

The MILLERTON NEWS

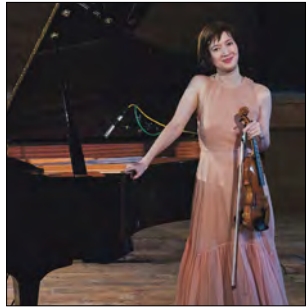
Covering Northeastern Dutchess County And Its Environs

Thursday, October 8, 2020

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October is Domestic Violence Awareness Month

Domestic violence on the rise since COVID-19

By **WHITNEY JOSEPH**
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NEW YORK STATE — Since the outbreak of the coronavirus hit the U.S. — and especially New York State — in March, there have been many troubling statistics. None more so, perhaps, than the fact that the number of cases of domestic violence has steadily risen as businesses and schools shut down, forcing more and more people to stay at home — many with their abusers — unable to report the abuse or escape the violence. This includes women and children, but also men, as there are instances of same-sex domestic violence. According to a Sept. 16 article in The New England Journal of Medicine, "One in 4 women and 1 in 10 men experience intimate partner violence [IPV], and violence can take various forms: it can be physical, emotional, sexual or psychological."

October is Domestic Violence Awareness Month, as good a time as any to raise a red flag about the prob-

"As incidents of domestic violence increased during the COVID-19 pandemic, Grace Smith House has gotten more requests for help — and our doors have remained open to victims, survivors and their families."

— *The Grace Smith House*

lem as well as to offer some resources to victims looking for local support.

According to Governor Andrew Cuomo's website, www.governor.ny.gov, COVID-19 has absolutely exacerbated the issue statewide.

"Domestic violence reports overall were up 30% in April compared to last year and incident calls to [the] state have increased 15% in March compared to last year," stated the website.

Calls increased 18% from February to March 2020, according to the governor's office. Additionally, the New York State Police reported domestic violence incident calls rose 15% in March compared to 2019. And there was a 12% increase in IPV reported by "large police departments outside of

New York City for the first quarter of 2020 compared to the same period in 2019," according to the New York State Division of Criminal Justice Services.

Following the spike in domestic violence during the pandemic, Secretary to the Governor Melissa DeRosa and the New York State Council on Women and Girls created a new task force in May to find creative solutions to the crisis. The task force will work to "identify solutions to help domestic violence survivors, with the specific goal of looking beyond the traditional ways that services have been provided in the past," stated Cuomo's office.

"Unfortunately, the reality is that we

See **DOMESTIC VIOLENCE, A8**



PHOTO SUBMITTED

New York State Assemblymember Didi Barrett (D-106) is campaigning for her sixth term on the New York State Assembly.

Barrett tries for sixth win on state Assembly

By **KAITLIN LYLE**
kaitlinl@millertonnews.com

NEW YORK STATE — With election season here, area residents will have their pick of two candidates vying for the 106th District of the New York State Assembly: incumbent Assemblymember Didi Barrett (D-106), who is campaigning for her sixth term in office and her opponent, Republican Dean Michael.

According to the Dutchess County

Board of Elections, District 106 includes parts of Dutchess and Columbia Counties. In Dutchess County, the towns of Milan, Pine Plains, North East, Stanford, Amenia, Clinton, Pleasant Valley, Hyde Park and Poughkeepsie are in District 106, while in Columbia County, the towns of Germantown, Clermont, Livingston, Gallatin, Ancram, Taghkanic, Copake, Claverack, Greenport and

See **DIDI BARRETT, A8**

Dean Michael campaigns for New York State Assembly, District 106

By **KAITLIN LYLE**
kaitlinl@millertonnews.com

NEW YORK STATE — Challenging longtime New York State Assemblymember Didi Barrett (D-106) in this year's election, Republican Dean Michael said he is prepared to address the challenges he feels have affected every aspect of residents' daily lives, from making the state more affordable and competitive to lowering taxes and stimulating businesses.

A resident of the nearby town of Clinton, Michael grew up in Dutchess County, where he graduated from Dutchess Community College before continuing his academic career at Marist College and Empire State College. For more than 20 years, he built his career and then become a business owner, operating Action Capital Insurance Agency in Pleasant Valley. On the local level, he has served on the Clinton Town Board for the last 13 years as councilman and was then appointed deputy supervisor for the last four years.

Considering his private and public sector experience, Michael has chaired various committees, including the Clinton Zoning Revision Committee; has sat on the Dutchess County



PHOTO SUBMITTED

A resident of Clinton, Dean Michael is campaigning against New York State Assemblymember Didi Barrett (D-106) in this year's election.

Resource Recovery Agency; and has been involved with the Mid-Hudson Mortgage Bankers Association, the Dutchess County Association of Realtors and other committees dealing with insurance issues. He said he has gone to Albany on occasion to lobby

for issues important to him, including those dealing with mortgage, financial and real estate matters.

Based on his local experience in public service, Michael has had the

See **DEAN MICHAEL, A8**

Millerton Business Alliance meets

Village businesses assess COVID fallout, look ahead

By **KAITLIN LYLE**
kaitlinl@millertonnews.com

MILLERTON — Reconvening in-person for the first time since COVID-19 caused the state, the country and the world's economy to essentially shut down in mid-March, the Millerton Business Alliance (MBA) assembled on the lawn behind Gilded Moon Framing on Thursday, Oct. 1, to exchange the latest news from the village business community, how everyone has fared since the pandemic hit and trade ideas for the local community going forward.

Gathering at 5 p.m., roughly a dozen individuals from the Millerton-North East business community attended, plus some local officials. Welcoming everyone back, Bob Murphy reported that there were about four to five new merchants who joined the MBA since

the group last met. Among the new merchants in attendance, Hayden and Richard Geer from Demitasse and Raquel Madar from The Dig, both on Main Street, introduced themselves.

Business updates

Going around in a circle, long-established vendors and up-and-coming merchants alike took turns saying hello and providing updates as to how their businesses are faring.

Cheryl Hunter, a manager at The Moviehouse, reported the theater hasn't reopened as it has yet to receive guidance from New York State; it's not likely that they'll reopen soon, she said.

NorthEast-Millerton Library Director Rhiannon Leo-Jameson said the library was one of the first entities to reopen in Millerton and is likely to return to its regular hours in two weeks,

See **MBA, A8**



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OPINION

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MILLERTON

The library's Great Give Back 2020

By CAROL KNEELAND
Special to The Millerton News



PHOTO BY RHIANON LEO-JAMESON

NorthEast-Millerton Library volunteer Malory Breen put together items requested from the library's Little Free Grocery, one of the causes being supported this year as part of the library's Great Give Back 2020.

Red Cross app.

In addition to hosting the life-saving blood drive, Leo-Jameson noted the library chose the other options because, "food insecurity is a serious problem for many in the area, but during the COVID-19 crisis, the situation has become even more critical."

Both financial contributions and unopened, unexpired food and household items are urgently needed. Requested items include: cereal, instant oatmeal, graham crackers, granola bars, macaroni and cheese, peanut butter, jelly/jam, canned tuna fish, canned soup/stew, 100% juice boxes,

canned vegetables, microwaveable popcorn, individual packages of cookies, crackers, puddings, cat and dog food, cat litter, shampoo, body wash, soap, toothpaste, feminine hygiene products and toilet paper.

Those who would like to donate items but who would prefer to shop at home may access the library's Amazon Shopping List at www.nemillertonlibrary.org, which will allow items to be delivered directly to the library. If Amazon shoppers do so through the Amazon Smile program, a small portion of the purchase price will be given to the library.

The Little Free Grocery program began in Veterans Park at 51 Main St., back when one of the Little Library boxes was converted to Little Pantry — a source of shelf stable goods where residents can "get or give" pantry items.

Recently, thanks to a grant from the Foundation for Community Health, it grew to include the Little Free Grocery, which allows residents to select specific items they need, which they can then pick up at the library. Shoppers may call the library at 518-789-3340 or choose items through the link on the homepage at www.nemillertonlibrary.org.

Leo-Jameson said the library began the program because with no grocery store in town, some people have been unable to obtain the food or household items they need — especially tough during the pandemic. Everyone is welcome to take part in the program. There is no cost for the program, and no library card is required.

Leo-Jameson added that unlike last year, when donations could be used to defray library fines, she regrets that this year that cannot be done due to the expenses and limitations imposed by the COVID crisis.

Financial donations may be made through the library's website or mailed to P.O. Box 786, Millerton, NY 12546.

MILLERTON IN BRIEF

Annual Craft Fair Oct. 10 at library

The NorthEast-Millerton Library is holding its Annual Craft Fair on Saturday, Oct. 10, from 10 a.m. to 2 p.m. on the lawn at library. The rain date is Saturday, Oct. 17.

Masks are required; parking is available on Century Boulevard.

Items are handmade by lo-

cal crafters, artisans and artists. Find one of a kind items for the holidays to share with loved ones. Enter to win gift baskets and certificates.

All proceeds go to the NorthEast-Millerton Library.

For more information, call 518-789-3340 or go to www.nemillertonlibrary.org.

Drive-in movie to benefit The Moviehouse

As a tribute to its musical theater tradition, the Sharon Playhouse, located at 49 Amenia Road in Sharon, Conn., will host a "Little Shop of Horrors" drive-in movie benefit on Sunday, Oct. 11, to benefit The Millerton Moviehouse.

Gates will open at 6 p.m. with introductions by the film's director, Frank Oz, and

composer, Alan Menken, at 7 p.m. and the film at 7:15 p.m. Admission is \$50 per car and includes a goody bag with popcorn and treats.

Space is limited, so spectators are encouraged to get their tickets now to guarantee their spot. Tickets can be purchased online at www.themoviehouse.net.

Auxiliary and Sons of Post 178 BBQ Oct. 17

The Millerton American Legion Post 178 Auxiliary and the Sons of the American Legion will hold one of their first joint events since the coronavirus pandemic hit, on Saturday, Oct. 17.

It will be a Take-Out Only Chicken Barbecue with sides and dessert. Dinners can be

picked up at the American Legion Post 178, 155 Route 44, between 4 and 6 p.m. Advanced tickets are available from any Legion member or by calling or texting 518-755-0291. The cost is \$15.

All community support is greatly appreciated for this important fundraising event.

Red Cross Blood Drive at library Oct. 9

Local residents can help save a life by donating blood this month at the American Red Cross Blood Drive held at the NorthEast-Millerton Library Annex on Saturday, Oct. 9.

Running from 10 a.m. to 3

p.m., the Blood Drive will be held in the library annex, at 28 Century Blvd. Donors will also have the blood tested for COVID-19 antibodies and will be notified of the results.

