. Heebner, from Kent, is a senior at Housatonic Valley Regional High School (HVRHS). His senior “Capstone” project is his multi-year res-

toration of the vehicle. The Capstone projects are a requirement for graduation at HVRHS. The seniors made their presentations Tuesday through Thursday, Jan. 9 to 11. The schedule was thrown off a bit by an early dismissal for bad weather on the Tuesday. Yaritza Vega talked about her parents, who emigrated from Mexico in the early 1990s, and how they made their way in their new country. She did this in front of a large portrait she painted of her mother, Maria, pregnant and using a mop.

Both parents, Maria and Saul, were present, and after a bit of convincing, Maria stood in front of the portrait for a photo. Yaritza Vega is headed to Middlebury College in the fall, where she plans to study languages and international studies. Finn Cousins of Sharon decided to use his interest in physical fitness to design regimens for four of his fellow students, using the school's weight and fitness room. He said his goal was to get

See CAPSTONE, Page B5

Lamont announces initiative promoting outdoor recreation

By Riley Klein

CORNWALL — Gov. Ned Lamont visited the Northwest Corner on Thursday, Jan. 11, to unveil a new push to improve and promote outdoor recreation in the state. Attendance at state parks has risen from about 10 million guests in 2019 to roughly 17 million guests in 2022, making state parks the top tourist destinations in Connecticut. The press conference was held at Mohawk Mountain, a private ski lodge situated within a state park in Cornwall. Mohawk maintains a longterm lease of the land to offer year-round activities.



PHOTO BY RILEY KLEIN
Gov. Ned Lamont made a stop at Mohawk Mountain State Park Ski Area for a press conference about outdoor recreation, Jan. 11.

Guests can hit the slopes in the winter months, hike the trails in the summer, or take part in community events throughout the year such as job fairs, craft fairs, and rummage sales. Lamont's outdoor recreation ini-

tiative was designed to improve on the existing amenities at state parks while supporting new public-private ventures that operate similarly to Mohawk Mountain.

See LAMONT, Page A8

Foundation for Community Health's landmark 20th year

By Debra A. Aleksinas

SHARON — When Sharon Hospital was sold to for-profit Essent Healthcare Inc. in June 2003, state law required that the \$16 million in proceeds be transferred to a non-profit organization with a similar purpose — to promote healthier individuals and communities. To meet that mandate, Foundation for Community Health (FCH) was formed to steward that mostly unrestricted windfall for the benefit of the rural, 17-town region, where Northwest Connecticut and the Greater Harlem Valley in New York meet, served by the hospital. Fast-forward two decades and the Sharon-based philanthropic organization, under the stewardship of Nancy Heaton, its president

and CEO, has granted more than \$21 million through 609 grants to 118 organizations and invested thousands of staff hours to support better health to communities, many of which have historically been underserved. An auditor's Dec. 31, 2022, financial statement showed the foundation's total assets at \$32.6 million. In 2023 alone, FCH's 20th anniversary, the foundation awarded more than \$1.6 million in grants to 30 grantee partners, including \$650,000 to help establish the North Canaan Health Center. Since 2017, FCH has awarded about \$2 million toward the North Canaan Health Center. The long awaited opening is expected in spring 2024. See FOUNDATION, Page A8



PHOTO BY KATHRYN BOUGHTON
Emma Terhar and Tyler Forve kept guests lining up for more during the soft opening of Cornwall Country Market last week.

Country market reopens with fresh take on local food

By Kathryn Boughton

CORNWALL — When Henry Breen moved his little market up from the riverside to the newly established intersection of routes 4 and 7 during the Great Depression, it was touted as “the most up-to-date store between New Milford and Canaan.” The market has seen various owners and various levels of care in the nine decades since then, but today, the description would be as valid as it was in 1935. The interior gleams with glass cases filled with made-from-scratch delicacies; an enclosed area for

preparing gourmet chocolates, a sparkling kitchen; and a crisply clean, white-walled retail area. The shelves, which are still being filled, offer superior food products, while an alcove has been sequestered for a wide range of products produced by Cornwall crafters and farmers. The market launched with a soft opening last week, but eager area denizens gave the newly installed staff nary a moment to draw a breath. The market swarmed with customers eager to buy lunch to-go or to consume a meal at the limited number of tables. See MARKET, Page A8



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Our Towns



Pickleball at Cornwall Consolidated School began on Thursday, Jan. 4 in the gymnasium. Cornwall residents can take part in the winter fun each Thursday from 6 to 8 p.m. inside CCS.

Cornwall keeps active in the cold

By Riley Klein

CORNWALL — As the region slips into hibernation for the winter, residents have found no shortage of activities to keep them busy.

Aside from downhill skiing at Mohawk Mountain, Park and Recreation has started offering indoor pickleball and ice skating free of charge to Cornwallians.

Each Thursday at Cornwall Consolidated School (CCS), three pickleball courts will be open for play inside the gymnasium from 6 to 8 p.m. The on-court action began Jan. 4 and was well-attended.

Volunteer Tom Barrett was on hand to inform newcomers of the rules and lingo involved with pickleball. Barrett refused to call himself an expert but was

more than happy to share his knowledge of the game with beginners.

“We’ve got something for all skill levels,” said Barrett.

Pickleball will remain indoors at CCS until weather allows for play to resume on the court at Foote Field. Due to limited space, only Cornwall residents are invited to play indoor pickleball.

“But players can bring a friend,” said Park and Rec director Jen Markow.

On Saturdays throughout the winter, Cornwall’s skaters can get back on the ice at The Hotchkiss School. The rink in Mars Athletic Center will be open for free-skating from 7 to 8 p.m. for Cornwall residents.

Children must be accompanied by an adult and all participants must bring their own skates.

Mohawk Mountain is back in action. As of Jan. 11, five lifts and nine trails were open for skiers and snowboarders.

When conditions permit, lifts will be spinning from 10 a.m. to 8 p.m. at Mohawk. Tubing is not yet open. Updates on tubing and daily conditions reports will be posted on www.mohawk-mtn.com

For more indoor fun, the Cornwall Library, UCC Parish House, and West Cornwall Union have offered a full menu of activities this winter, including tai chi on Mondays, knitting on Tuesdays, creative goal development on Wednesdays, bridge classes on Thursdays, quilting on Fridays, sketching on Saturdays, and yoga on Sundays.

Visit cornwallct.org/ events for more info.

Salisbury Association adds 48-acre preserve

The Salisbury Association recently closed on a new preserve of 48 acres on Route 112.

The land was purchased from the John, Mary and Helen Belter family using a combination of grants: the state’s Open Space and Watershed Land Acquisition program, U.S. Fish & Wildlife’s Highlands Act funding, and a generous grant from the Anne and Rollin Bates Foundation.

To honor their long and outstanding contributions to the Salisbury Association and the town, the new preserve has been named in honor of Lou and Elaine Hecht.

For decades, the Hechts have been stalwart volunteers for the Salisbury Association. Lou was a longtime trustee and co-chaired the Salisbury Association Land Trust for 17 years. Elaine continues to be instrumental in the Land Trust’s outreach to local schools and the community.

Together, they have created special educational exhibits in the Academy Building, including “Light on the Land,” “Follow the Forest,” “Go Native” and “Birds in Crisis.” When 300-year-old oak trees fell at the Town Grove, the Hechts had a conference table made from the wood. The Salisbury Association and its committees meet around this table located on the second floor of the Academy Building.

The Hecht Preserve has high ecological value with core forest, rugged slopes and bedrock exposures. A



Elaine and Lou Hecht

pure, cold-water stream traverses the property, draining to the Salmon Kill and providing habitat for native fish.

Two critical habitats and seven state-listed species of animals and plants have been documented at or near the property. The new preserve abuts the town’s Wack Forest, long a beloved site for Girl Scouts’ camping and other

activities. It nearly doubles the size of this protected area and will have a new hiking trail for the public to enjoy. Wack Forest, named for the founder of Field & Stream magazine, will be the point of access for the new preserve.

The Salisbury Association plans to have the new hiking trail ready for use in summer 2024.

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Sharon Hospital is honored to be recognized by the American Heart Association (AHA) and the American Stroke Association (ASA) for excellence in heart disease and stroke care. Additionally, Sharon Hospital was also awarded a five-star rating, the highest overall, by the Centers for Medicare and Medicaid Services (CMS) for quality patient care for the 4th consecutive year.

We proudly thank the talented doctors, nurses and employees of Sharon Hospital for these tremendous achievements in keeping high quality healthcare right here in our community.



Find care now





South Kent's James Chase attacked the Maryland net.



Daniil Dyachkov cleared the South Kent bench after scoring the game-winning goal in the final second, Jan. 13.

South Kent sweeps series against Team Maryland

By **Lans Christensen**
and **Riley Klein**

KENT — A three-game series between South Kent School and Team Maryland 18U hockey made for a weekend of intense competition on the ice from Jan. 12 to 14.

Team Maryland is a club member of the Tier 1 Hockey Federation. South Kent faced Team Maryland twice already this season. Maryland won 7-4 when they met at the USHL Fall Classic on Sept. 23. They beat the Cardinals again 4-1 on Dec. 9 in the Overspeed Tournament at Brown University.

The Cardinals were de-

termined to change the narrative with three games on home ice in Stockdale Arena.

On Friday, Jan. 12, South Kent showed they meant business. The Cardinals went on a tear and cruised to a decisive 12-3 victory.

Maryland realized this trip to Kent would be far from a cake walk and stepped up their game on Saturday, Jan. 13.

From the first puck-drop, each side duked it out on the ice. Both teams worked their offense and defense to the limit.

Seven minutes into the first period, Kamil Rohal scored South Kent's first goal. Not long after, Maryland's

Harrison Smith evened the score, and later added a second goal to help Maryland take the lead.

A goal from each side in the second period kept South Kent behind by one point.

Early in the third period, South Kent capitalized on a double power play. A 5-to-3 man advantage gave the Cardinals the opportunity to even the score and the final period began with a 3-3 tie.

As the clock ran down, the hits got harder and scoring opportunities were few and far between. It looked like the even matchup would end with a tie.

Just then, the most incredible, unimaginable, and

unexpected climax came with one — yes, one — second remaining.

A melee in front of Maryland's goal broke out and South Kent's forward, Daniil Dyachkov, managed to get the puck in the net.

South Kent prevailed in a buzzer-beater win over Team Maryland with a final score of 4-3.

After back-to-back wins for South Kent, the season tally between the two teams was square at 2-2.

The deciding showdown was played on Sunday, Jan. 14.

The final game was even 1-1 after the first period, but South Kent pulled ahead with two quick goals early in the second. Another goal late in the second gave the Cardinals a 4-1 lead heading into the third.

South Kent closed out the series with a final goal in the



PHOTOS BY LANS CHRISTENSEN

South Kent's William Hughs kept up the pressure with a non-stop assault on the opposing goal.

Northwestern girls defeat Housy

By **Riley Klein**

FALLS VILLAGE — Housatonic Valley Regional High School (HVRHS) girls basketball lost at 52-26 at home to Northwestern High School Wednesday, Jan. 10.

Northwestern went on a tear in the first half and cruised on a double-digit lead for the majority of the game. The Mountaineers' shots were falling late, but the deficit was too much to overcome.

Led by star guard Maddie Topa, Northwestern picked apart HVRHS' zone defense and scored basket after basket. An 11-5 first-quarter lead ballooned into a 28-9 advantage for Northwestern at halftime.

In the third quarter, the Mountaineers maintained their discipline and looked determined to mount a comeback. They played Northwestern even in the third quarter and scored nearly half their total points, bringing the score to 43-21 as they entered the final quarter.

With Topa back on the court in the fourth, Northwestern closed out the game comfortably and won 52-26.

Topa finished with 28 points for Northwestern. HVRHS was led in scoring by Tessa Dekker and Haley Leonard with 7 points each. Anne Moran finished with 6 points and several blocks for



PHOTOS BY RILEY KLEIN

Above, Tessa Dekker played point. Below, Haley Leonard lined up a jumper against Northwestern, Jan. 10.



the Mountaineers.

Northwestern girls basketball's record advanced to 7-2 for the season and HVRHS moved to 5-4.

On Friday, Jan. 19, the Mountaineers will host Terryville in Ed Tyburski Gym.

Junior varsity begins at 5:30 p.m. with varsity to follow at 7 p.m.

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OBITUARIES

Sharon D. Alther

SHARON — Sharon D. (Smith) Alther, 77, passed away peacefully on Tuesday, Jan. 9, 2024, at Sharon Health Care Center.

Born in Bronxville, New York on Dec. 1, 1946, to Dr. Stuart Bertine Smith and Ruth E. (MacMonigle) Smith, Sharon, graduated from Eastchester High School in 1964, and married her high school sweetheart, Roger, in 1966.

Sharon moved with her husband and young son to Los Angeles, California in 1970. After many years spent raising her son, Rick, and daughter, Kristin, and being a beloved teacher's aide in her children's classrooms at Melrose Avenue Elementary School, Sharon and family relocated to El Cajon, California in 1979. There, Sharon put herself through nursing school where she graduated at the top of her class. After earning her LPN, she worked at Grossmont Hospital in La Mesa, California.

In 1984, Sharon and her family moved back east to her beloved Pine Grove in Falls Village where she worked at Parkside Lodge (now Mountaintops), an addictions recovery center, for many years. Thereafter, Sharon worked at Ann's Nursery for Babies in Norfolk and Noble Horizons Assisted Living in Salisbury, helping to care for the most vulnerable. She was also a dedicated volunteer EMT for North Canaan Volunteer Ambulance Corp. (NCVAC) for 20 years. During her tenure with NCVAC, she twice earned the President's Award for outstanding service.

Sharon's biggest passion was her family. It was important to her to always bring family together for special occasions. She was thoughtful and generous to a fault when it came to her children and grandchildren, her mission being to make birthdays and holidays as memorable as possible.

Sharon is survived by her son and daughter-in-law, Richard and Shannon Alther of Woodbury, Connecticut, and grandsons Ryan and David; and her daughter and son-in-law, Kristin and Joseph Murphy of Clifton Park, New York and grandsons Declan and Liam.

Sharon also never met an animal she didn't like. While she had a menagerie of various pets throughout her life, including dogs, birds, and guinea pigs, she always had at least two cats who almost all lived amazingly long lives. Proof of Mom's love!

Kent Town Meeting set Jan. 18

By Leila Hawken

KENT — On Jan. 11, the Kent Board of Selectmen set the date for the town's annual town meeting to be held Thursday, Jan. 18, at the Town Hall, beginning at 7 p.m.

Included on the agenda will be a change to the farming ordinance, repealing the former ordinance developed in 2015, known as a "Right to Farm" ordinance, and enacting a new ordinance to be known as "Protection for Farmers from Nuisance Claims."

"It's protective, not punitive," said First Selectman Marty Lindenmayer, terming it a "farm friendly ordinance."

Also included on the agenda will be public com-

Calling hours will be Saturday, Jan. 20, 2024, from 4:00 to 6:00 p.m. at Newkirk-Palmer Funeral Home at 118 Main St, Canaan CT.

In lieu of flowers, please consider memorial contributions to North Canaan Ambulance Corps, P.O. Box 178, 15 North Main St, Canaan, CT 06018 or the Veterinary Care Foundation (www.veterinarycarefoundation.org/). Please make sure to select Sand Road Animal Hospital LLC (Falls Village), who lovingly tended to mom's pets for many years. Many heartfelt thanks to the staff of the dementia care unit at Sharon Health Care Center, who lovingly cared for our mother for nearly ten years.

WASSAIC — Margaret Y. Deister, 94, a lifelong resident of Wassaic, New York, passed away peacefully on Wednesday, Dec. 13, 2023, at Sharon Hospital with her family by her side. Mrs. Deister was the comptroller at the Maplebrook School in Amenia and also worked for Leon Rothstein, CPA in Amenia. She later worked for Ann Linden at Red Hen Sign Co. in Amenia. Born on Jan. 14, 1929, in Patterson, New Jersey, she was the daughter of the late Murray Elliot and Margaret (Markert) Rivenburg. Mrs. Deister was a graduate of Dover High School class of 1946. On Oct. 4, 1947, she married Gustave Deister, who predeceased her on Jan. 29, 2012.

Mrs. Deister was a former member of the Wassaic Presbyterian Church Ladies Auxiliary. She later became a member of the Sharon United Methodist Church in Sharon.

Mrs. Deister is survived by her loving children; Barbara E. Lisi and her husband, Paul J., of Lansing, New York, Paul F. Deister and his wife, Deborah, of Hahnville, Louisiana, and Peter G. Deister and his wife, Margaret-Ann, of Amenia, New York. She is survived by three grandchildren, Joseph P. Lisi and his wife, Traci, of Lansing, New York, Matthew P. Deister and his wife, Jessica, of Amenia, New York, and Austin M. Deister and his wife, Cameron, of Costa Mesa, California; and two great-grandchildren, Cody and Connor Deister. She is also survived by two

ment on the five-year capital plan, being presented at the town meeting.

Selectwoman Lynn Worthington commented that the discussion will be a public forum on the town's capital spending.

MILLERTON — Richard Neil "Rick" Sinclair, 70, passed away peacefully at Vassar Brothers Medical Center on Jan. 13, 2024, following a lengthy illness. Born May 20, 1953, in Dover, New Hampshire, he was the son of the late Neil Anthony Sinclair and Barbara (Woundy) Sinclair. He was the eldest of five children. Rick was a graduate of Arlington High School and Dutchess Community College.

Rick lived in Oregon for several years and became a salmon fisherman. He returned to New York and was employed by Schatz Federal Bearing in Poughkeepsie prior to the business closing.

Rick then used his passion for antiques and became owner of Papa Hobo Antiques on Main Street in Millerton. After closing the store, he became a Group Home/Human Services Manager.

Rick was the former President of The Danbury

Mineralogical Society and former Board Member of the Mid-Hudson Gem and Mineral Society and was passionate about his large rock and mineral collection. He was the Founder and co-chair of the Water Alliance in South Kent.

Richard was married in 1979 to his lifelong partner, Robert Joseph Rockefeller. Together they lived in South Kent for 32 years. Rick had recently moved to LaGrangeville, New York, following Bob's passing on April 19, 2022. Their marriage lasted nearly 44 years. Recently Rick became a resident at Holiday Manor at Woodside.

The family would like to thank the staff at the Manor at Woodside, the staff at Fresenius Kidney Care, and the staff at Vassar Hospital for their loving care.

Richard is survived by his

four siblings and their spouses; Mark Sinclair (Karen), Sharon Sinclair Merriam Young (Stephen), Sandra Sinclair and Donna Sinclair Burke (Brian). He is also survived by his nieces and nephews and their children; Eric Sinclair (Samantha) Jake, Gracie, Connor & Gus; Andrew Sinclair (Lauren) Charleigh & Riley; Cathrine McCormick (Michael) Quinn & Emma; John Merriam (Jennifer) Jonah & Jared and Kayla Burke. Rick is also survived by his aunt, Janet Bardawell and cousins Linda Heider (Terry), Bob Williamson (Joan), Nancy Duval (Gary), Steve Wil-

liamson (Annie), Michael Woundy and Debra Woundy (Jacqueline).

Calling hours will be held on Saturday, Jan. 20, 2024, from 10 a.m.-11 a.m. at the Scott D. Conklin Funeral Home, 37 Park Avenue, Millerton, NY. A funeral service will take place at 11 a.m. at the funeral home. Rev. Zora F. Cheatham will officiate. Burial will follow at Irontdale Cemetery in Millerton. Memorial contributions may be made to the Trinity United Methodist Church, 6 S. Cross Rd, LaGrangeville, NY 12540. To send an online condolence to the family, flowers to the service or to plant a tree in Rick's memory, please visit www.conklinfuneralhome.com

For more obituaries, see page A7

Send obituaries to johnnc@lakevillejournal.com



Worship Services

Week of January 21, 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	The Congregational Church of Salisbury, U.C.C. 30 Main Street, Salisbury, CT Whoever you are, wherever you are on life's journey, you are welcome here! Worship, Sundays at 10 am, in-person and streaming www.salisburyucc.org Sharing God's shalom: Wholeness, harmony, justice, and joy! (860) 435-2442
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	Trinity Episcopal Church 484 Lime Rock Rd. Lakeville Offering companionship along the Way Sundays at 8 and 10:30 a.m. Sunday School at 9 a.m. Livestream at 10:30 found at www.trinitylimerock.org Misa en español a las 4 de la tarde el último domingo de mes The Revs. Heidi Truax & Felix Rivera trinitylimerock.org (860) 435-2627
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 860-824-7232 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	Unitarian Fellowship of NW CT Cobble Living Room, Noble Horizons The next meeting will be Sunday, February 11 at 10:30 a.m. For information, contact Jo Loi at jokialoui@gmail.com All are Welcome
Congregation Beth David 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	Chabad of Northwest CT On The Green 69 West St. Litchfield, CT 06759 Childrens Camp Shabbat Services Hebrew School CTeen YJP Judaism With A Smile! chabadNW.org 860.567.3377 office@chabadNW.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	ST. MARTIN OF TOURS PARISH Immaculate Conception, 4 North Street, Norfolk St. Joseph, 4 Main Street, Canaan St. Mary, 76 Sharon Road, Lakeville MASS SCHEDULE Saturday Vigil 4 pm, St. Joseph Church Sunday 9 am, Church of St. Mary Sunday 11 a.m., Immaculate Conception Church DAILY MASS SCHEDULE Wednesday 6pm St. Joseph Chapel or Church Thursday 8am Immaculate Conception Church Friday 8am Church of St. Mary ALL ARE WELCOME! For information, please call 860-824-7078
The Sharon United Methodist Church 112 Upper Main Steet, North End of Sharon Green 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	UCC in CORNWALL Cornwall Village Meeting House Worship Sunday, 10 am Outstanding Church School (10 am) Mission Opportunities Warm Fellowship following Worship 860-672-6840 www.uccincornwall.org Rev. Micki Nunn-Miller, Minister Welcoming all - including the LGBTQ Community
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	Sharon Congregational 25 Main Street, Sharon, CT Sunday Service 10:30 a.m. Visit our website sharoncongregationalchurch.org for Sunday services Contact us at 860-364-5002 or info@sharoncongregationalchurch.org
The Smithfield Presbyterian Church 656 Smithfield Valley Rd. Route 83, Amenia, NY Services every Sunday 10 a.m. www.thesmithfieldchurch.org 21st Century Theology in an Historic Building	Promised Land Baptist Church 29 Granite Ave., Canaan, CT Where you will find: A Warm Welcome! Helpful Bible Messages, A Place to Grow! Sunday School - 10am Sunday Worship - 11am Wednesday Bible Study and Prayer Meeting - 7PM (860) 824-5685 VISITORS WELCOME! www.promisedlandbaptist.org
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!	All Saints of America Orthodox Christian Church 515 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
The Chapel of All Saints, Cornwall Holy Eucharist: Sundays at 9 a.m. Trinity Retreat Center Chapel Lower River Road, West Cornwall	
Millerton United Methodist Church 6 Dutchess Avenue, P.O. Box 812 Millerton, NY 12546 Services on the 1st & 3rd Sunday of each month at 3:00 P.M. 518-789-3138	

Margaret Deister

sisters, Evelyn Handke and her husband, Gene, of Wassaic, Phyllis J. Quinones Barker and her husband, David, of Lynchburg, Virginia, and several nieces, nephews, great-nieces and great-nephews.