Register for the blood drive at www.redcrossblood.org.

Send news and photos to editor@millertonnews.com

Village Board seeks lead agency status for Eddie Collins Memorial Park project

By KAITLIN LYLE
kaitlinl@millertonnews.com

MILLERTON — The Village Board made great strides with the up-and-coming revitalization of Eddie Collins Memorial Park by declaring itself as the project's lead agency during its workshop meeting on Thursday, Sept. 10.

The meeting was live streamed to the "Village of Millerton VOM" Facebook page due to the COVID-19 pandemic; the entire board was there along with Village Clerk Kelly Kilmer, Kevin Chazen from the engineering firm, The Chazen Companies, and Jeanne Vanecko from the Eddie Collins Memorial Field Revitalization Committee.

Mayor Debbie Middlebrook shared the board's intent to go through the State Environmental Quality Review Act (SEQRA) process for the project. She reported that she noticed only Part One and not Part Two or Three was listed. Since Millerton expected to become lead agency for the project, Middlebrook asked Chazen when the board would complete Parts

Two and Three.

Chazen replied that once the village is declared lead agency, it would proceed with Parts Two and Three. Middlebrook asked Chazen if he would prepare the forms or if Village Attorney Ian Lindars should. Chazen said The Chazen Companies could assist.

That evening, the board reviewed Part One and determine if it wanted to be lead agency.

Chazen spoke of the agencies that will generally be involved in the project. In addition to the Village Board, he said Dutchess County will be involved, as a Community Development Block Grant was used to help fund the park redo. Chazen said state agencies involved include the Office of Parks, Recreation and Historic Preservation (another funding agency); the New York State Department of Environmental Conservation (DEC), which issued the State Pollutant Discharge Elimination System permit; the New York State Department of Transportation (DOT), which issued the highway work permit; and the New York State Department of Health (DOH), which must approve the pools and restrooms.

After reviewing the planning and zoning section, Chazen moved on to project details. With the acreage of the proposed action calculated at 16.43 acres, he said they were probably going to be disturbing close to 7 acres with no reported expansion of the existing project or subdivisions.

The revitalization project will be completed in multiple phases. The village is currently in the first phase of the project — which includes relocating the park entrance, improving the handicapped accessible playground and installing two new basketball courts and a soccer field. The second phase will include the installation of the

pool and the park's restroom areas while the third phase will include the installation of the Little League fields and some additional improvements. The final phase will include the installation of lighting. Throughout the process, he said they will also install/upgrade electrical infrastructure.

"What we're estimating — and obviously this is all going to come down to funding at the end of the day — but there will probably be about at least a need for about a year between each phase for design or somewhere along those lines," Chazen said.

In addition to the work detailed in each of the project's phases, Chazen mentioned that The Chazen Companies is proposing new restroom facilities for the pool.

Moving on to project operations, he said there's no excavation mining or dredging and no encroachment on any existing wetlands, water bodies or any adjacent areas. A septic system will be done on site, and The Chazen Companies will be working hand in hand with the DEC and the DOH to make sure all aspects are reviewed.

Focusing on the site and setting of the park redo, Chazen identified the site as "commercial, industrial, residential parkland" and as a shared-use site. Beyond the installation of the pool and more parking, he said the revitalization is

about rehabilitation of the field and reimagining what's currently there.

Following Chazen's review of the project, the board approved a motion to allow Middlebrook to sign the SEQRA Part One application. The board also approved a resolution declaring the Village Board lead agency for the state-mandated SEQRA review and then approved a resolution accepting grant funds for Phase One of the project.

Kilmer will send notice regarding the board's intent to be lead agency as well as a copy of Part One of the SEQRA review process to all of the involved agencies and the Dutchess County Department of Planning and Development.

All involved agencies had up to 30 days to respond if they had any issues with the Village Board being lead agency; the board had to wait for those responses before it could proceed with the project.

Bulk Trash

Day Oct. 17

MILLERTON — The town of North East and the village of Millerton are joining forces for its residents to offer Bulk Trash Day on Saturday, Oct. 17, from 8 a.m. to noon at the old North East Town Garage at the corner of Fish Street and South Center Street.

Due to COVID-19, masks are required.

Residents will unload their own vehicles into separate metal, electronics or bulk containers.

Acceptable items:

Bulk trash: Residents can bring bulky items including metal, lawn mowers, tools, appliances, furniture, carpeting and junk.

Electronics for recycling: Computers, monitors, fax machines, printers, stereos, flat screen TVs, telephones, lithium and sealed lead acid batteries (non-automotive).

Do not bring:

Paint cans, propane tanks, car batteries, alkaline or rechargeable batteries, tires or heavy construction debris. No box trucks, please.

Fees:

Pick-up truck or trailer: \$30 to \$60

Car: \$15 to \$30
SUV/van: \$30 to \$60
Oversized item: \$50*
(*At the town's discretion)
Electronics for recycling: N/C
Tube TV: \$25
Unit with freon: \$30
Mattress or spring: \$10
Appliance: \$10 to \$30

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AMENIA/PINE PLAINS

Amenia Housing Board focuses on local, affordable housing

By KAITLIN LYLE
kaitlin@millertonnews.com

AMENIA — The Amenia Housing Board discussed the latest projects, plans and updates related to local, affordable housing at its meeting on Tuesday, Sept. 8.

Among the board members present at Amenia Town Hall were Leo Blackman, Tracy Sal-laday, Jeff Barnett-Winsby, Damian Gutierrez, Joy Johnson and Vicki Doyle.

Included in its discussion that evening, Barnett-Winsby made an offer to begin working on a model affordable housing development project to help the board see what the economic realities are and to get a better sense of what the town wants and is willing to tolerate. Blackman reported on a later date the board wants to understand more generally what those needs are and to research available properties before putting together a plan to clue in potential developers.

For a clear sense of the town's housing needs, the board is composing a survey for residents. Blackman said the survey will ask residents their current living situ-

ation, what their financial strain is, how many people live in their household, what would happen if they were to move, etc. Once the surveys return, Blackman said the board will create a tablet, do an analysis and then hold a public hearing.

At the September meeting, Blackman said he felt the board should get the information about the survey out as soon as possible via postcards and flyers, and direct citizens to fill out the survey on the town's website, www.ameniany.gov, to get input before getting into specifics.

After losing two properties in town, Blackman, Doyle and Sal-laday reviewed the recommendations of Amenia's 2009 Hamlet Plan and looked at which sites within a half mile of the hamlet center might be the most viable for workforce housing. Blackman later told this newspaper that the board has started looking at properties that could be renovated. In some instances, he said there have been properties that have been sold before the board could complete an analysis, resulting in its decision to look at nearby properties not currently for sale.

By looking at properties that could allow more residential units of mixed income, Blackman said, "We want to do that do encourage more density in the hamlet and more economic development. We want people to shop in the hamlet, we want more foot traffic and we want people, especially seniors, to be able to walk to locations where they can shop."

The board considered that Hudson River Housing may be more interested in a larger new-build project, perhaps with its own wastewater system. Blackman inquired how best to present that concept to Hudson River Housing and the Town Board.

Regarding former property at the Taconic DDSO, Blackman said he contacted Dutchess County Department of Planning and Development (DCDPD) Housing Coordinator Anne Saylor regarding how the county might be able to assist the board. Doyle noted

that John Clarke from the DCDPD did the original DDSO master plan at no cost; Clarke has since retired from the department. Blackman later noted that when the town's Comprehensive Plan was completed, there was hope the DDSO would be renovated into a traditional neighborhood plan.

Moving forward, Doyle said that if the board can clarify what the town wants, do as much preparation for the developer as possible and obtain pre-approval from the Planning Board, it could send out a request for proposals (RFP). Barnett-Winsby observed that if the town welcomes a developer and removes some uncertainty about the project, it's more likely to make a deal. Meanwhile, Gutierrez said it's a good time to approach the Town Board with an update on the Housing Board's work and to advocate budgeting for sending out the survey and hiring a planner.

Recommending a number of sources for potential funding, Johnson said the U.S. Department of Agriculture has grants available for technical assistance in rural areas based on income level, which could include developing a sewer as well as housing. She also reported that there's money in selling low income tax credits to developers and funds from the New York State Green Bank for solar panels and geothermal energy. Additionally, Johnson noted that a smaller building module (such as eight one-bedroom apartments) may fit more easily into hamlets and could save on design and construction costs, and that a mix of market and workforce apartments might be more appealing to developers. Seeing as "shovel-ready" projects are typically funded first when new funding sources open up, Johnson said the town's grant writer, Michael Hagerty, should begin exploring possibilities right away.

The Amenia Housing Board will reconvene in-person for its next meeting on Tuesday, Oct. 13, at 5:30 p.m. at Town Hall.



PHOTO CREDIT BY J HENRY FAIR

From left, pianist Ryan McCullough joined violinist Miranda Cuckson on stage at The Stissing Center to perform Ross Lee Finney's masterpiece, "Fiddle-Doodle-Ad," during a concert held on Saturday, Sept. 26.

Saturday at The Stissing Center

PINE PLAINS — The Stissing Center invited music enthusiasts from all around the region to get swept away by a captivating concert featuring violinist Miranda Cuckson, accompanied by pianist Ryan McCullough, on Saturday, Sept. 26.

The Stissing Center's "LIVE! from the Stissing Center!" series, the pre-recorded concert was streamed at 4:30 p.m. on The Stissing Center website, www.stissingcenter.org.

From the works of composers Eugene Ysaÿe and Elliot Carter to the pieces dedicated to composer

Aaron Copeland and renowned violinist Robert Mann, Cuckson's musical talents dazzled in the program's performances.

Those who were unable to catch the concert on its broadcast date can watch past performances online at www.stissingcenter.org. — Kaitlin Lyle

Plans to redo former Deuel's building unfold

By KAITLIN LYLE
kaitlin@millertonnews.com

PINE PLAINS — In the years since its hardware business closed in Pine Plains, the former Deuel's Home Center building has been sitting vacant at 7723 South Main St., waiting to be restored to its former glory. Having admired the building, its history and its structural integrity for many years, Christopher Gumprecht, a resident of Manhattan, made an offer on the building just a few months ago, and while his plans for the its future are still in their infancy, he looks forward to seeing the building in working order once more.

As published under the "Gone Forever" section of the Little Nine Partners Historical Society's (LNPHS) website at www.lnphs.com/gone-forever, the former Deuel's building was originally located by the Poughkeepsie and Eastern Railroad yard and constructed to be used as a combined public hall and roller skating rink. The LNPHS also identified the building as one of the first skating rinks in the area while the Stissing Center was held upstairs.