In addition to her parents and husband, Mrs. Deister was predeceased by a sister, Janice Sledge Freer.

The family would like to thank the staff at the Sharon Health Center, Sharon Hospital, and the Visiting Nurse & Hospice of Litchfield County for your compassion and support during Margaret's final days. A

In Loving Memory of Jeffery Jay Petkovich

May 12, 1968 to January 20, 1990

May the wings of Heaven blow softly and whisper in your ear
How much we Love and Miss you and Wish that you were here.

You are loved deeply:
Mom, Jamie, Nonnie

In Loving Memory of Peter C. Roosa

October 12, 1950 to January 11, 2019

Time slips by and life goes on
But from our hearts you're never gone.
We think about you always, we talk about you too, we have so many memories but we wish we still had you.

You are deeply loved:
Phyllis, Jamie, Nonnie,
The Petkovich and Roosa Family



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JONATHAN J. RYAN

EDITORIAL

Two Decades of Progress

Only a little more than a month ago there was a small celebration at the White Hart Inn in Salisbury. Three women lined up for a photo opportunity to mark an important occasion. Nancy Heaton, flanked by State Rep. Maria Horn, D-64, and New York Assemblymember Didi Barrett (D-Dutchess/Columbia County), received citations for her work and for the contributions of the Foundation for Community Health (FCH) to our Connecticut and New York communities over the last 20 years.

Heaton, as president and CEO of FCH, has overseen the Sharon-based philanthropic organization as it has granted more than \$21 million through 609 grants to 118 organizations, and invested thousands of staff hours to support better health in our regional communities, many that historically have been underserved.

Our front page story this week by Debra A. Aleksinas provides a comprehensive look at the foundation's work since its inception in 2003 with a goal to promote healthier individuals and communities. Aleksinas' story also explains FCH's connection to Sharon Hospital's sale back then to a for-profit company. Since the early years of the 20th century, many generous donors had contributed to the hospital to help support its nonprofit work. After it was sold, then Connecticut Attorney General Richard Blumenthal petitioned to create the Foundation for Community Health "to maintain and improve the physical and mental health of all the residents historically served by Sharon Hospital, Inc." His move was approved in Litchfield County Court, and the charitable funds were transferred to the foundation.

FCH has met its mandate, stewarding the funds from that sale for the benefit of a rural community that stretches across 17 towns in Northwest Connecticut and the Greater Harlem Valley in New York. Approximately 52,000 people call this community home.

Under Heaton's leadership the foundation can be credited not only for what it has accomplished in awarding grants, but how it has carried out its mission. As it states on its website, it invests "in people, programs and strategies" to improve health in our community. That includes access to food, safe and stable housing and the opportunity for positive childhood experiences, along with services for seniors, mental health support, and support for immigrants and more. It also includes supporting strategic planning initiatives, focusing on infrastructure needs, and lending a hand to build leadership skills and organizational restructuring.

What this means is that besides funding, FCH has been "focused on strengthening the capacity and sustainability of ... organizations so they can do their work more efficiently," according to Heaton.

With two decades of success under its belt, FCH and Heaton envision new growth in 2024 and have new faces on the board. In 2023, the FCH board added Jill Feldstein, of Dover Plains. She is business manager of the Louis August Jonas Foundation in Rhinebeck. Dr. Zachary McClain of Falls Village, medical director of the Wieler Health Center at The Hotchkiss School in Lakeville, also joined the board.

Looking ahead to 2024 and beyond, Heaton said FCH will be exploring a role in statewide advocacy efforts.

We applaud Nancy Heaton and her staff at the Foundation for Community Health for their stewardship and contribution to a healthier community.

Opinion



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

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TURNING BACK THE PAGES

NORMA BOSWORTH

100 years ago — January 1924
Hubert Scott and Earl Morey of Salisbury visited in Sharon Valley last week.

Mr. Robie has purchased a large size radio of H. Roscoe Brinton.

TACONIC — Charles Fish has been confined to the house with a hard cold.

The condition of the roads is very bad. The least said the better.

Ralph Hunter has a live owl which he caught one morning this week.

50 years ago — January 1974
Temperatures in Lakeville rose above freezing Tuesday night and Wednesday for the first time since Jan. 1, following a week of snow, freezing rain and subzero readings. Readings as low as 14 degrees below zero were reported in Lakeville Monday and 10 below on Sunday, although The Lakeville Journal's recording thermometer recorded only -2 and -3 respectively,

Kenneth Bartram was elected chief at last week's annual meeting of the Sharon Fire Department, replacing Tom Carberry who resigned after three years in the position.

Sharon Hospital has won

full accreditation for two more years, the maximum term for which an institution can qualify. The word came this week from the Board of Commissioners of the Joint Commission on Accreditation of Hospitals. The commissioners commended Sharon's administration board of trustees and medical staff for maintaining high standards and "for your constant effort to improve the quality of patient care."

Falls Village lost one of its most distinguished citizens this week when Boughton Cobb, 79, of Under Mountain Road and New York City, died in Roosevelt Hospital, New York City, after a long illness. Mr. Cobb was a nationally recognized authority on ferns and a retired textile manufacturer. Mr. Cobb was the author of "A Field Guide to Ferns," which was published as part of the Roger Tory Peterson series.

Laura Leifert, a first-grader at the Botelle School in Norfolk, is back with her class this week after a month's absence. Her parents had kept her at home to protest the Norfolk Board of Education's refusal to pick her up at her house rather than at the bus stop at the bottom of Estey Road in South Norfolk. Mr. and Mrs. Leifert held the position that to let the child walk down the steep road would endan-

ger her. The Leiferts requested a hearing with the State Board of Education, which upheld the couple's position and ordered the Norfolk school board "to make the necessary provisions for free transportation" for the child in accordance with state statutes.

25 years ago — January 1999
Will the Tri-State area be ready, some 50 weeks from now, to handle the widely anticipated "Y2K" or Year 2000 impact? Across the region, from Winsted to Lakeville and Millerton, businesses and institutions are working to prepare for whatever comes their way Jan. 1, 2000. That's the day when the inability of some older but still critical computer chips or software to recognize 2000 as a valid year may confuse and disrupt life worldwide.

Janet Manko, associate publisher of The Lakeville Journal Co. since last February, has been promoted to publisher. The announcement was made this week by members of the company, which publishes The Lakeville Journal, The Millerton News and The Winsted Journal.

If man's best friend suddenly develops an itchy contagious skin condition, what do you do? If you're the owner of a yellow and a chocolate

Labrador retriever, you leave them on West Woods Road in Sharon and don't look back. The dogs were found by Elizabeth Simon, who lives on the road. Ms. Simon told animal control officer Marcia Hassig that she saw them at 5:30 p.m. the day after Christmas, and when she returned at 10:30 p.m., the dogs were loyally standing in exactly the same place. Ms. Hassig said she called about 25 area veterinarians to see if anyone had treated a lab for mange, since both dogs had shaved patches on their right front leg, typical of dogs who have had blood drawn. Ms. Hassig said she is working with Lab Rescue to find them homes.

CANAAN — Robert Albreada's business is picking up. The operations manager of Reliable Waste Management, based in Winsted, has just purchased Richard S. Ralph & Son's commercial trash collection route. The accounts, which number about 100, stretch from Canaan to the New York state border. The Ralphs, who have been in business in Canaan for 30 years, will maintain their household customers.

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



PHOTO BY SUSAN HASSLER

Underwater along Route 343 between Sharon and Amenia

THE LAKEVILLE JOURNAL
(USPS 303280)
An Independent Connecticut Newspaper
Published Weekly by The Lakeville Journal Company
Owned by The Lakeville Journal Foundation; Noreen Doyle, Chair
64 Route 7 North, Falls Village, CT 06031
P.O. Box 1688, Lakeville, CT 06039-9989
(860) 435-9873 • lakevillejournal.com • editor@lakevillejournal.com

Volume 127, Number 24 **Thursday, January 18, 2024**

Mission Statement
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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The Lakeville Journal Foundation is a 501(c)(3) nonprofit organization.

Subscription Rates - One Year: \$82.00 in Litchfield County, \$98.00 outside county
Known Office of Publication: Lakeville, CT 06039-1688. Periodical Postage Rate Paid at Lakeville, CT 06039. POSTMASTER: Send address changes to The Lakeville Journal Company, PO Box 1688, Lakeville, Connecticut 06039-1688.

Viewpoint



PHOTO BY SHAHRZAD RASEKH / CT MIRROR

Warm, wet summer 2023

A record-warm December closed out the fifth warmest year in more than 120 years of U.S. recordkeeping. Above, rising waters had completely inundated the parking lot at Great River Park in East Hartford on Thursday, July 13, 2023. Summer 2023 made it clear that flooding is one of the greatest risks the Northeast faces from climate change. (Source: Jeff Masters and Bob Henson, Yale Climate Connections.)

Psychedelic depression drugs

Depression, anxiety, and post-traumatic stress disorder (PTSD) are among the most intractable conditions of our time. Modern society seems to be good at creating the ground on which they thrive. We have only recently realized that simple molecules that could help these conditions have been known for decades.

Timothy Leary, a Harvard professor of psychology of the 1960s, promoted psychedelic drugs, but his goals were vague. Turn on, tune in, drop out, Leary’s admonition was directed at people who thought their minds would be expanded, and perhaps they were, but Leary’s prescription for fulfillment was not helpful to scientists and physicians seeking therapies for depression and anxiety. The drugs also scared the FDA and other government officials because they were part of the 1960s counterculture movement. They could be dangerous. Psychedelics were banned in 1970.

Banned drugs, like banned books, have a way of reappearing. Ketamine, psilocybin, LSD, and MDMA can have extraordinary effects, including hallucinations and an expansive view of life.

They are simple compounds and easy for chemists to make. Psychedelic drugs bind to important elements called receptors in neurons. Psilocybin, from a family of mushrooms, has been used for centuries by Native Americans, as part of cultural and religious practice.

Matthew W. Johnson and Roland R. Griffiths of Johns Hopkins wrote a 2017 review of the therapeutic effects of psilocybin for depression and other conditions. They and other researchers have pulled some of these drugs out of administrative limbo. [See the link below.]

Ketamine was approved by the FDA since 1970, the same year that other psychedelic drugs were banned. It is a sedative and anesthetic for children, and it remained available for other uses. Profoundly depressed patients, who had not been helped by serotonin uptake inhibitors like Prozac which act slowly, quickly responded to ketamine. Except for ketamine, the 1970 ban stopped research funding for psychedelic research, but their use continued underground.

Michael Pollan, Professor of Psychology at UC Berkeley, recounted his own experiences taking these drugs, and provides a history of their development and use in his book “How to Change Your Mind.”

The bans lasted until the

THE BODY SCIENTIFIC

BY RICHARD KESSIN, PHD

late 1990’s when clinical trials were permitted by The National Institutes of Mental Health for patients with major depressive disorder and anxiety in terminally ill cancer patients. Post-traumatic stress disorder has also been studied. Clinical trials are not easy to do. So, the numbers are small.

A specific dose of pure psilocybin or ketamine causes sedation and then a psychedelic trip, with auditory and visual hallucinations, sometimes of an extraordinary nature that can, in the patient’s perception, touch on the divine, and block the ability to distinguish reality and fantasy.

Patients report a loss of ego. A guide always attends and is important to the results. Relief from depression occurs quickly and lasts for months after the drug has disappeared and the patient’s brain has reassembled a rationale view of the world. Most drugs act only when present in the brain above a particular concentration. That said, a bad trip can be terrifying and the memory of it endures.

All psychiatric conditions have a physical basis in nerve cells and the circuits they form.

Instinctively, many people (including me) think of non-corporeal causes, but there is no devil or evil spirit here. There are physical structures and neuronal circuits that can be touched by psychedelics or other drugs, or by electroshock. It looks like psychedelics can do that, but how they do it is unclear.

Syndromes like PTSD lead to self-treatment with opioids or alcohol. Not to study these the psychedelics would be irresponsible. But it will not be simple—there are many neurological conditions and numerous psychedelics. Drug concentrations and methods of application make a difference, as does coordinated psychotherapy. I predict that there will be cultural objections to using these drugs.

I wrote four columns on opioids a few years ago that provided background and described the neurons and receptors involved in euphoria and in controlling breathing. The columns described then current treatments that worked and some that do not. We do not know how psychedelics work on symptoms. We have clues from

brain imaging tools that are now incorporated into clinical trials. Mechanism may be beyond a microbiologist like me.

(Microbiology is blissfully simple compared to the human brain, or any brain for that matter.)

We will provide information about medical centers with strong departments of neuroscience and psychiatry who are using new approaches to treatment. Learning how to treat intractable conditions is always fraught, especially if it involves drugs with a prior history.

[See: www.link.springer.com/article/10.1007/s13311-017-0542-y for effects of psilocybin on depression.]

Rich Kessin is Emeritus Professor of Pathology and Cell Biology at the Columbia University Irving Medical Center. Email: Richard.Kessin@gmail.com.

OBITUARIES

Cathleen Ann Caranci

NORTH CANAAN — Cathleen Ann Caranci passed away on Jan. 3, 2024, at Yale New Haven Hospital after battling congestive heart failure for many years.

She met her husband Donald Caranci at the fireworks put on by Railroad Days over 20 years ago.

Cathleen was born on April 1, 1966. She was the daughter of Nicolas and Evelyn Graf of Green Acres, Canaan.

She was a graduate of Housatonic Valley Regional High School and had a Bachelor of Science degree from Post University. She excelled in accounting and had her

own business with Shannon Allen, Lakeview Accounting. After suffering many heart attacks Cathy backed off of full time accounting.

Cathy was active in her community. She was currently involved with the Falls Village Day Care Center and many other organizations.

She will be missed by all that knew her, especially her beloved dogs Hunter, Bella and Ash. Cathleen is survived by her 3 sons, 6 stepchildren, 10 grandchildren and 4 great grandchildren.

There will be a graveside service in the spring. An announcement will be made prior to the event.

Linda Sue Strattman

EAST CANAAN — Linda Sue (Calkins) Strattman, 65, of 20 Furnace Hill Rd., died Jan. 11, 2024, at Charlotte Hungerford Hospital in Torrington. She was the wife of John Strattman. They had been married for 48 years.

Linda was born in Plattsburgh, New York, daughter of the late Walter Lee and Cecil Mildred (Cobb) Calkins.

Linda had worked at Geer Memorial since 1979.

In addition to her husband she is survived by her two daughters; Julie Strat-

tman and her fiancé Paul Goddard, and Kelly Groover and her husband Andrew. Grandchildren; Alyssa Strattman and her fiancé, Chad Closson, Chandler Strattman-Groover, Shane Groover, and Reese Groover. Her best friend Lynn Miller. Linda is survived by many brothers, sisters, nieces and nephews, and a host of friends. Linda was predeceased by her granddaughter, Brandy Strattman.

Funeral services were private.

For more obituaries, see page A5

Suez Canal: Supply chain mess

THE RETIRED INVESTOR

BY BILL SCHMICK

costs. Shippers have bid up the price for a transport slot through the canal as waiting times lengthen. A slot can now cost anywhere from \$1.4 million to \$2 million. That effectively raises the price of transporting grain to Japan

Up to 15% of the world’s shipping sails through the Suez Canal.

from the U.S. by 50%. Charter rates have also increased by about 30% as well.

Given this background, is it any wonder that shippers had decided to opt for the Suez Canal, instead, even though it adds about 18 days to the trip? And that is where the shippers found themselves between a rock and a hard place.

The Israeli/Hamas war started in October of 2023. It did not take long for those aligned with Hamas to begin retaliating against Israel and its allies. Over the border, missiles and drones failed to avoid Israel’s air defense system. In late November 2023, the Houthi rebels found an easier target. Armed attacks against defenseless container ships in the Red Sea were launched by the Houthi Militia. To date, the Iran-backed militia that controls northern Yemen is targeting all shipping, some with not even a remote connection to Israel.

For those who are unaware, the Red Sea is a narrow strip of water, west of Sudan and Saudi Arabia and Yemen to the east. At the northern end of the sea sits the Suez Canal. At the southern end lies a strait, called the Gate of Tears, which borders Yemen. It is where the Houthis have been targeting many of the tankers and container ships with increasing ferocity.

This waterway is a cru-

cial piece of the world’s supply chain. Up to 15% of the world’s shipping sails through the Suez Canal. It is the most direct ocean route between Asia and Europe.

And now it has become part of what appears to be the tip of a widening conflict in the Middle East.

In the maritime industry, shipping companies can buy war risk insurance. Almost overnight, the premium on this kind of insurance went from 0.02% to 0.7% of the total value of the ship and its cargo. Container ships can easily carry hundreds of millions of dollars’ worth of cargo, so insurance fees alone are now in the millions. Shippers are now passing on those extra costs by charging higher fees for transporting cargo in that area. Average costs to ship containers have doubled in the last two months.

As more and more attacks occurred, shipping companies began rerouting vessels to avoid the area altogether. For those vessels who were already on a detour from using the Panama Canal, costs are continuing to mount. The new alternative route has ships going around the Horn of Africa, and then back into the Mediterranean. That route can tack on an extra 14-15 days to a trip already delayed by avoiding the Panama Canal.

The costs of extra fuel, labor, and penalties for late deliveries must now be added to already sky-high shipping fees. Europe and Asia are feeling the brunt of this extra cost. But in the end, I suspect that given the interconnectedness of global supply lines, it should be only a question of time before the U.S. is also whacked from this new threat to global supply chains.

Bill Schmick is a founding partner of Onota Partners Inc. in the Berkshires. None of his commentary is or should be considered investment advice. Email him at bill@schmicks-retiredinvestor.com.

LETTER TO THE EDITOR

Salisbury also needs parking

The Salisbury Housing Trust is asking the town to transfer the property across the street from me, to them.

It is often called Grove Street but is on Under Mountain Road. I have lived here since 1997 and have seen how often it is used for parking. For some events the parking extends well into the back of the site. The town needs affordable housing but it also needs parking. There are other plans in the works for housing. If the houses around the property were million dollar homes they would never have initiated this plan. Because

it is not a fancy neighborhood they feel they can just rush this through w/o consideration for the surrounding people. Not every open space should be built upon. Before you vote either way, imagine yourself in one of the houses surrounding the property. Please come and see for yourself before you make up your mind. Yes, we need affordable housing but this lot is too small and is in use already as parking and a green space in the back.

Elizabeth Mastopietro Salisbury



Realtor® at Large

This past Saturday I went down to the Shepaug Dam in Southbury to see the eagles at their observation area and had a great time. The bald eagles gather there in the winter as the water just past the dam does not freeze allowing the eagles to fish throughout the winter. Reservations are needed and the volunteers running the site are from the CT Audubon. They are unbelievably hospitable and welcoming, making the visit very pleasant. Additionally, there are live presentations of birds of prey at the observation site, so it is very educational for the whole family. For more information, please visit firstlight.energy/stewardship/shepaug/.



JOHN HARNEY
Associate Broker with William Pitt Sotheby's International Realty
Office: 19 Main Street, Salisbury, CT 06068
Email: jharney@wpsir.com
Cell: 860-921-7910
Instagram: @johnharneyjr

ADVERTISEMENT

FOUNDATION

Continued from Page A1

Support also extended beyond the grants. FCH helped its grantee partners secure \$1.9 million in additional grant funding and nearly \$36,000 toward programs. Eight executive directors received one-on-one leadership support, and four sessions of the foundation’s Community of Practice assisted nonprofit leaders.

“Our goal has really been more focused on strengthening the capacity and sustainability of these organizations so they can do their work more efficiently,” said Heaton.

Conditions that influence health span beyond medical care, such as access to food, safe and stable housing, and the opportunity for positive childhood experiences. According to FCH, “On average, 45 percent of renters in our community pay more than 35% of their income on housing.”

“The pandemic shone light on all the issues and cracks and needs, and how fractured our system is,” noted Natashea Wilson, FCH’s director of programming and

learning.

2023: a ‘year of newness’

Heaton described 2023 as “a year of newness,” with new tools to capture support beyond the grant, new community members including two new board members and one new staff member, and five new grantee partners.

Based on feedback from its grantee partners, FCH developed a Community of Practice for Nonprofit Leaders, offering one-to-one leadership support to executive directors of organizations. The foundation also helped grantee partners secure nearly \$2 million in additional grant funding.

“I think it speaks to the value we can provide. We call it support beyond the grants,” Wilson noted. “No two organizations are the same. It’s part of the uniqueness of our region and uniqueness of our foundation.”

Neither are the communities served by FCH the same. For instance, she said, “Dover is our largest community and our neediest community.”

The organization’s board of directors comprises rep-

resentatives from throughout its vast region.

In 2023, two new faces joined the FCH board: Dover Plains, New York, resident Jill Fieldstein, business manager of the Louis August Jonas Foundation in Rhinebeck, New York; and Dr. Zachary McClain of Falls Village, medical director of the Wieler Health Center at The Hotchkiss School in Lakeville.

Extending support to nonprofits’ leaders

Last October, FCH granted \$81,500 to eight nonprofits through its Capacity Building Grant Program. Since its start in 2021, the program has granted \$423,070 to 21 organizations by supporting important work including strategic planning, infrastructure needs, leadership support and organizational restructuring.