Longtime residents of the area may fondly reminisce about the days when they could skate for 10 cents a person on the rink's maple floor. Following the roller rink's closure, Samuel Deuel, the owner of a nearby coal and feed business, purchased the building in 1908 to be used for storage, as a cooperage for apple barrel making and to be rented out on occasion for public dances, according to the historical society. Between 1918 and 1919, the building was moved in sections to its current location on South Main Street.

Recognized as a real hometown store in Pine Plains, residents could almost always satisfy their hardware needs with a trip to Deuel's, whether they were looking for building supplies, animal feed, paint supplies, lawn and garden supplies or other like materials. When the business closed in January of 2016, the town continued to use the building to hold local events, including public auctions.

Though he hails from the city, Gumprecht said his family has been coming up to the local area for a long time. In all the years he's driven by the Deuel's building, Gumprecht said he always wanted to own the space.

"It's got a lot of history," Gumprecht effused. "It's such a huge space; it has a lot of notoriety in Pine Plains... It's a sound place, it's a good location, it's the gatekeeper to Pine Plains if you're coming from the south."

After checking in with Joan Taylor, the building's previous owner, over the years to ask about

the building's status, Gumprecht formally made her an offer a few months ago, though he preferred not to disclose the amount.

"I used to be a customer there and now I'm the owner," Gumprecht remarked, "so now the tables have turned."

Though he's currently in the early stages of sketching out the building's future, Gumprecht said his goal is to renovate the building and its various components, such as the way station, to restore it to its original working order. Looking down the road, he aspires to create a retail space that the town can use, to have the building become something he would find useful.

"I can't say what it will definitely be, but it will be good retail space," he said. "I think it has a lot of potential for a lot of different things. For me, what I think is important is not to get ahead of myself. I love the space, so I want to love the process of rebuilding and renovating it. It's a place I want to be involved with day to day."

"It's a great thing for the town," said Pine Plains town Supervisor Darrah Clout. "Whatever happens in there will not only save the building but be yet another exciting development in our revitalization."

"I'm very pleased that somebody has bought it who's excited to do something that will benefit the town," former owner Joan Taylor said..

Correcting Errors

We are happy to correct errors in news stories when they are called promptly to our attention. We are also happy to correct factual and/or typographical errors in advertisements when such errors affect meaning.

AREA IN BRIEF

Grab and Go church BBQ fundraiser Oct. 10

PINE PLAINS — The Pine Plains Presbyterian Church is holding a "Grab and Go" Chicken BBQ fundraiser on Saturday, Oct. 10.

Dinners are takeout only with curbside pickup from 4 to 6 p.m. at 3039 Church St. (Route 199).

The menu includes 1/2 chicken, mac and cheese, coleslaw, a roll and brownie for dessert — all for \$15/dinner.

Attention voters: Change of polling place

PINE PLAINS — To protect poll workers from COVID-19, the town of Pine Plains' polling place has been changed from Pine Plains Town Hall to The Stissing Center at 2950 Church St. (Route 199) for the election on Tuesday, Nov. 3.

Hillsdale Pumpkin Festival Oct. 10

HILLSDALE — Come Saturday, Oct. 10, the 9th Annual Hillsdale Pumpkin Festival will be held at Hamlet Park, at the corner of routes 22 and 23.

From 11 a.m. to 4 p.m., enjoy live music and activities, a bake sale, a pumpkin pie-baking contest, police and sheriff's department exhibits and a takeout BBQ dinner.

The town will host a "Gathering of Scarecrows" competition where scarecrows will be created and decorated to honor essential workers and

hometown heroes.

At the Roe Jan Library, at 9091 Route 22, children can enjoy pumpkin painting at noon. Though the event is free, pre-registration is required. Call 518-235-4101 or email director@roejanlibrary.org to register.

At 4 p.m., the Hillsdale Fire Department will host a BBQ with pickup at the fire station, just north of the hamlet on Route 22. Priced at \$15, pre-orders are required by calling 518-325-4721 or 518-325-5537.

Harvest Turkey Dinner Oct. 17

STANFORDVILLE — Stanford Grange #808 will host a Harvest Turkey Dinner on Saturday, Oct. 17, at the Stanford Grange Hall, 6043 Route 82.

Dinners are take out only with pick up starting at 5 p.m., for a donation of \$15 per dinner. Face masks and gloves will be worn and social distancing observed. For reservations, call 845-868-7869.

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For the Litchfield County real estate market, this past quarter has been very strong, 72% more sales than a year ago. September continued on pace with nearly double the sale of homes than the 2019 levels. Buyer activity was at all price levels, with both the average sales price and the total dollar volume significantly higher compared to previous years. Inventory remains low while the largest indicator for the future strength of the market is the amount of pending sales, which continues to be double that of last year. So all in all, the market shows no signs of slowing and happy to discuss the value of your property.



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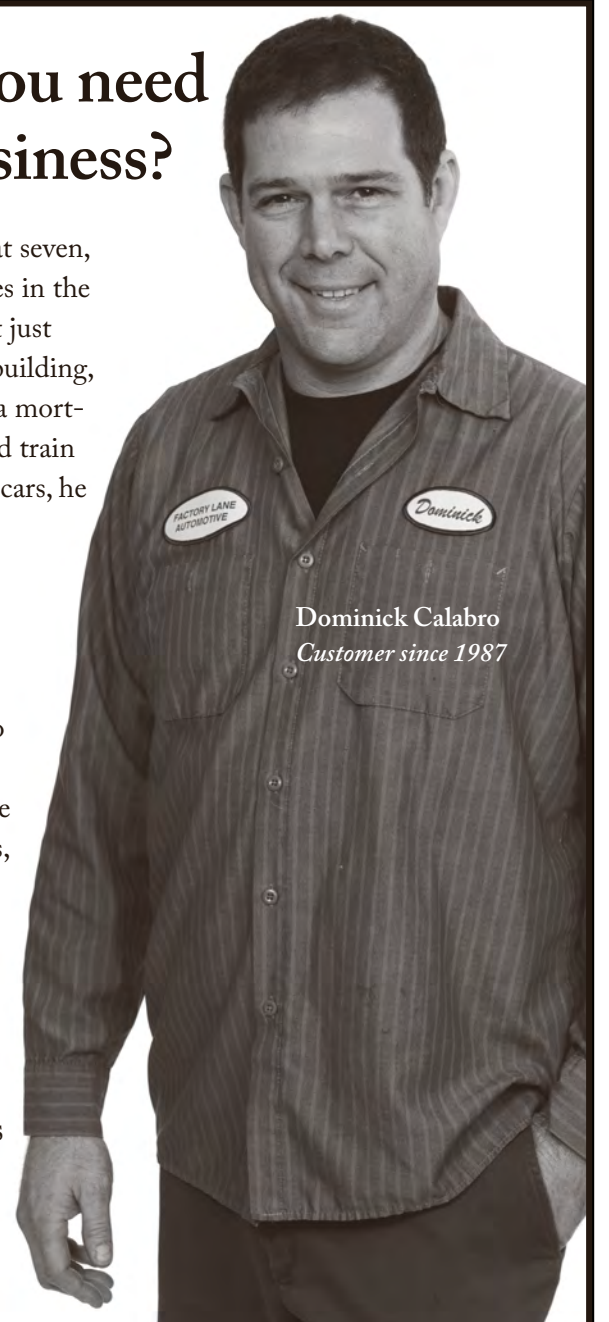
What tools do you need to build your business?

You get handed your first wrench at seven, and by 14 you're swapping engines in the car you race. It gets in your blood. Not just mechanics. Building. Dominick kept building, starting his business at 24, taking out a mortgage on a broken down and abandoned train station in Pine Plains. Between fixing cars, he fixed sheetrock and plumbing.

These days, that building has four commercial spaces in addition to Factory Lane Automotive, and the racecar Dominick works on belongs to his youngest son. When you build, or rebuild, for a living, it helps to have the right tools at hand. And over the years, one of Dominick's most valuable tools has been his bank.



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MILLBROOK



The Millerton News is running candidate profiles throughout the month of October. There are four candidates running for two Millbrook village trustee positions. Look for remaining two trustee profiles in next week's Millerton News.

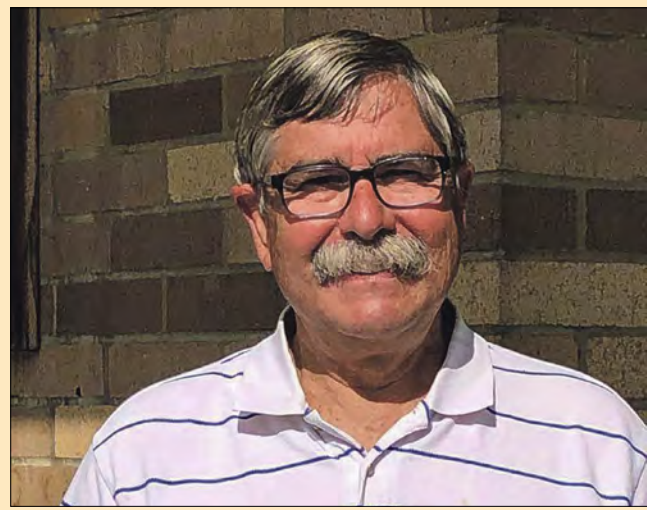


PHOTO BY JUDITH O'HARA BALFE

Mayor Michael Herzog

Mayor Herzog runs to be trustee once again

By JUDITH O'HARA BALFE
judithb@millertonnews.com

MILLBROOK — Former village Trustee Mike Herzog is currently serving as the interim mayor of the village of Millbrook until Dec. 31, following former Mayor Rodney Brown's unexpected resignation a few months before his term was to end on Dec. 31. It was a risky decision to leave his trustee post, as Herzog was planning to run for another term as trustee, a position he has held since 2012, but he offered to do so as no one else came forward.

Given the problems facing the country, and villages and towns across the country, it's evident that things are not the same as they have been in past elections. New goals and criteria must be met. Herzog is prepared to help the village through the current multi-pronged crisis — now and in the future, he said.

"In a depressed economy, voters in Millbrook need trustees with the experience to find solutions and funds beyond our small community tax base," said the Democratic candidate. "I've proven I can do that, and will work with other board members to keep Millbrook solvent and moving forward."

Developing an 8 foot by 4 foot table-top model of the storm drain project when he was a new trustee in 2012, Herzog earned Millbrook a grant from the county in 2013 to purchase cameras to analyze the pipes and sewers. Estimates figure that by doing their own assessments just in 2013-14, the village saved around \$50,000.