FCH has been “a consistent supporter” of Greenwood Counseling & Referrals Inc., which provides affordable mental health care, education and related services throughout Litchfield County, according to

its executive director John Simoncelli.

The \$15,000 grant his organization received from FCH last October helped with a much-needed expansion, Simoncelli explained.

“We’ve grown a lot in the seven years since I’ve been here. When we started, we had about four employees and now we have 25,” he explained. “We’ve maxed out our space in Litchfield.”

The recent grant was instrumental in the opening of a satellite office in Torrington, “and eventually in Winsted as well.” With the new offices, he said, comes a need to hire staff, rent the spaces and furnish them: “That’s what the money is being used for, these expansion efforts.”

Simoncelli praised the work of FCH. “They’ve been a part of our growth all along, and I can’t say enough about how they have evolved their

grantmaking process. In my mind it has been revolutionary. I feel that Natashea has a great sense of what we do and how the money is being spent.”

Helping seniors, protecting immigrants

The Lakeville-based Chore Service Inc. was the recipient of a \$12,000 grant from FCH last fall. The funding, said Executive Director Jane MacLaren, has been critical for helping seniors and disabled residents live safely and independently in their homes.

“Our federal funding has been reduced by 33%, which is difficult as the need is increasing. Last year we served 137 clients in seven towns and provided part-time work to 30 workers and 5,181 hours of service,” MacLaren noted.

“The foundation’s support has been instrumental

to Chore’s commitment to increasing community impact, maintaining organizational health and long-term financial viability. Many people do not have the means to pay for services, so they call Chore. We provide services regardless of ability to pay, so for many, we are a last resort to remaining at home.”

A \$15,000 Capacity Building Grant was also distributed to the Columbia County Sanctuary Movement in Hudson, New York.

“We are really grateful for this fund,” said Diana Laura Cruz, co-executive director of programs and services. “CCSM has experienced a rise in racist and xenophobic attacks against our immigrant community. Funds have been able to support our staff to rest and recover while also giving us the opportunity to train community members to keep us safe.”

LAMONT

Continued from Page A1

As the second largest outdoor recreation economy in New England, Lamont said Connecticut will “do everything we can to protect and expand that open space.”

“We can make sure we bring people to our parks and maximize use out of that,” said Lamont. “You can come and really enjoy yourself here.”

The state has designated \$80 million in funds to put toward the initiative. The funding will be used to improve and repair facilities while also seeking to partner with the private sector to improve activities and services at state parks.

To accomplish this goal, Connecticut’s Department of Energy and Environmental

Protection (DEEP) created the Outdoor Industry and Experience Office to head up the initiative and oversee the new Partnership for Parks program.

“DEEP is launching today a request for information where we’re going to be seeking concepts from nonprofits, from businesses and individuals who have ideas about public-private partnerships that we can launch that will expand the types of services and amenities that visitors to our state parks can enjoy,” said DEEP Commissioner Katie Dykes.

Dykes said potential partnerships could include equipment rentals, event hosting and increased concessions. Through this initia-

tive the state intends to build on the success of existing agreements, such as the one at Mohawk Mountain, Essex steam train, and Farmington River tubing.

“In the Northwest Corner, we are very lucky to be so rich in natural beauty,” said State Rep. Maria Horn (D-64). “Our economic development is intimately tied to that natural beauty.”

“When you talk about outdoor recreation, when you talk about beauty, it starts with the Northwest Corner,” said State Sen. Stephen Harding (R-30). “Let’s work on our open space and preservation.”

“Come on down to Mohawk,” said Lamont. “I’ll be out there. Hope you are, too.”

MARKET

Continued from Page A1

“Everyone is running at redline,” said co-proprietor Will Schenk, who has overseen the conversion of the market from a quaint country store to a sleek, 21st-century mercantile.

“Everyone locally talks about Baird’s from the generation previously,” said Schenk. “We spent so long working on building a new concept, a very different philosophy on food than before. I’m excited to finally open to validate these ideas. It’s a vision.”

The new iteration of the market is a combination of a “place for people to go grab a cup of coffee and sandwich, groceries, or our chocolates,” Schenk said.

Emphasis on freshness is being carried throughout the enterprise. “We’re using the market as a pantry for the kitchen,” said Schenk. “We want to bring in a lot of fresh fruit and vegetables — broccolini has been very popular this week — that people can purchase. We want to make the market a place where people can do their shopping for real, not just a last-minute thing they need on a Friday night.”

But because the emphasis will be on freshness, vegetables and fruit that are pushing their prime will be culled and whisked off the kitchen, where co-proprietor and chef Tyler Forve and sous chef Emma Terhaar will work their magic in transforming them into mouth-watering made-from-scratch dishes and sandwiches sure to tempt all three classifications of customers Schenk envisions.

“I see three different groups,” he said. “The locals who want a community spot, a place to hang out. Then there the tradespeople — they need to get in and get out. They want a sandwich and drinks, and they leave their trucks idling out front. And then there are the weekenders and tourists, people going along Route 7. They don’t know where they are, they just know they are hungry. These groups want very different things.

“I don’t think a country market is a viable business model now,” he said. “It may be better to do fewer things and to do them really well. In the world of Amazon, it doesn’t make sense to compete with that, so we will fo-

cus on delicious things. We’re making our own breads and sausages and providing the freshest vegetables we can.”

Schenk, who formerly owned a software business in New York City, moved his family to Cornwall in 2020 when COVID-19 tightened its grip on the country. “We found a house in February 2020 and came up for a long weekend — and we’re still here today.”

The family, which already has four children enrolled in Cornwall Consolidated School, is awaiting the imminent arrival of baby number five.

By 2022, the family was so thoroughly ensconced in the area, Schenk sold his business and began looking at the next chapter. He and Forve, his longtime friend, had already looked south at Colombian chocolate growers. “We were trying to find a way to buy chocolate and vanilla directly from the farmers — doing the proper thing down there — and shipping it up here,” he said.

“Since we get our chocolate directly from the grower, it’s remarkable,” he added, saying that the business model embraces sustainable agriculture. “Demand for chocolate is so high the question was ‘how do we find a viable system for the farmer so it doesn’t become a monoculture?’”

Contacts were made, a factory established, and Forve spent four years working in Colombia where he absorbed the culture and creation of quality chocolate. Forve, who trained under several Michelin-level chefs

in the San Francisco Bay area, added that because they deal directly with the producers, the chocolate beans can be roasted to their specifications and even soaked in different flavors to give distinctive tastes. A special room was created in the market to make bonbons, paves, chocolate bark and other treats.

Schenk hopes chocolate will set his business apart and make it a destination for shoppers. He noted that winter is the peak sales period for chocolates, with holidays such as Christmas, Valentine’s Day and Easter.

“From our point of view, normally the winter is slow for tourism, but that is also the time when chocolate is at its peak. We hope to do a lot of e-commerce,” he said.

The business also purchases wild vanilla from Colombian farmers and uses it in the candies and such products as the crème fraiche atop pastries and the in-house ice creams.

“We were going to open a cafe in Cornwall Bridge, but for septic reasons, that didn’t happen,” Schenk explained. At the same time, the Cornwall Country Market, just across the road, went on the market, “so we shifted to that.” Schenk still owns the property across the street and “has a lot of ideas” for its use, predicting it will be “a larger part of the chocolate project.”

At present, there are 12 employees working in the market, some at their first jobs.

The market is open Monday-Saturday, 8-3 p.m.



ART CONTEST
AND EXHIBIT
AT INDIAN MOUNTAIN SCHOOL
Friday, April 5 – April 26, 2024

The IMS Community Art Show celebrates the creativity of artists in the tri-state area and beyond, thanks to the vision of Trustee Emeritus Samuel Posey P’07,’01.

SUBMIT YOUR ART
Submissions due by February 16, 2024
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COMPASS

Your Guide to Tri-State Arts & Entertainment

FILM: ALEXANDER WILBURN

Why are so few films set in CT?

In her new book from Lyons Press, actress Illeana Douglas deftly chronicles a fictionally neglected state in “Connecticut in the Movies: From Dream Houses to Dark Suburbia.” Full of deep cuts and an entire section dedicated to Yale University making brief appearances in film — Indiana Jones lectures at a fictional version of the college, but we all know globetrotting Indy is a New Jersey man — it becomes clear that a book with the same attention to minor detail about New York or Boston movies would have to be three times as long.

Why does Connecticut, a state in such close proximity to New York City — in the heart of New England, a region where Nathaniel Hawthorne, Edgar Allen Poe, Louisa May Alcott and Henry Wadsworth Longfellow helped solidify American fiction — have so little to show for its cultural canon? Even Hartford’s crowning historical site, The Mark Twain House and Museum, celebrates an author whose best-known masterpieces are set in Missouri, waxing on “half-forgotten Southern intonations and elisions.”

In terms of material to adapt, Yale does not have its alum-penned collegiate novel to hold up next to “This Side of Paradise” (Princeton), “Love Story” (Harvard), or “The Group” (Vassar). Neither has Connecticut had its populist hometown laureate mining its culture for the masses like Stephen King did for Maine or John Irving for New Hampshire. Certainly, the most famous piece of fiction set in Connecti-



PHOTOS COURTESY OF MOVIESTILLSDB

Left, Julianne Moore in “Far From Heaven”; below, Kate Winslet and Leonardo DiCaprio in “Revolutionary Road.”

cut is Amy Sherman-Pallidino’s television series “Gilmore Girls,” inspired by the Californian writer’s brief visit to Washington, Conn. Set in an imaginary Litchfield County-type town filmed on a studio set in Los Angeles, the robust ensemble of verbose and anxiety-inducing residents — class-conscious, parochial meddlers — are satirically rendered as they belligerently assault each other’s character in the echo chamber of weekly town ordinance meetings. Small-town Connecticut, Sherman-Pallidino’s writing suggests with a gleeful smirk, is no place for privacy. Is it a place for happiness?

The magnum opus of literary Connecticut fiction is Richard Yates’ largely forgotten “Revolutionary Road,” the author’s debut that was a finalist for the 1962 National Book Award. Vivisecting the underbelly of suburban conformity, Yates’ bitter marital plummet into empty adultery and emotional paralysis served as the chief inspiration for Matthew Weiner’s Emmy-winning series, “Mad Men.” However, in the 1960s-set show, the frigid central family is placed in Ossining, N.Y. and Connecticut plays a minor role much later



when a supporting character’s nightly commute to Cos Cob serves as the setting for an extramarital affair with a troubled housewife that ends with her undergoing electric shock therapy.

In examining the 2008 film adaptation of “Revolutionary Road,” along with Ang Lee’s “The Ice Storm” and Todd Haynes’ “Far From Heaven,” Douglas writes as the Connecticut period pieces: “Sometimes the dark storylines about adultery, insanity, abortion, alcoholism, racism, homosexuality, and wife-swapping are filmed so elegantly, or set against such sumptuous production values... that the savagery is muted by the beauty of the sets and photography. Women who live in modern glass houses or well-appointed mansions are imprisoned by circumstances they cannot escape, but their hair is amazing!” Key,

she points out, is though each of these stories is dripping in destructive sexual activity, “There is no joy in it.”

More contemporary depictions of Connecticut can be seen in Jonathan Demme’s 2008 drama “Rachel Getting Married” and the 2005 Diane Keaton-led Christmas film “The Family Stone,” both caustic descents into dysfunction as an offputting outsider (Anne Hathaway, the black-sheep sister; Sarah Jessica Parker, a potential daughter-in-law) intrudes on a horrible family of smug liberals, resulting in a horrific time. Douglas quotes “Rachel” screenwriter Jenny Lumet (daughter of director Sidney Lumet) as barely apologizing for her indictment, “Sorry if you’re from Connecticut, but, ‘ech.”

Perhaps the state’s proximity to Manhattan and its commuter railway — all the appealing



PHOTO BY MICK THOMPSON/AUDUBON

A Swainson's thrush in spring.

Birds in a candy store

Thanks to invasive shrubs, birds need a nutrition makeover

It has not been easy to work outdoors this winter thanks to the rain and melting snow. I am spending more time on social media, which I am not proud to admit, and have found several Facebook Groups — rather Facebook found them for me — that share information on native and invasive plants. The algorithm did good this time. I am rather hooked.

These groups include ‘Native plants of the Northeast’, ‘Native and Invasive Plants of the Eastern US’, ‘Propagating Native Plants’, ‘Invasive Plants ID and Removal in the US and Canada’,

‘Connecticut Native Plants’ and ‘New England Native Plant Seed Share/Trade’. Many within the communities are fierce advocates of native plants. They identify species almost competitively, the way someone might with the New York Times Spelling Bee, and offer suggestions on ridding invasive plants, propagating and planting native substitutes.

Recently, a community member shared a chart that put some data around a serious issue.

Berries of invasive plants do not offer the nutrition required by migrating songbirds. For birds that migrate south for the winter, a lot of fat is needed in their food to sustain them through their journeys. The research study behind this chart comes from a 2013 paper published in the scientific journal Northeastern Naturalist. Even though the study is now 10 years old the findings remain relevant and the issue it informs is more



acute than when the study was published.

In addition to migrating birds, those that over-winter in our area require food with a high fat content to nourish them through the winter and into spring when they can rely on caterpillars (and, for the caterpillars to survive we need to plant the native plant they eat.) Sadly, birds in the wild are being malnourished due to the proliferation of non-native and invasive plants and their berries. Birdfeeders can only do so much.

According to the study, Japanese honeysuckle, Lonicera japonica thunbergii berries have less than 1% fat content. Compare this to northern bayberry, Myrica pensylvanica, a native shrub, at 50% fat. Remember tasting the sweet nectar from honeysuckle flowers as a kid? Perhaps the berry is similarly tasty to birds, but don’t eat a berry to find out; although the flowers are fine for human consumption, the berries are toxic to us. Japanese honeysuckle is basically junk food for birds.

The avian candy store includes berries from multiflora rose and buckthorn, with less than 1% fat, and autumn olive and oriental bitter-sweet at less than 3% fat. Compare with the native plants that co-evolved with local birdlife over millenia: gray dogwood has 35% fat, virginia creeper 34%, arrowwood viburnum and spicebush at 48%. These plants have been largely replaced in our backyards, fields and woodlands with non-natives and invasives, adding to the decline of our bird life.

When a bird ingests a berry it also ingests the hard seed or seeds inside the berry. The bird’s digestive system removes the outer part of the seed and excretes it coated in poop fertilizer, greatly increasing the seed’s chances for germination.

Continued on next page

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Continued on next page

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A break from the bleak

We were only a few days into 2024 and I was casting around for a word to describe the immediate angling prospects.

After rejecting “lousy” as ordinary and “@&#%!” as unsuitable for publication in a family newspaper, I settled on “bleak.”

It was cold. It was rainy, except when it was snowy. All the rivers and streams were high.

And then it happened. Friday, Jan. 12, wasn’t bleak.

The day before, I had to go to the dentist in Kent. I decided to improve the shining moment by doing a little recon work in the vicinity.

Macedonia Brook was just barely fishable. It would have been a question of walking along and dropping a line into intermittent spots, primarily deeper slower pools and runs with some soft water on top.

Kent Falls brook was in similar shape.

Problem is, Lakeville to Kent is 45 minutes no matter how you slice it, unless you drive over the speed limit and don’t take your foot off the gas for anything, such as other cars, stop signs, animals or people — then it’s 43 minutes.

So I looked around here first. The Blackberry was too high, full stop. But the Mystery

TANGLED LINES

PATRICK L. SULLIVAN

Brook (That Shall Not Be Named) was in decent shape.

I suited up and deployed a fixed-line rod, a Dragontail Mizuchi, with No. 3 level fluoro line and the same 2 feet of 4X nylon tippet I used the last time. Hell, I used the same fly, a bedraggled size 12 March Brown dry with most of one wing chewed off.

No takers on the surface, which wasn’t surprising. The fish were feeling the bleakness.

The only way forward was to get something down into the slow-moving depths, where a lethargic char might shake off the winter blahs long enough to eat something. Similar to me falling asleep during a Knicks game and only stirring from the couch long enough to get something from the fridge.

Sounds bleak, doesn’t it?

Around 1 p.m. two things happened. The sunlight hit the water, and almost immediately little tiny speck-type insects appeared. Nobody was eating them, at least not on the surface, but it did indicate the stirring of life.

The second thing that happened was I caught a spunky little brookie



PHOTO BY PATRICK L. SULLIVAN

Joe’s Green Weenie, top right; Bread and Butter nymph, bottom right; Wooly Bugger in grey/purple.

while tight-lining a size 14 Bread and Butter nymph through a slow, deep section.

This dizzying success made me think of trying a bigger fly.

The size 16 Wooly Bugger in a greyish purple-y color and with a tungsten head had the fish swimming in circles. I nicked a couple but could not seal the deal.

So I went with the nuclear option: a Green Weenie.

Not just any Green Weenie, either. This is Joe’s Green Weenie, tied with a darker green material than the average store-bought Weenie, with a jig hook and a heavy bead head.

I have suggested to Joe that he sell these remarkably effective flies and even offered a marketing slogan: “Nothing Beats Joe’s Weenie.”

For some reason Joe

thinks the slogan might be a bit much.

Anyhoo, Joe’s Green Weenie sinks like a stone, and provoked bona fide tugs.

But the bleakness had rendered me rusty, and I was unable to bring any of the participants to hand.

I did, however, land a stick. For a hot second, I thought it was the proverbial monster brook trout.

Bottom line, I spent an enjoyable two hours and change on a trout stream with some action in the middle of January. I did not freeze, fall in or suffer any injury other than getting slapped in the face by a branch.

My message is simple. Never mind bleak. Just watch the weather, monitor the streams and keep your gear handy. The opportunities will come.

...films in CT

Continued from previous page

traits a realtor would point out — has damned its fictional portrayal. Connecticut has become media shorthand for a stultifying caucasian bubble, a resting place for city men to dump their wives and children, a claustrophobic limbo for couples with enough money to own a home but not enough internal excitement to hack it in the big city. No one grows up in Fairfield County in the movies; it is a place you go when you want to feel rich.

This stereotype of Connecticut is used to opposite effects in the 1945 romantic comedy “Christmas in Connecticut” and in the 1975 and 2004 comedy/horror adaptations of “The Stepford Wives.” In the Christmastime crowd-pleaser, Barbara Stanwyck is a single Manhattan writer who uses the imagery of a fabricated Connecticut farm in her weekly column to sand off her rough edges and lull her readers with a placating false persona of a wedded homemaker. In “The Stepford Wives,” based on the novel by “Rosemary’s Baby” author Ira Levin, New York wives are moved to Fairfield County and brainwashed into conformity — becoming docile, serving homemakers.

Douglas devotes a good deal to the lush

summer palette of 1986’s “The Swimmer,” starring Burt Lancaster and directed by Eleanor and Frank Perry (the late uncle to pop singer Katy Perry). The setting of the film was moved to Westport, Conn., by the suggestion of the directing team, but the short story published in a 1964 issue of The New Yorker by John Cheever focused its criticism on New York’s Westchester County. Like Don Draper in “Mad Men,” Cheever spent his later life in Ossining. The preeminent anthropologist of WASP culture never wrote about Connecticut, targeting instead the upper-middle class peculiarities of New York’s Upper East Side and Greenwich Village and the suburbs of Westchester. That Cheever’s stories are synonymous with Anglo-Protestant Connecticut likely speaks more to the city’s influence on the state than its unique cultural identity. There are still plenty of Connecticut stories to be told, true of any American state, and the small canon of films and novels should not be a deterrent to writers but an open invitation to explore undocumented territory.

Douglas will discuss her book at Kent Memorial Library on Saturday, Jan. 20, at 2 p.m.

...ungardener

Continued from previous page

This helps to explain the rapid spread of invasive species.

Some of the berries of invasive plants have healthful benefits, providing a few useful nutrients for the birds, and even for humans. Invasive Barberry, Berberis Thunbergii, is a relative of the Barberry, Berberis vulgaris, that is used in Persian cooking. Both types of plants have sour-tasting berries that contain berberine, an antioxidant phytonutrient that has been shown to lower cholesterol and help control blood sugar in humans.

Autumn olive, Elaeagnus umbellata, which comes to us from Asia, is a shrub or small tree that can produce as much as 30 pounds of fruit from a single mature specimen. The fruit contains many more times the lycopene levels than our main food source of this carotenoid — tomatoes.

Lycopene has been shown to inhibit certain cancers and protects against diabetes among other benefits of its anti-oxidant rich pulp. Harvesting the prolific number of berries from the autumn olive will help to reduce seed dispersal by birds so, if you

decide not to remove the plant it is a good idea to collect as many berries as possible when they are ripe. There are many recipes for autumn olive condiments and dishes to be found online.

The berries of the Amelachier genus are being touted as a superfood in Canada, where the tree is called saskatoon (here we know it as shadblow or ser-

viceberry). According to Web MD and a few other sources I have checked, the berries have plenty of vitamins and minerals as well as the kind of flavonoids that can help prevent blockages in our blood vessels and can protect our heart and liver. They are ripe when purple; not red, or they will be too sour.

There’s only so far a bird feeder will go

to solving this life and death issue for the birds in our area; still, it can’t hurt. Planting more native shrubs that produce fat-containing berries is the only long-term solution to the winter nutrition issue. A health food pantry to replace the existing sweet shops in our backyards.

Dee Salomon “ungardens” in Litchfield County.



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MUSIC: MIKE COBB

Scottish music at Battell Chapel and the Norfolk Library

Norfolk resident Andrew Thomson will be presenting an evening of Scottish music at 6:30 p.m. Friday, Jan. 26, at the Battell Chapel in Norfolk and Saturday, Jan. 27, from 4 to 5 p.m. at the Norfolk Library. He will be accompanied by Scottish bagpiper Ken Storrs for both events.

Friday's show honors Robert Burns and is a paid ticketed event that includes haggis, whisky and poetry reading. Saturday's event is part of the Norfolk Library's Music Among Neighbors

series and is free with registration required.

Thomson plays the traditional Irish bagpipe known as the uilleann pipes, as well as piano, vibes, percussion and other instruments. He's also the proprietor of Pipeman Studios, a full-service recording studio on Route 272 in Norfolk. The name of his studio comes from the fact that he used to smoke a pipe rather than his musical talents on wind instruments.