Herzog is well schooled in the ins and outs of applying for grants, an invaluable skill for a municipality the size of Millbrook, where grants are often hard to get because the median income is higher than in other parts of the county.

He and his wife, Mary Anne, are both retired school teachers, and have two grown sons who were raised and schooled in Millbrook. Herzog was a teacher in the Dover Union Free School District for 37 years. The two are active in the village and frequently work with the Taste of Millbrook and many other community causes.

Herzog's experience during his years as trustee has served him well, coupled with some of his other skills acquired as a member of the New York State United Teachers (NYSUT), which he has volunteered with since 1972 in many roles, including as contract negotiator and building representative; he served as Dover Wingdale Teachers' Council from 1972 to 1988; he was chairperson for the DWRA Welfare Trust Fund from 1998 to 2008; he served on the Town of Washington Conservation Advisory Committee; he served on the Wappinger International Council; he's also been a Board of Elections worker since 2010; and he sat on the Millbrook Board of Education Election Committee from 2017 to 2019. Herzog is also an active member of the Town of Washington's Democratic Committee.

Herzog has been active in many town recreation activities throughout the years, coaching, refereeing and managing swimming, soccer and Little League Baseball teams.

Herzog was born in Huntington, Long Island, but has been in the Hudson Valley area since 1972, when he graduated from the State University of New York (SUNY), New Paltz, with a B.A.; he then acquired a Master's Degree in Elementary Education in 1975.

"Let me be your voice for a stronger village," was Herzog's message to the residents of Millbrook when he ran for Trustee in the 2016 election. That hasn't changed.

Incumbent Joseph Rochfort runs for second term on Village Board

By JUDITH O'HARA BALFE
judithb@millertonnews.com

MILLBROOK — Incumbent village Trustee Joseph Rochfort is vying for his second term as on the Millbrook Village Board on the independent Citizen (CIT) party line; he's one of four candidates campaigning for two open seats. The village is close to his heart as he was one of 10 children growing up in Millbrook, going through the Millbrook Central School District. Seven of his siblings live in the town of Washington. Rochfort moved into the village in 2015, and in June of that year he filled a vacancy for village trustee. He then ran for and won a trustee seat in the 2016 elections.

Rochfort is a bridge maintenance engineer for the New York State Bridge Authority, a position that has given him a lot of experience working with others and handling tough situations.



PHOTO BY JUDITH O'HARA BALFE

Trustee Joseph Rochfort

One of the things that Rochfort said is of utmost importance during the coronavirus pandemic is the need to support small local businesses.

"We have businesses and restaurants that are doing well, but we also have some who need help to stay afloat," he said, hoping to help the village not only survive, but revitalize. "We need to keep the village supported."

In his tenure as a trustee, Rochfort said he's learned a lot about governing a small municipality and realizes that the board has tremendous responsibilities. He was instrumental in getting the village's outdated sign code updated and worked tirelessly to unravel several bank and trust accounts that were an enigma for many years.

The first time he ran for trustee, he said, "I simply wanted to be of help to the people of the village of Millbrook."

That he has been. One of his pet projects has been the Thorne Building on Franklin Avenue. He said he's happy that it is now on its way to becoming a 501(C)3 nonprofit that's being converted into a community center. Rochfort said he's relieved the grand old building has escaped the fate of the old Bennett College Hall-cyon Hall.

There are other projects in the works that he would like to see through to completion, like improving the infrastructure of the village.

"While it has improved, there is still cause for concern," he said. "There is always more that one can do; it's not a full time position, you do what you can do when you can do it."

Then, there are always the more mundane day to day issues that must be taken care of, he said.

Rochfort looks forward to working with the rest of the Village Board for another term, although he admits that the election is going to be a close one and pretty competitive, with so many candidates running for office.

Being an advocate for shopping locally and giving work to local services, Rochfort hopes to be able to get Millbrook reopened to pre-COVID conditions soon, and thriving in the presently uncertain economy.

A COVID-19 worthy discussion

Cary Institute offers advice on how to prevent the next pandemic

By JUDITH O'HARA BALFE
judithb@millertonnews.com

MILLBROOK — The Cary Institute for Ecosystem Studies, no stranger to the internet before COVID-19, seems to have perfected online programming, and has been offering a number of educational and entertaining forums and workshops throughout the spring and summer.

On Friday, Sept. 25, disease ecologists Rick Ostfeld and Felicia Keesing joined Cary President Joshua Ginsberg for a virtual Cary Science Conversation with several hundred participants via Zoom. The topic was the role of biodiversity in pandemics and infectious disease spillovers.

Ostfeld is a distinguished senior Cary scientist, and Keesing is the David and Rosalie Rose Distinguished Professor of the Sciences, Mathematics and Computing at Bard College, and an adjunct scientist at Cary. They are also married, and have spent the past five years working on the Tick Project, a research study project at Cary to determine if neighborhood prevention of ticks can help to control Lyme disease.

During the conversation, which featured interesting slides and facts, the scientists explained that the microbes that cause diseases such as COVID-19, like SARS and Ebola, began in wildlife and then infected humans. They posed questions like: Why is there this zoonotic spillover? Are these natural areas, with good or bad biodiversity for human health? Can humans manage animals in a way that makes it less possible for their diseases to cross to humans?

It is interesting to note that small animals, who experience immature breeding and produce many offspring, travel over large geographical areas and have short life spans, such as rodents, insects and birds, and are more apt to transmit disease than larger animals with longer life spans who produce fewer offspring.

These larger animals are more vulnerable to extinction, however. And when diversity is lost, the zoonotic hosts thrive. A full 75% of emerging infectious diseases are zoonotic.

There are many reasons why the world is now suffering from what Ostfeld describes as an ecological phenomena on a grand scale, including climate change, habitat conversion, carbon consumption and a loss of biodiversity, mining and harvesting, which includes hunting.

But there are things that can be done to reduce the effects of zoonotic disease, including supporting science. Other measures include: cutting back on the consumption of animals and animal

products; less carbon consumption; smarter use of land and crops. A farm in Sussex, England, stopped farming and after a time, the land replenished itself, providing some plant species that were not found anywhere else in the U.K.

Keesing was adamant about using one's voice, speaking with politicians; she said the upcoming election is extremely important for restoring good ecological practices, for supporting scientific facts and research.

The scientists also mentioned the bipartisan One Health Act of 2019, a bill with the aim to establish the inter-agency, One Health

Program. This bill is intended to help increase national preparedness for pandemic prevention and response. It involves achieving optimal health outcomes regarding the interconnection among people, animals, plants and their shared environments. The One Health Act of 2019 advocates for a coordinated approach to better prevent, prepare for and respond to zoonotic disease outbreaks.

Keesing and Ostfeld encouraged their audience to vote, to demand legislation that will support climate change and biodiversity research and work to help stem future pandemics.

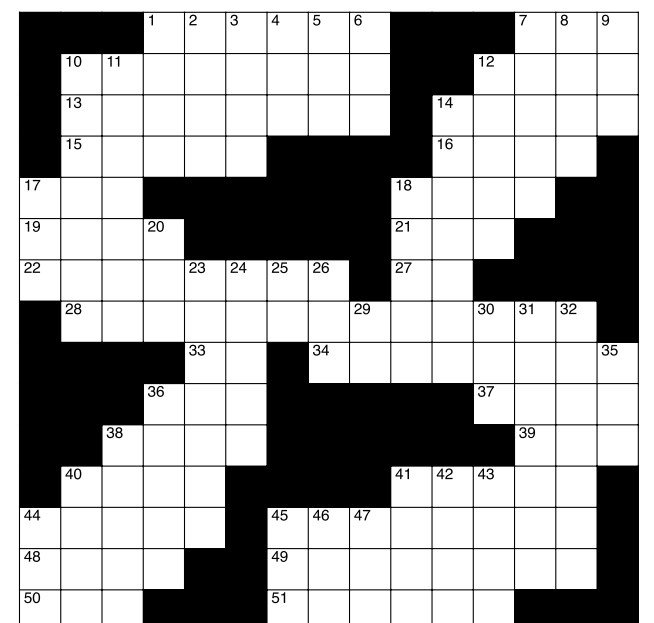
Brain Teasers

CLUES ACROSS

- Lunar crater
- Upstate NY airport (abbr.)
- Fruit
- Seventh avatar of Vishnu
- Organism that grows without air
- Heals
- A book has one
- Open
- Twit
- Plant of the mint family
- Soon
- Witch
- Long, mournful complaint
- Killer clown film
- Keeps us occupied
- Influential lawyer
- Formation of concepts
- Insecticide
- Swiss river
- Actress Lucy
- Unit of g-force
- Can repel attackers
- Essential oil used as perfume
- Cut into small pieces
- Mexican agricultural worker
- Best pitchers
- Benign tumors
- Danish krone
- Looms above

CLUES DOWN

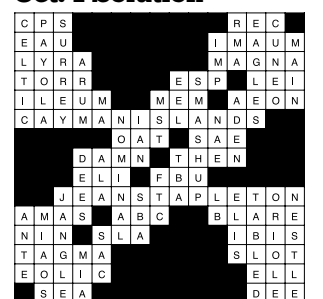
- Make a map of
- Cain and ___
- Dried-up
- Corporate exec (abbr.)
- Trading floor hand gesture
- Strongly alkaline solution
- Yemen capital
- Military leader (abbr.)
- Maintains possession of
- Afternoon show
- Imaginary being
- Rearrange
- Holy person or sage
- ___ Mahal
- Backbone
- Brooklyn hoopster
- Intervened
- Extremely angry
- Indicates position
- Chinese surname
- Potato state
- When you think you'll get there



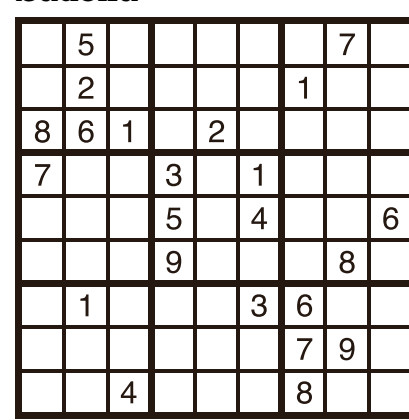
- ___ Falls
- Bullfighters
- Born of
- Small fishes
- "Father of chemical warfare"
- Waste matter
- Skin disease
- Scandinavian mythological god
- ___ and haws
- Villain
- Tell on
- Difficulty
- Not old

Look for the solution in next week's issue.