At age 18, Thomson was the youngest member of the composition

and arranging staff at the Armed Forces School of Music. He earned a Bachelor of Music in composition and percussion with a minor in anthropology from Ithaca College. Thomson teaches percussion and gives clinics, recitals and masterclasses around the country. He has collaborated with the internationally acclaimed choirs of Joyful Noise Inc. and the United States Marine Corps.

With Scottish heritage, Thomson was familiar with the instrument from a young age.

"We trace our family back to both Inverness and Glasgow," he said. "I've been a couple times and would like to make it a regular thing, if not for family then certainly for the culture. It's a fairly difficult instrument to master, and I wanted a challenge."

The Saturday concert will be primarily Scottish music, as a continuation of the Burns Supper being hosted at the Battell Chapel the previous night, although there will be some Irish music as well. Thomson and Storrs will also speak about Scottish music and culture.

When asked about the difference between Irish and Scottish pipes, Thomson said: "Scottish, Highland pipes are probably the most familiar to people. They are much louder, mouth-blown, and utilize three drones and a nine-note chanter that plays the melody. Irish uilleann pipes are played seated and are powered by bellows. They feature drones, a chromatic chanter with more notes and range, and on full sets, regu-



PHOTO SUBMITTED

Ken Storrs, left, on Scottish bagpipes and Andrew Thomson, right, on Irish uilleann pipes.

lators, which are extra pipes with keys that can be played by the wrist to provide chordal accompaniment."

Thomson and Storrs have been friends for some time. They sang together as children in a local choir, and after growing apart during their teenage years, reunited at a funeral where Storrs was playing. After

discovering they both played pipes, they became close friends and colleagues, even working together at a sign shop in Torrington, Connecticut.

"Celtic music in general is a very communal genre," said Thomson. "Sessions of musicians are very common and are a great way for

Continued on next page

BOOKS: MATTHEW KRETA

Peter Steiner shares newest book at Hotchkiss Library

On Sunday, Jan. 14, author, cartoonist for The New Yorker and for The Lakeville Journal, and Sharon resident Peter Steiner gave a preview and signing of his new book "The New Detective" at the Hotchkiss Library.

The book is the fourth in Steiner's series featuring German detective Willi Geismeier, and is a prequel to the previous three novels that goes into Geismeier's origin as a veteran of World War I.



PHOTO BY MATTHEW KRETA

Peter Steiner

gether and the steps he takes to reach his conclusions rather than the mystery itself.

Steiner described himself as a writer who very much just went with the flow of his writing, planning very

few things in advance. As an example, Steiner offered the fact that in his first book, Geismeier was not even a planned character, and the soon-to-be protagonist was introduced about 40 pages into the book. In his words, the hard part of writing is not creating the story, but bringing it to life.

After fielding a few more questions, Steiner thanked everyone for coming and the group mingled over some refreshments.

Copies of the book were available to be purchased and signed.

Steiner, the son of Austrian immigrants who studied German literature at a college graduate level, said that the series was inspired in 2015 with the political appearance of Donald Trump. Fearing for the political state of the country, Steiner created the story as a direct critique and comparison with 1920s Germany.

"The only thing I really knew to do about it was cartoons and writing," Steiner said.

After that initial book, "The Good Cop", Steiner continued the series due to a love of the characters he had created. Despite the novels being set in such a difficult

time and place in world history, Steiner said the books are ultimately about hope and good people doing the right thing in the face of bad circumstances.

Despite being marketed as "A Willi Geismeier Thriller," Steiner believes the book doesn't really conform to the genres of thriller or mystery. Although there is a crime and mystery to solve, Steiner believes the novel and series is more of a character study. According to him, the payoff of the book rests more in how the protagonist pieces the mystery to-

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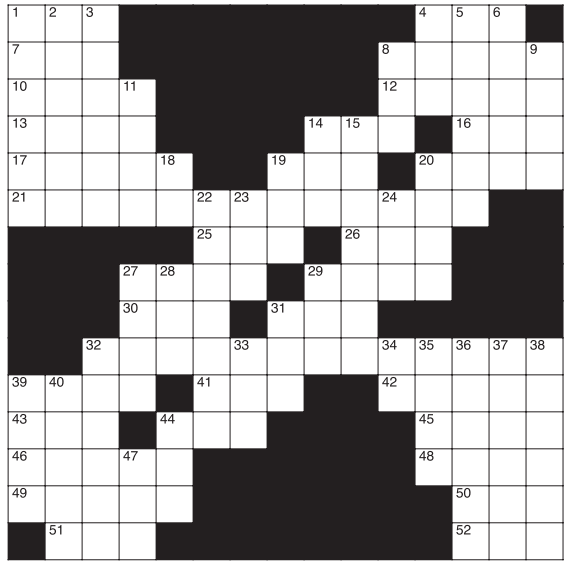
Brain Teasers

CLUES ACROSS

- 1. Microgram
- 4. Where golfers begin
- 7. Each
- 8. Warm weather metropolis
- 10. Coat with sticky substance
- 12. Girl's given name
- 13. Myth (Spanish)
- 14. Ultrahigh frequency
- 16. Former NBAer Jeremy
- 17. Where rockers work
- 19. Your consciousness of your own identity
- 20. Soft-finned fishes
- 21. Localities
- 25. Paddle
- 26. Union
- 27. Member of religious community
- 29. Small shrill flute
- 30. Small constellation in the Milky Way
- 31. They ___
- 32. College kid on vacation
- 39. de Armas and Gasteyer are two
- 41. Part of the human body
- 42. A progressive grading
- 43. Sound unit
- 44. Noise some birds make
- 45. Abba __, Israeli politician
- 46. Portuguese city
- 48. Be extremely, uncritically fond of
- 49. Resembling old Norse poems
- 50. Ask for out of extreme need
- 51. Sino-Soviet block (abbr.)
- 52. Midway between south and southeast

CLUES DOWN

- 1. An insane person
- 2. __ Boothe Luce, American author
- 3. Butttock muscles
- 4. Men's fashion accessory



- 5. "Hotel California" rockers
- 6. Electronic communication
- 8. Magnetomotive force (abbr.)
- 9. Hostleries
- 11. A way to resound
- 14. Exclamation: yuck!
- 15. A resident of Indiana
- 18. Exclamation of surprise
- 19. Make a mistake
- 20. Boundary
- 22. Antilles island
- 23. It's used to make furniture
- 24. Clod
- 27. They indicate where places are
- 28. Bobby __, NHL champ
- 29. Prints money
- 31. Honorable title (Turkish)

- 32. Appetizers
- 33. Midway between north and northwest
- 34. Spanish be
- 35. Breezed through
- 36. Grilled dishes
- 37. In a way, excites
- 38. Change mind
- 39. A French abbot
- 40. Popular candy
- 44. Partner to cheese
- 47. Wood or metal bolt

Jan. 11 Solution

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

Sudoku

				6	7			2	9
5					2				
							3	4	8
	3	1							
						6	7		
9	8								5
	1				5				
			8		2				
	2					8	1		

Level: Advanced

Jan. 11 Solution

3	2	1	7	4	9	6	8	5
9	8	7	5	6	3	4	2	1
5	6	4	2	1	8	9	7	3
8	7	6	3	9	5	1	4	2
4	1	5	6	7	2	8	3	9
2	3	9	4	8	1	7	5	6
7	4	3	9	5	6	2	1	8
6	5	8	1	2	4	3	9	7
1	9	2	8	3	7	5	6	4

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TRI-CORNER CALENDAR

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

JANUARY 18

What Papa Told Me: Virtual Book Talk

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

On Thursday, Jan. 18, at 5 p.m., the David M. Hunt Library will host a virtual book talk with Felice Cohen, author of "What Papa Told Me," which is the story of Cohen's grandfather, Murray Schwartzbaum, whose courage and sheer will to live helped him survive eight different labor and concentration camps in the Holocaust, start a new life in America and keep a family intact in the aftermath of his wife's suicide. A copy of the book is available to check out at the library. Register for the talk at huntlibrary.org

JANUARY 19

Poetry Workshop with Sally Van Doren

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

On Friday, Jan. 19, from 2 to 4 p.m., there will be a poetry workshop with Sally Van Doren at the Scoville Memorial Library.

This intensive, immersive workshop is designed to give writers the time to generate new work and to hone in on whatever it is that is begging them to bring it to the page. Guided by prompts and in-class writing assignments, participants will dive deep and emerge transformed.

Van Doren is the author of four books of poetry and a winner of the Walt Whitman prize. To register, go to scovillelibrary.libcal.com/event/11749378

JANUARY 20

Film Screening

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

On Saturday, Jan. 20, at 4 p.m., The Cornwall Library will show the award-winning feature documentary film "WHAAM!BLAM!," directed by James L. Hussey. The screening will be followed by a panel discussion featuring Hussey, editor and co-producer Tory Estern Jadow, and visual artist/art historian David Barsalou. The event is live only (no Zoom). Seating is limited. Registration on the library website is required at cornwalllibrary.org/events/

52 Places to Go in 2024:

A Talk with New York Times Travel Editor Amy Virshup

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

On Saturday, Jan. 20, from 4 to 5 p.m., hear the inside story of 'The New York Times' annual "52 Places to Go," the much-awaited list of outstanding destinations and insider tips on what to see and do. Times Travel editor Amy Virshup will discuss how the travel research gets done, who makes decisions, what distinguishes a list-maker from a runner-up, what Times readers look for in travel, and how Times Travel has changed over the years.

Registration is required for this event at scovillelibrary.libcal.com/event/11670848

JANUARY 21

The North East Historical Society Dine Out for History

Millerton, N.Y.

The North East Historical Society's popular Dine Out for History series returns this year with two more dining establishments, bringing the total to five.

On select dates from Jan. 21 through March 11, participating Millerton restaurants will host their own Dine Out for History night, where 10% of the proceeds from all patrons that night will be donated to the historical society to support its research, digitize its collection and make historic content more available to the public, particularly educators.

Sunday, Jan. 21, The Millerton Inn, 53 Main St., 5-9 p.m., (518) 592-1900. Reservations requested.

Sunday, Feb. 4, Oakhurst Diner, 19 Main St., 5-8 p.m., (518) 592-1313.

Thursday, Feb. 15, Willa, 52 Main St., 5-9 p.m., (518) 789-0252. Reservations requested.

Monday, Feb. 26, Round III, 5523 NY-22, 5-9 p.m., (518) 592-1240.

Monday, March 11, Golden Wok, Railroad Plaza, 2 Main St., 5-10 p.m., (518) 789-9236. Takeout only.

"The Art of the Stitch and Needle": A Group Show of Fiber Arts

Cornwall UCC Parish House, 8 Bolton Hill Road, Cornwall Village, Conn.

"The Art of the Stitch and Needle," a Group Show of Fiber Arts, will launch at an opening reception Sunday, Jan. 21, 11:30 a.m. to 1:30 p.m. at the UCC Parish House in Cornwall Village. All are welcome. The show will continue until Feb. 29. Artisans exhibiting their work will be: Beth Dinneen, Eileen Gargan, Susan Hellmann, Jen Markow, Dana Saccardi, and Susan Saccardi. A wide variety of crafts will be represented; some will be for sale.

The show may be viewed Monday to Thursday from 9 a.m. to noon, Sundays 10 a.m. to noon, and by appointment. The Parish House is located directly behind the United Church of Christ at 8 Bolton Hill Road in Cornwall Village. For more information, call the church office at 860 672-6840.