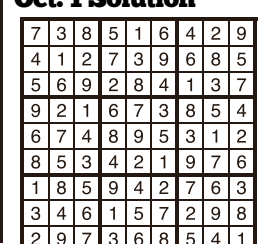
Oct. 1 Solution



Sudoku



Oct. 1 Solution



Level: Intermediate

MILLBROOK IN BRIEF

Coat Sale and More! Oct. 8 through Oct. 10

The annual Coat Sale and More! presented by Uncle Al's Thrift Shop, benefiting St. Joseph-Immaculate Conception Church, will be held on Thursday, Friday and Saturday, Oct. 8, 9 and 10, from 10 a.m. to 4 p.m. at St. Joseph School gym, 25 St. Joseph Drive, Millbrook.

The three-day event will feature coats and jackets, suits and sport coats, sweaters, handbags and accessories.

Preparations for the sale have taken place over the past several months; there is a huge selection. Masks are required.

Uncle Al's Thrift Shop at 3275 Franklin Ave. is open year-round on Monday, Wednesday and Friday from 10 a.m. to 4 p.m. and on Saturday from 10 a.m. to 3:30 p.m. The shop is run entirely by volunteers; all proceeds benefit St. Joseph-Immaculate Conception Church.

Millbrook at Home keeps connected

The Millbrook at Home senior group wants to stay connected with local residents, so it's sharing a link to its website where seniors can find out about programs and meetings through the online platform, Zoom.

The website link is: www.millbrookathome.org.

Also, the group's newsletter is now circulating. Meanwhile,

if there are any questions, suggestions or concerns, please email connect@millbrookathome.org.

Millbrook at Home seeks to create and deepen connections among those who remain in their homes as they advance in age. Its network of local volunteers helps senior citizens maintain vibrant, engaged and socially active lives.

Email news and photos to editor@millertonnews.com



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The most troubling news-media story of our time

AN EXCERPT FROM MARGARET SULLIVAN'S BOOK,
"GHOSTING THE NEWS:
LOCAL JOURNALISM AND THE CRISIS OF AMERICAN DEMOCRACY"

- PUBLISHED BY COLUMBIA GLOBAL REPORTS -

Barbara O'Brien's article was routine-enough fare for a local newspaper. It would not go on to win a journalism award or change the world. It didn't even make Sunday's front page on that day in May of 2019. It merely was the kind of day-in-and-day-out local reporting that makes secretive town officials unhappy because of what they can't get away with, and lets local taxpayers know how their money is being spent.

O'Brien, who reports on several suburban towns for the *Buffalo News*, had found that the Orchard Park police chief, who was retiring abruptly, would receive an unexplained \$100,000 as part of his departure. A few weeks before O'Brien's story was published, she had asked town officials for the chief's separation agreement, but they said it couldn't be released because it included a confidentiality clause. Why would there be such a thing, she asked. The town supervisor referred the questions to the town attorney, who wouldn't comment.

O'Brien doggedly took the next steps, as her story explained:

The Buffalo News obtained a copy of the sixteen-page agreement after filing a Freedom of Information Law request with the town. Keeping such a contract private is in violation of the Freedom of Information Law, according to Robert J. Freeman, executive director of the state Committee on Open Government.

"The contract is public, notwithstanding a confidentiality clause," Freeman said. "The courts have held time and again that an agreement requiring confidentiality cannot overcome rights conferred in the Freedom of Information Law."

Examining the agreement, O'Brien came across the \$100,000 payout, and wrote the story. And she would, of course, keep digging—because that is what diligent local reporters do. But there are fewer and fewer of them all the time.

"The decline of local news is every bit as troubling as the spread of disinformation on the internet."

The Buffalo News is the regional newspaper where, until 2012, I served as top editor for thirteen years. It's the largest news organization in New York State outside the New York City metro area. Like virtually every other newspaper in the United

States and many around the world, it's struggling. In the internet age, circulation volume and advertising revenue have plummeted, and the newsroom staff is less than half what it was when I took the reins, down from two hundred to fewer than a hundred journalists. That sounds bad, but is actually better than most. American newspapers cut 45 percent of their newsroom staffs between 2008 and 2017, with many of the deepest cutbacks coming in the years after that. In some places, the situation is far worse. (I use the term newspapers as a shorthand for newspaper companies, and mean to include their digital, as well as print, presence.)

"There is a serious perception problem — American citizens don't know about what's happening to local news or they choose not to believe it."

It matters—immensely. As Tom Rosenstiel, executive director of the American Press Institute, put it: "If we don't monitor power at the local level, there will be massive abuse of power at the local level." And that's just the beginning of the damage that's already been done, with much more on the way. As a major PEN America study concluded

in 2019: "As local journalism declines, government officials conduct themselves with less integrity, efficiency, and effectiveness, and corporate malfeasance goes unchecked. With the loss of local news, citizens are: less likely to vote, less politically informed, and less likely to run for office." Democracy, in other words, loses its foundation.

The decline of local news is every bit as troubling as the spread of disinformation on the internet. Cries of "fake news!" from President Trump and his sympathizers may seem like the biggest problem in the media ecosystem. It's true that the public's lack of trust in their news sources, sometimes for good reason, is a great worry. But while intentional disinformation, media bias, and the disparagement of the press for political reasons may

grab the public's attention, another crisis is happening more quietly. Some of the most trusted sources of news—local sources, particularly local newspapers—are slipping away, never to return. The cost to democracy is great. It takes a toll on civic engagement—even on citizens' ability to have a common sense of reality and facts, the very basis of self-governance. But I'll be clear: I'm not here to address the politicized "fake news" problem or the actual disinformation problem. This is about the real-news problem.

"And fewer than one in six Americans actually pays for local news, which includes having a subscription, print or digital, to the local newspaper."

There's a serious perception problem—American citizens don't know about what's happening to local news, or they choose not to believe it. As with issues like the global climate emergency, it is hard to convince a significant chunk of the public that they ought to care deeply about this, or do anything

about it. There are plenty of news sources—free, after all—on the internet, though relatively few that dig into local news with the skill of seasoned newspaper reporters like Barbara O'Brien. People may believe that their Facebook friends will tell them what they need to know, without the benefit of professional reporting. Their thinking seems to go something like this: News will find me if it's important enough. A Pew study in 2019 astonished many journalists, who live with the ugly reality of their drain-circling news business: Most Americans—almost three of every four respondents—believe that local news outlets are in good financial shape. And fewer than one in six Americans actually pays for local news, which includes having a subscription, print or digital, to the local newspaper. Apparently, only a small percentage of the public sees the need to open their wallets for their local newspapers or other local news sources, and they aren't accustomed to doing so. As newspapers decline in staff and quality, they see even less reason to do so. Overcoming those factors is a steep climb—with very little time to crest the hill.

When local news fails, the foundations of democracy weaken. The public, which depends on accurate, factual information in order to make good decisions, suffers. The consequences may not always be obvious, but they are insidious.

It's a vicious cycle—and one that has drawn the interest of researchers who have found that lack of trusted, factual information can lead to an overall decline of civic engagement. A *Journal of Politics* study showed that people in districts with weaker local coverage were less likely to be politically engaged and less likely to share opinions about the candidates running or give evaluations of their current representatives. Voting becomes more politically polarized when local news fades, says a study published in 2018 in the *Journal of Communication* — citizens are less likely to vote a split ticket, choosing candidates from various political parties. Instead, relying on national sources of news, including cable news outlets, they are more likely to retreat into tribal corners, voting along strict party lines.

It's not just about voting. It's about tax dollars. When local reporting waned, municipal borrowing costs went up, and government efficiency went down, according to a 2018 Hutchins Center working paper titled "Financing Dies in Darkness: The Impact of Newspaper Closures on Public Finance." A dearth of watchdog reporting has dire and quite specific results: "Following a newspaper closure, municipal borrowing costs increase by 5 to 11 basis points, costing the municipality an additional \$650,000 per issue. This effect is causal and not driven by underlying economic conditions. The loss of government monitoring resulting from a closure is associated with higher government wages and deficits, and increased likelihoods of costly advance re-fundings and negotiated sales." What the researchers found was something we know intuitively but they found to be quantifiable: "Local newspapers hold their governments accountable, keeping municipal borrowing costs low and ultimately saving local taxpayers money."

This is the most troubling news-media story of our time: how democracy suffers when local journalism fades. The United States is littered with so-called news deserts, or communities stricken by "news poverty," as one researcher put it—places with

little or no local news. There are exceptions. Some metropolitan areas—for example, the twin cities of St. Paul and Minneapolis, Minnesota—have relatively healthy local-journalism ecosystems. There are some encouraging signs in Boston. And there are bits of what looked like good (or less clearly bad) news, as some legacy newspapers met unexpected fates. At the *Los Angeles Times*, a local billionaire bought the paper in 2018, providing hope to an important news source that had been buffeted by bad management and deep cutbacks. Its editor, Norman Pearlstine, began rebuilding it. (But even there, a year after that heralded purchase, the good news was not unalloyed. A critically important effort to gain and keep digital subscribers got off to a slow start before picking up steam in 2020.) The *New Orleans Times-Picayune*, whose coverage of Hurricane Katrina had been so vital in 2005 and beyond, had yielded suddenly to its upstart competitor in Baton Rouge, the *Advocate*, announcing that it would cease to exist as it had since 1837. The paper's historic name would live on, though, as the more-aggressive *Advocate* took it over and made its presence known in the Crescent City, hiring some of the *Times-Picayune's* staff.

Innovative efforts to keep local news alive in a post-newspaper age are having some success—from impressive, nonprofit digital sites like MinnPost in Minnesota or Voice of San Diego to a fast-growing effort called Report for America, modeled partially on the Peace Corps, that puts hundreds of young journalists in underserved areas or hollowed-out newsrooms.

But new technology is not necessarily the answer. Online news sites have not been consistently better at capturing digital advertising revenue or convincing users to pay for content. In the internet age, information is largely free and many don't want to pay for it. Newspapers used to supply weather, comics, horoscopes, classifieds, and crosswords to get readers to pay for news, but even when the new digital-only news sites stripped away those add-ons, a leaner, meaner product has not always been more efficient, attractive, or lucrative. They still only represent a small portion of the industry, employ a fraction of out-of-work journalists, and cannot claim to have done a substantially better job at uncovering the news. A once-profitable industry was able to support an important public function but is now no longer profitable. We need to find other ways to support that function, or hope that consumers or other sources will be persuaded to pay for or subsidize that service somehow.

"When local news fails, the foundations of democracy weaken. The public, which depends on accurate, factual information in order to make good decisions, suffers. The consequences may not always be obvious, but they are insidious."

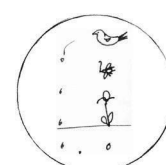
The situation is quickly and constantly deteriorating. Huge media chains are merging, more newspapers are going out of business, digital sites are being abruptly axed, journalists continue to be laid off, not just at newspapers but at digital-first news companies that once were considered the rightful heirs to old-style print. When the coronavirus pandemic arrived, the immediate economic impact on news organizations could be felt worldwide.

Advertising, already sparse, almost disappeared for some. By late March, newspapers in Australia and Great Britain had folded or suspended printing. In the United States and elsewhere, new rounds of layoffs or pay cuts devastated the very local newsrooms that were making themselves more vital than ever to their readers by covering the burgeoning public-health emergency.

But even before this disaster happened, the harsh consequences were playing out in communities. Meetings of public officials took place without coverage. Agency budgets and municipal contracts went forward without scrutiny. Readers, unhappy with news coverage or financially strapped because they had lost their jobs, decided to end their subscriptions. Despite some hopeful signs, the ghosting of local news was happening before my eyes—fast, and with no end in sight.



Plantin' Seeds' mission is to raise awareness of the intersections we share.



EDITORIAL

Time for an increase in cost for this newspaper

What was life like all the way back in 2003? It wasn't all good and it wasn't all bad, but it was surely different from what we are experiencing right now. Then again, what wasn't?

That year is the last time The Lakeville Journal Company instituted a price increase for our print and online newspapers, either at newsstands, through subscriptions or online. Since then, keeping in mind the economic hardships some of our most avid area readers have faced during that time, we have tried to keep the price the same. And since that time, when our increase to \$1.25 for a single copy sale at a dealer was expensive compared to other newspapers, the price of those other papers increased until that \$1.25 is now among the most reasonable costs in the store.

So we have finally decided, as we are looking at new ways to survive the COVID-19 challenges and the threats facing local journalism in general, it is now time to increase the cost of our newspapers, The Lakeville Journal and Millerton News. The cover price at your local stores will now be \$2 per copy, and the in-county subscription rate will be \$82 a year.

Here is the upshot: \$82 will be for one year print, including the website, or online only subscriptions of all kinds; \$150, two years print, including the website, or online only subscriptions of all kinds; \$42, six months print, including the website, or online only subs of all kinds. Outside county costs will be more, as postage and handling are more: \$98 for one year, \$180 for two years and \$50 for six months.

Our wish is to be here to serve our readership, across the Tri-state region, for a long time to come, but to make that happen, we need to pay our employees, our rent, our printing bills and our insurance bills, among other expenses. We are just like every other small business, and in order to remain afloat, we need to constantly evaluate the best ways to improve our chances of being around.

More on this next week.

Rail Trail extension improves quality of life in Wassaic

My husband, Mark, and I rode from Wassaic hamlet to Amenia on our bikes recently, about 7 miles round trip. I saw many different people, of all ages, enjoying the newest extension of the Harlem Valley Rail Trail. It was heartwarming to see neighbors at a safe distance enjoying the beautiful fall colors, Wassaic Project art installations along the trail, and amazing wetlands along the way. They walked/rode the trail alone, with friends, with family. Every age group was clearly enjoying this new, peaceful linear park.

I think the Rail Trail and the

newest extension has dramatically increased our quality of life for local residents. People are able to safely walk their dogs, stroll with kids in strollers, teach their kids to ride their bikes, walk or jog for mental and physical fitness — it's so important to our community, especially during the pandemic.

It is liberating to know that we can get safely from the Wassaic hamlet to the Wassaic Train Station to Amenia, and all the way to Copake Falls, 23 continuous miles, without a car.

Vicki Doyle
Amenia town councilwoman
Wassaic

Re-elect George Kaye to the North East Town Board

Join me on Tuesday, Nov. 3, and vote for George Kaye to serve a one-year term as a town of North East councilman.

As a former town supervisor, he has the knowledge and experience needed to help guide our community forward in these unprecedented times. George's accomplishments and strong relationships with leaders in other municipalities, county and state government cannot be overlooked. These are credentials our current Town Board apparently acknowledges and appreciates, as

in January it appointed him to fill a vacant board position.

I've known George for years. He is intelligent, open-minded, approachable, thoughtful, hard-working and decisive. I'm not voting for George Kaye because he's a registered Republican. I'm voting for George Kaye because George Kaye is a good person and the most qualified person for the job.

Elect George Kaye for Town of North East councilman.

Stephen Waite
No Official Party (NOP)
Millerton

Pine Plains Presbyterian Church needs your support

COVID times have hurt our communities in many ways. Our small community church continues to provide spiritual, emotional and financial support to those in need, including holding outdoor services all summer and into the fall.

Like many other community service organizations, we face real difficulties in holding traditional fundraisers to provide needed revenues to continue community care. The Pine Plains Presbyterian Church has had to cancel our Spring and Fall Women's Association sales as well as Spring and Summer Dinners.

Our first attempt at a fundrais-

er will be a "Grab & Go" Chicken BBQ with each meal containing a half chicken by BBQ Master Wesley Chase plus two sides, a roll and a brownie on Saturday, Oct. 10, with pick up between 4 and 6 p.m. at 3039 Church St. Reservations can be made by phone at 518-398-7056 or by emailing carolhart131@aol.com, with a suggested donation of \$15. Pickup will be curbside and masks covering the nose and mouth must be worn during the payment and pickup processes.

Thanks in advance for your support!

Jeanne Valentine-Chase
Pine Plains



Trail to Train already a boon to Wassaic

Thanks so much for reporter Kaitlin Lyle's recent article about the Trail to the Train extension of the Harlem Valley Rail Trail from the Metro-North Wassaic Station to the hamlet of Wassaic. There were a few errors that I would like to correct.

Mark K. Morrison was never hired or paid by the town, even though he donated hundreds of hours of volunteer time on the project. He created all the graphics that helped us get the grant: a preliminary design, schematics and map of the trail. He attended many meetings with the permitting agencies and was our technical consultant. His firm submitted bound copies of the 42-page report, which helped the town, state and county understand the scope of the project.

After all that he was not hired for the project, another large engineering firm was, even though our committee advised that it

would be better to hire a landscape architecture firm with experience building bike trails since he had already built many such trails, including the Fisher's Island bike path.

The Trail to the Train Committee did not exist when I first initiated the project back before the Metro-North Train Station was extended. The Metro-North representative, Robin Hollander, said that if the town had asked for it, the railroad would have installed it. Then-town Supervisor Arlene Iuliano said she did not think it was needed.

It is unbelievable that ex-officio town Supervisor Wayne Euvrard still does not understand the fact that this trail benefits the town and the hamlet of Wassaic, which is already a destination. He said in your article that he "did not think the trail would benefit even a small percentage of residents."

Fact check to rational thinking

In response to Ronald Murphy's letter to the editor, I am addressing his distortion of U.S. history to support his position as none of the documents mentioned in the letter were written "around God's words."

The Constitution does not mention God. The Declaration of Independence's purpose was to formally sever ties with Britain, a move motivated to escape religious persecution. It has only four references to a higher power in which the words God, Creator, Supreme Being and divine Providence were used as the Founders were mostly deists and needed to use language that would be acceptable to the variety of believers fighting for independence.

The Pledge of Allegiance added "under God" in 1954, 62 years after it was written. "In God We Trust" was added to all forms of money in 1956 when it became the official motto of the U.S. by a joint Declaration of Congress signed by President Eisenhower. That is a fairly recent change (motivated by the fear of Communism) and a real loss to the U.S. spirit as it replaced the original official motto of "E Pluribus Unum," meaning "from many, one."

Mr. Murphy believes there is conflict in the U.S. due to an attack on "our God," which is ironic as we are founded on religious freedom. He is correct that God and Christianity are

LETTERS TO THE EDITOR

Please wear your mask and respect social distancing

Dear fellow residents and honored visitors, among the delights of our towns is the bountiful harvest of all things edible, pourable, drinkable.

I always shop at the Millerton Farmers Market and am happy to see our town abuzz with others eager to "shop local."

But, as a vulnerable elder, and responsible citizen, I am distressed at the casual approach to mask wearing — or not. Even if one is done with being inside a shop, pulling the mask down or off does nothing to protect you or others on the crosswalks and

sidewalks, where 6 feet is impossible to observe without someone walking into the traffic. It needs to be 6 feet AND a mask, and one that fits securely over the nose, cheeks and chin.

We now know that the virus picks up where people mingle, so we all need to follow the practices known to be protective.

Masks should only come off once we are in our cars and heading home. It's safer for everybody.

Thank you for being more mindful in the future.

Martha Zimiles
Millerton

Since the trail has opened, the hamlet of Wassaic has attracted new businesses that benefit many people, including a bicycle repair and rental shop run by Wassaic Commons, selling locally sourced items. Literally hundreds of cyclists are coming to and from the town every week to access the Harlem Valley Rail Trail from the Trail to the Train. The users of the trail are coming from Massachusetts, Connecticut and New York City as well as the nether reaches of Dutchess County as well as many from our local area.

They all love the new trail. The project would have been completed far sooner and for far less if the town of Amenia had followed our recommendations. I don't understand why towns have committees if they don't listen to them?

Dick Hermans, chairman of the Harlem Valley Rail Trail Association, stated in your paper in

July, "The trail built by the town of Amenia [the Trail to the Train] will be a fine addition and a benefit to the businesses in the small hamlet of Wassaic."

Yes, it has taken 20 years since I first advocated for the trail to finally get it built. In the future I hope that the town of Amenia understands the importance of tourism for our region. Wassaic is definitely already benefiting from the Trail to the Train in many ways.

Tonia Shoumatoff
Ex-officio chair of the
Trail to Train Committee
Wassaic

Vote for Claire Owens, I know I will

I strongly recommend you vote for Claire Owens for North East Town Board. I served on the Zoning Board of Appeals with Claire, and I know her to be a thoughtful and fair person who will bring these same abilities to the Town Board.

Claire will bring youth and energy to the board, and provide a different point of view as the board moves forward to solve the various challenges the town faces.

Claire is a marketing and communications professional who works for a veterans' organization that serves wounded warriors and their families. This has allowed her to develop important insights into the needs of these veterans and their families, which are often the same as those faced by the residents of North East.

Claire understands the importance of bringing new retail businesses to Millerton and developing work force housing so those young workers who have grown up here can stay and raise their families in our unique environment.

The Town Board needs new perspectives, and Claire will provide them. Please vote for her on Nov. 3, or on one of the early voting days starting on Oct. 24.

Jon Arnason
Millerton

Maureen Earls
Amenia

Let Congress know that we need aid

Municipal finances aren't usually a national or global issue. The excellent reporting on the Amenia Town Board meeting of Sept. 17, however, makes it clear why town revenues are hurting as a result of the coronavirus pandemic.