Free Concert

Hotchkiss Library of Sharon, 10 Upper Main St., Sharon, Conn. hotchkisslibrary.org

Hotchkiss Library of Sharon and The Guild, in partnership with Music Mountain, announce a free classical music concert series in the newly restored Hotchkiss Library of Sharon at 10 Upper Main St. in Sharon. The first concert will take place Saturday, Jan. 21, at 3 p.m. with The Ulysses Quartet and Oskar Espina Ruiz, clarinet. Concert seating is very limited and registration is required for the first concert at: hotchkisslibrary.libcal.com/event/11763366

JANUARY 23

Literary Seminar with Mark Scarbrough — Willa Cather: The Dystopia of Originality

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

On Tuesdays, Jan. 23 to March 12, 10:30 a.m. to 12:30 p.m., there will be an eight-part, discussion-based literary seminar. Mark Scarbrough will lead readers on a fascinating exploration of Willa Cather in mid-career. Willa Cather's novels are a riddle: American originals, those seemingly pure but deeply ironic voices from the heartland, once best-sellers, then mid-listers in her own lifetime, once critically favored in colleges, now mostly overlooked. Registration is required for this hybrid-format series. For more information, please use this link: scovillelibrary.libcal.com/event/11756531

Beatles tribute show coming to Colonial Theatre

On Saturday, Feb. 10, at 7 p.m., the Tri-State Chamber of Commerce will present a recreation of the Beatles' first appearance on "The Ed Sullivan Show" at the Colonial Theatre in Canaan.

Music will be provided by the Beatles tribute band Studio Two, who will play the same set the Beatles performed on the show followed by 90 minutes of early Beatles music. There will be plenty of room to dance.

Studio Two features alumni of Berklee College of Music in Boston who focus on the Beatles' early years of 1962-1966 while using period attire and equipment to transport the audience back to 1964.

Tri-state Chamber of Commerce member restaurants will be offering pre-theater specials, and those wishing to take part may make 5 p.m. reservations at The Boathouse, Black Rabbit, Fern and Interlaken Inn in Lakeville; The Miller-

ton Inn; or The White Hart Inn and Neo's in Salisbury.

Tickets are \$45, and a portion of the proceeds will benefit the Sharon Woman's Club. The event has been underwritten by Assured Partners, Elyse Harney Real Estate, Ed Herrington Inc., Harney & Sons Teas, National Iron Bank, NBT, North East Ford and Peerless Trees. For more information, contact lorraine.oler@ironbank.com. For tickets, see canaancolonial.com

...Scottish music

strangers to play together. Many tunes are known widely and can be learned by ear or sheet music fairly easily. It's not uncommon for Ken and I to trade tunes back and forth or figure out tune sets to play together in advance. This concert will not be an exception — we'll probably figure out our set list the night before or during the actual concert, gauging the atmosphere and choosing tunes accordingly.

"The piping tradition isn't just about music. It's about community, pageantry, and it's an opportunity to highlight a lesser known art form. Beyond the trope of deafening volume and kilts, Scottish music is a highly

complex art form that is both a proud tradition and an intimate communal experience," he added.

The supper at the Battell Chapel will celebrate the life and poetry of Robert Burns with piping, poetry, whisky, and fanfare. "I sort of consider it a black tie event to celebrate the common man," Thomson said.

Continued from previous page

For Friday's Burns Supper, contact the Norfolk Church of Christ for tickets and info: office@cofcucc.org

For Saturday's concert, registration is recommended via the Norfolk Library website: www.norfolklibrary.org

To find out more about Thomson's upcoming projects, see his website: www.pipemanstudios.com



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The Lakeville Journal FOUNDATION

Dear Friends and Readers,

There is GOOD NEWS to report about The Lakeville Journal and The Millerton News! We have added more journalists to our staff, expanded our news coverage and we are about to launch new websites for both papers with seven-day-a-week news coverage.

Like many newspapers across the country, we face financial pressures that threaten our ability to continue this vital work. Even after a successful matching campaign, we still need your help. As a non-profit news organization, we must close the gap between what we earn by selling newspapers and ads and our operating expenses. That's why we are reaching out to you, our loyal readers and community members.

The papers led the way this year in reporting on important issues to our community: Sharon Hospital, affordable housing, and environmental challenges to our lakes and state parks. And, of course, we remain the place to catch up on the police blotter, town meetings, local elections, local sports, festivals, movies, and the latest bear and wildlife sightings.

Since The Lakeville Journal and The Millerton News were converted to non-profit status last year, you have kept us in business with your generous contributions. We are asking you once again to consider a tax-deductible contribution as part of your year-end giving. Every donation goes to support our journalists and the mission to deliver the stories that matter to you.

To donate, please visit lakevillejournal.com/donate or fill out the form below and mail a check. For information on donating shares of stock, please email donation@lakevillejournal.com.

Thank you for your continued support!


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Our Towns

A full century of fighting fires

By Patrick L. Sullivan

FALLS VILLAGE — The Falls Village Volunteer Fire Department kicked off its 100th anniversary year with an open house at the Emergency Services Center Saturday, Jan. 13.

The doors were open in the bays so visitors could get a good look at the equipment.

Younger visitors were provided with red plastic fire helmets.

Tim Downs gave a little boy the rundown on the various pieces of equipment stored in one of the fire trucks, including a chain saw, fans for clearing smoke, and a suction strainer.

Bill Beebe and Carson

Lotz demonstrated the proper use of an inflatable device to lift vehicles off people trapped underneath. Beebe said rescuers usually only need a few inches of lift to get someone out.

Ben Minniges got young Parker Dennis outfitted in full firefighting regalia, and showed another visitor the air dryers used to get firefighting clothing dry in a hurry.

The fire department was founded in 1924. Asked when the ambulance service was started, there was some scurrying.

Downs said, “I got it written down in that cabinet,” and disappeared.

But Michele Hansen and



PHOTO BY PARTICK L. SULLIVAN

Parker Dennis (7) was all smiles as she got suited up in genuine fire fighter gear by Ben Minniges.

Andrea Downs beat him to the answer, consulting a booklet and finding the date, which is 1956.

In the meeting room, people gathered for refresh-

CAPSTONE

Continued from Page A1

the students “comfortable with the machines and free weights.”

He said an added benefit was the fun and satisfaction involved. “It’s not just their mental health, it’s mine,” said Cousins.

Flynn Ryan of Lakeville approached the owner of a disused golf driving range in Millerton to ask if the owner wanted to collaborate on fixing the place up and re-opening.

The owner wasn’t interested in collaborating but allowed Ryan to go ahead on his own, without paying any rent for the first year.

Ryan said he has now “resurrected” the place to the point where he hosted practice for the HVRHS golf team. He had help from family and friends, but put in a lot of hours by himself.

Ryan had to be resourceful and willing to do things the hard way, such as picking up golf balls in the rearmost of the two fields one at a time with a hand picker because the apparatus for picking up a lot of balls quickly couldn’t get to the back field.

He also had to deal with rain. “A lot of bad weather,” he said. “The mower and golf cart got stuck constantly.” He became an expert at using one machine to pull out another.

He expects to be ready to open in the spring, and to be able to pay rent.

Kayla Jacquier of North Canaan devised methods and strategies for promoting activities at local businesses. She used social media as well

as posters and other traditional media.

She said she was nervous at first when approaching the business owners. But once she got the ball rolling, the nerves settled down.

Jonathan Minacci took on a difficult project — restoring an early 1970s John Deere tractor that was sitting in HVRHS ag-ed teacher Rene Boardman’s barn unused and neglected.

The first step was getting it from Sheffield to HVRHS.

The second step was taking it apart.

Minacci admitted some apprehension on his part, namely, once disassembled, would he be able to put it back together?

Tony Bascetta, an HVRHS alum who works at United Ag and Turf in North Canaan, helped out with technical advice. Stuck bolts were cut, gigantic pistons removed and examined, and gradually a restoration plan emerged.

The tractor won’t be going anywhere under its own power anytime soon. Another student has agreed to continue the project next year.

Minacci plans to attend Northwestern Connecticut Community College in the fall to study criminal justice.

Back to the Jeep. Heebner said he bought the car at age 14, before he had a driver’s license, and has been working on it ever since. The work has paid off. Heebner said the Cherokee is reliable and has never let him down.

“Except the time I ran out of gas.”

Salisbury eyes site for affordable housing

By Patrick L. Sullivan

SALISBURY — The Salisbury Board of Selectmen voted unanimously to refer a proposal for affordable housing on a town-owned parcel to the Planning and Zoning Commission (P&Z) at the board’s regular meeting (online) Monday, Jan. 8.

The Salisbury Housing Trust wants to build two affordable homes on a parcel on Undermountain Road (Route 41), roughly across the street from the junction of Undermountain Road and Conklin Street.

The lot is currently used for parking by, among others, employees of the White

Hart Inn.

From the discussion, it emerged that the lot once held two buildings, one of which was used for art lessons.

First Selectman Curtis Rand emphasized repeatedly that by referring the matter to P&Z, the selectmen are not signing off on any particular plan. He also pointed out that the selectmen’s meeting was not a P&Z public hearing.

P&Z will conduct a review to determine if using the site will align with the town’s Plan of Conservation and Development. The P&Z review is a necessary first step.

Because the parcel is owned by the town, the fi-

nal decision on whether to go ahead rests with the town meeting.

Rand said of the dozens of emails he received on the matter, the ratio was about 3:1 in favor of using the site for affordable housing.

Rand did have a preliminary plan, which he put up on the screen for the audience. It shows two modest two-story dwellings and a buffer of open space on the western side of the property, to provide some protection for nearby neighbors.

Robin Roraback, who lives on Grove Street near the site, urged the selectmen “to keep an open mind.”

She said the neighbors

will have to live with the final decision, as opposed to housing supporters who live somewhere else. Roraback is a correspondent for The Millerton News.

George Massey said he was in favor of the idea but asked the selectmen to hold off for a month to get more input from the public.

Holly Liebrock pointed out that the site is used for parking now: “It’s not a vacant lot.”

Several people observed that the matter under discussion was to refer the matter to P&Z for the review, and if there is an application, that process allows for plenty of public comment.

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HELP WANTED

VACANCY ON THE TOWN BOARD: The Town of Amenia has a vacancy for the unexpired term position on the Town Board. We are inviting interested individuals to apply for the position. This appointed position will be for a period expiring on 12/31/2024. The remainder of the term will be filled at the General Election in November 2024. If you are interested, here are the key details you need to know: Application Deadline: The deadline for submitting your resume and letter of intent is 12 pm on Monday, January 29, 2024. Submission Location: You can drop off your resume and letter of intent at the Town Clerk's office, 4988 Route 22, Amenia or via email to dmklingner@ameniany.gov. Eligibility Requirement: To be considered for the position, you must be meet the qualification of a Public Officer. You must be a resident of the Town of Amenia, you must be at least 18 years of age, and a United States citizen. Make sure to prepare a resume highlighting your relevant skills and experiences. Additionally, your letter of intent should express your interest in the Town Board position and outline the reasons why you believe you are a suitable candidate. If you have any questions or need further clarification, consider reaching out to the Town Clerk's office or contacting a current member of the Town Board before the specified deadline.

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