Town Supervisor Victoria Perotti's description of its effects on Amenia's budget for next year are sobering. State aid to Amenia cut by 20%, county aid expected

to decrease, and a decline likely in property taxes. In Congress, the Senate's relief bill omits aid to local and state governments. While the House bill includes such aid, the Senate leadership has not relented in its opposition to the measure.

Aid to towns and states that have borne the brunt of care for hard pressed citizens in this emergency — from unemployment checks to playground hand sanitizers —

should not be a party issue. It isn't.

Republican Supervisor Perotti and Democratic Governor Cuomo both want Congress to provide stimulus money for local governments. The need is real, right here at home.

The Senate's leadership should hear from all citizens, Democrat and Republican alike. Act now!

Laurie Nussdorfer
Amenia

Finding the right adjective

A question to Mr. Murphy: Since your grandparents, parents, and I assume, you, are not racists (and since you were raised to respect everyone): What adjective do you feel is appropriate for someone who speaks negatively about people who did not grow up here (by which I assume you mean America), are liberal, wealthy, Democrats, Marxists, Social-

ists, Communists, Muslims, atheists, non-Christians, BLM proponents and people who are opposed to fascism and other forms of extreme right-wing ideology (i.e., Antifa)?

Is it more correct to say you are biased, prejudiced, bigoted or something else?

Thanks.
Mike Klein
Millerton



PHOTO BY JAMES H. CLARK

Perfect day for a walk

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October 8-14, 2020

BOOKS: ALEXANDER WILBURN

History Shapes The Present Day: Young and Indigenous in North America

How many depictions of Indigenous peoples in North America that have permeated popular culture are actually the product of their own experiences, imaginations or childhood memories?

In her collection of essays, "A Mind Spread Out On The Ground," Alicia Elliott describes the first time she, as an Indigenous writer, encountered published work about women like her, as written by an Indigenous woman. Elliott was already 25 and the book was "Islands of Decolonial Love," a debut collection of short stories by Mississauga Canadian First Nations writer Leanne Betasamosake Simpson.

Until then, the fiction that had permeated Elliott's adolescence as a Mohawk girl in Canada, the fiction she initially attempted to mimic as she honed her writing skills, involved white, upper-middle class girls leading charmed, circular lives of boys and break-ups.

Recounting her early days as a young writer, she describes a dual identity. There were the complica-

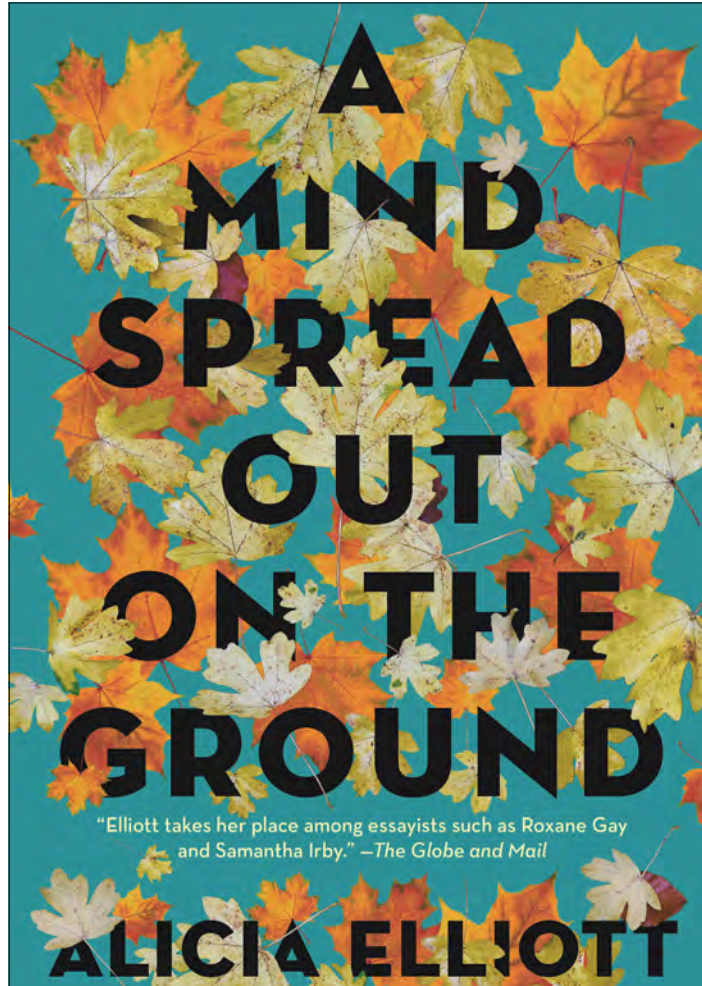


PHOTO FROM MELVILLE HOUSE PUBLISHING

tions of her own life living in Six Nations, the largest First Nations reserve in Canada, and there was her creative burgeoning. "I wrote my way out of used clothes and food banks and parents who

screamed in the night." "A Mind Spread Out On The Ground," published in Canada in 2019 and now in the United States by Melville House this August, is Elliott's own debut, hurling her back

"A Mind Spread Out On The Ground," a debut collection of essays by Mohawk Canadian writer Alicia Elliott, was released in the U.S. this summer.

into the truth of her adolescence. It's part memoir, part cultural examination. With a remarkably clear eye, Elliott connects the achingly personal details of her own jagged-edged upbringing with a larger, relentlessly bleak portrait of the methods settler culture in North America has used to punish and disenfranchise Indigenous populations.

Elliott may have a firm grasp on this continent's darker history, but it's the current suppression of Indigenous life that sparks the fire of her writing — even with her somber humor and wry observations. Her biographical essays echo with the ghosts who came before her, with the frustration of the girls who never found a book like Leanne Betasamosake Simpson's, with the rage of reading the same pattern of news headlines. Much has changed in the world between "A Mind's" Canadian debut and its U.S. publication, but in August the CDC reported American Indian and Alaska Natives have suffered disproportionately during the COVID-19 pandemic. In December 2019 The New York Times reported on the thousands of Indigenous women who are reported missing each year, citing activists in calling it a long-ignored crisis. The Department of Justice has stated that nearly half of Indigenous women will face sexual assault or violence in their life.

Elliott knows the weight of diaspora. But what her writing contains above all is the contemporary, fully-realized life of an Indigenous woman, written in her own words.

BOOKS: PATRICK L. SULLIVAN

A Serious Historian Lets Loose With a 'Memoir'

Tom Shachtman of Salisbury, Conn., has a new book, "The Memoir of the Minotaur," which the promotional materials describe as "the post-humorous confessions of the half-man, half-bull of Crete, as offered to an audience of recently-deceased, 21st-century fellow souls in Hades' domain. This book is a satire for readers unafraid of a rollicking good tale involving anatomically complex beings, unforgivable puns, the champion serial killer of all time, scantily-clad Greek maidens and youths, articulate tyrants, and feminist proto-history leavened with theological imper-tinence."

They're not kidding. The narrator is Asterion (aka the Minotaur), who is the result of a sexual union between Pasiphae, the queen of Crete, and a mysterious white bull.

Asterion recounts his adventures in a mixture of idioms (including Homer Simpson's all-purpose expression: "D'oh!") to his audience of the recently departed.

Along the way the reader gets a lot of sex, a lot of murder and a crash course in Greek mythology.

In a phone interview Sept. 30, the author was asked: "How did a respected and hitherto blameless historian

such as yourself come to write this crazy book?"

After he stopped laughing, Shachtman explained that he wanted to take another stab at fiction. Shachtman wrote three short novels about sea lions earlier in his career (before taking on weightier topics in books such as his most recent, "The Founding Fortunes: How The Wealthy Paid For and Profited From America's Revolution," "How The French Saved America: Soldiers, Sailors, Diplomats, Louis XVI, and the Success of a Revolution" and "The Day America Crashed.")

Besides, he has always been interested in Greek mythology.

And the sex and violence and slang? He said he felt it was "impossible to do it straight, because it's been done so many times."

"I also wanted to let out my humorous side."

Readers will get a chance to learn more about Tom Shachtman and "The Memoir of the Minotaur" on Wednesday, Oct. 15, at 7 p.m. when the author talks about the book, courtesy of Oblong Books in Millerton, N.Y. Go to www.oblongbooks.com and click on "events" for the Zoom log-in information and to buy the book.



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ART: CYNTHIA HOCHSWENDER

The Fruits of a Summer of Thinking and Painting in 'Five'

A show called "Five" and featuring the work of five accomplished female painters from the Tri-state region will be on display at the North Elm Home furnishings shop on Route 22 in Millerton, N.Y., until January.

There will be an artist reception on Friday, Oct. 9, from 5 to 8 p.m. but the show of roughly 15 oil paintings and encaustic works can be seen at North Elm Home during its open hours. The five painters are Lilly Woodworth of Sharon, Conn., Susan Rand of Salisbury, Conn., Colleen McGuire of Sharon, Lesley Ehlers of Wassaic, N.Y., and Sallie Ketcham of Salisbury.

Woodworth, who has helped organize the show, noted that, "First of all, we are grateful to Cindy Dunleavy and John Scutieri, owners of North Elm Home, for taking on an exhibition during these uncertain times of COVID-19."

All social distance rules and mask requirements will be observed. Which sounds kind of dire and grim when really this is an extremely upbeat and joyful show,



PHOTO SUBMITTED

"Late March Nocturne" by Colleen McGuire, an oil on panel, is one of the works in the show "Five" at North Elm Home from Oct. 9.

about creating beauty and loving light, color, texture and the surrounding world.

All five painters are known locally, and have used their time during the quarantine to try some new things.

"This spring and summer, I painted large and small oil paintings while thinking about all the change in the air," Woodworth said. "I continue to work in the studio, drawing and redrawing the trees, near and far, bright and moody, until I arrive at an image that seems true to

me. "I suppose lockdown gave me new-found freedom to explore movement and color in the forest and flora. There is something going on in these winds of change."

With the work of all five artists, Woodworth said, "You will notice attention to

the process itself, nature and color, but there is so much more to each of our pictures than that."

Rand, who often paints buildings in the countryside, sometimes dark and moody, sometimes bright like something you'd see on the Riviera, is now doing a

series on "water, light and swimmers in oil paint."

Of the others, Woodworth said, "Lesley's imagery dances and brims with joy and delight. She is a graphic artist by trade but internalizes her considerable appreciation of plants, gardens, the wild, and the state of the environment. She cares deeply and decidedly channels her discoveries into her encaustic surfaces, brimming with wonder, delight and optimism."

"Colleen studies — with clear devotion — her neighborhood." Like Rand, McGuire is constantly experimenting with ways to reproduce the world around her, with oil on canvas paintings that always feel as though something interesting is just about to happen

offstage somewhere. They are lovely and full of possibility.

"Sallie continues to translate her wooded environs with confidence and acute painting strokes. She is a photographer originally, a master printer, having worked extensively with Zea Printers in North Hampton, Mass. Her work is visually astute and exploratory. On the surface she paints woods, reflections in water and flowers, but she is a painters' painter, always looking."

Dunleavy and Scutieri are happy to have visitors come in on what Woodworth calls "art pilgrimages."

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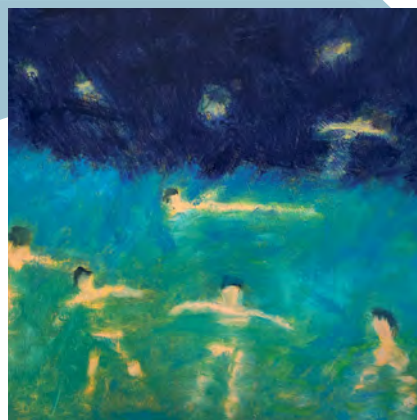
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Your Guide to Tri-State Events

Autumn 2020

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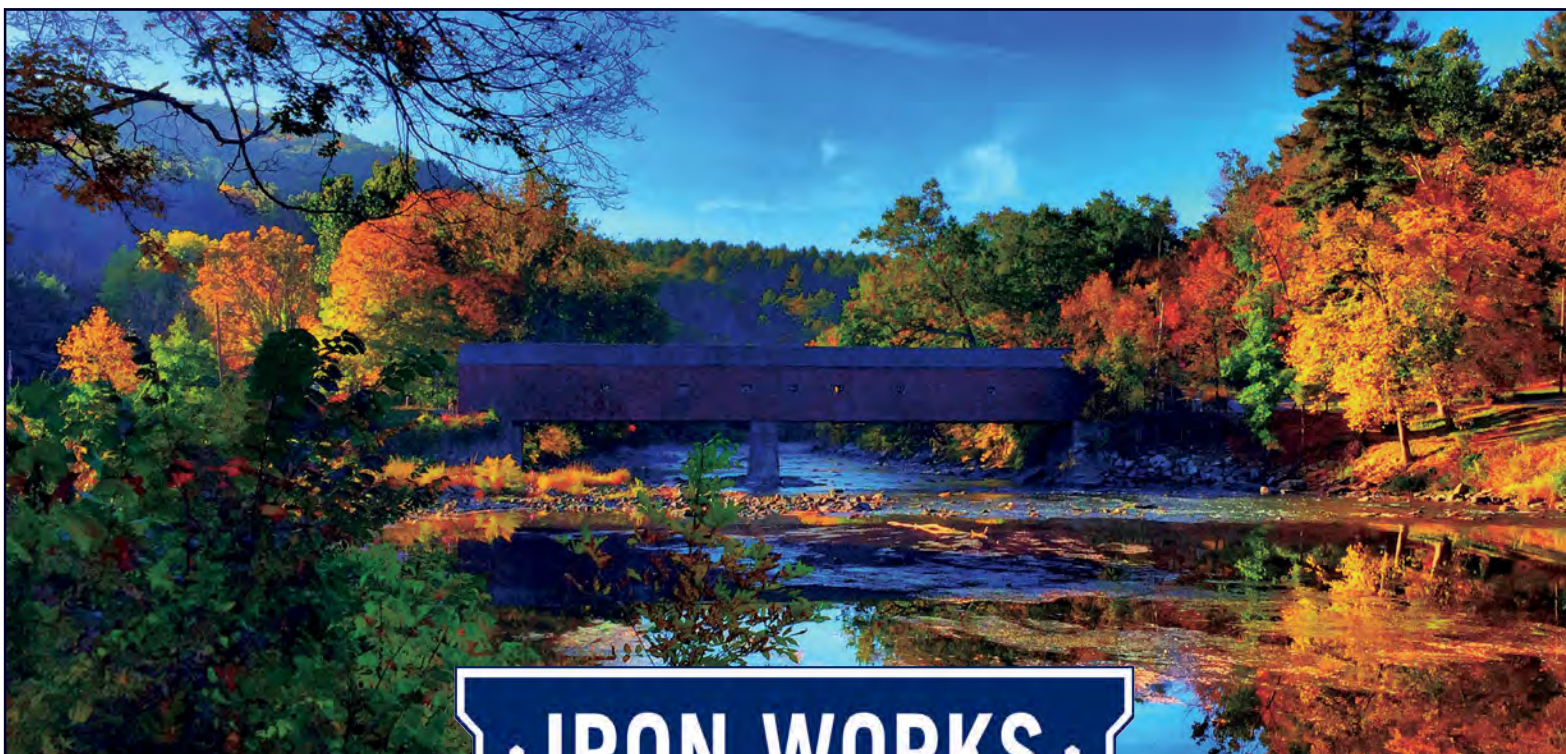
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PHOTO BY CYNTHIA HOCHSWENDER

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



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PHOTO BY HUNTER O. LYLE

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

KNITTING: CAROL KNEELAND

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

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

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

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

They generally know their turf,

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

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

Continued on page 4



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... knitting

continued from page 3

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

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

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

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

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

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

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

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

Situations are always changing,

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

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

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

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



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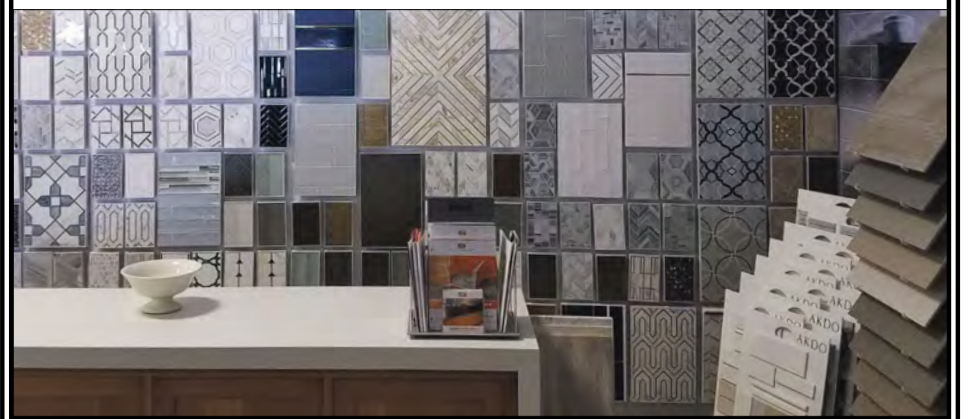
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HIKING: JENNY HANSELL

Finding Myself — And a Network of South County Trails

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

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

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

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

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

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

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

the Berkshires.

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

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

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

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

Jenny Hansell is president of the Berkshire Natural Resources Council.



SELFIE PHOTO BY JENNY HANSELL

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

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PHOTO BY LIA WOLGEMUTH

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

FOOD AS ART: LIA WOLGEMUTH

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

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

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

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

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

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

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

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

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

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

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

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

SOME BENTO TIPS

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

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

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

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

FOOD AS ART: CYNTHIA HOCHSWENDER

How To Make An Octopus

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

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

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

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

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

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

There are a few classic bento shapes

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

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

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

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

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



PHOTOS BY CYNTHIA HOCHSWENDER

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

BEVERAGES: KATE HOCHSWENDER

Tips From an Expert: Finding the Best Pumpkin Spice Latte

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

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

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

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

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

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

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

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

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

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

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

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

Continued on page 10

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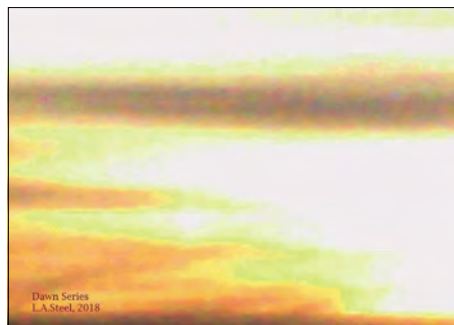
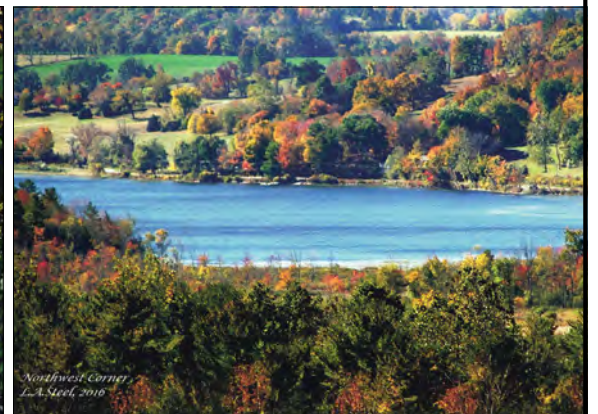
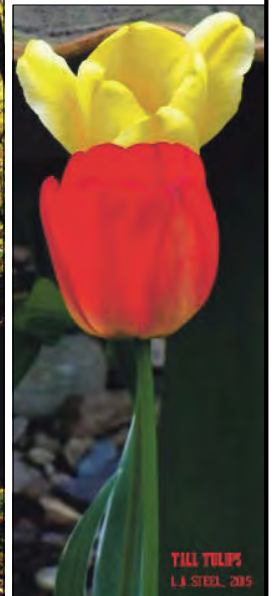
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I have a permanent display of my Northwest Corner Landscape Series of six colored and framed prints featured prominently in the main lobby of the National Iron Bank Salisbury Branch. All prints are available to order in three sizes 8x10, 11x14, and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

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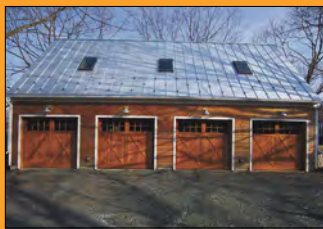


PHOTO BY CYNTHIA HOCHSWENDER

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

... pumpkin spice

continued from page 8

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

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

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

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

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

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

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

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

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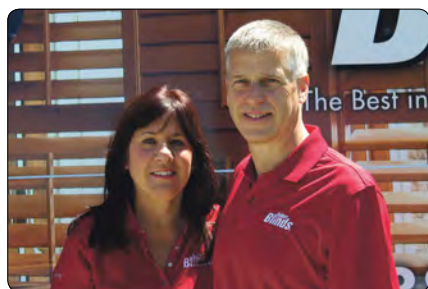
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PUMPKIN SPICE LATTE SYRUP

Adapted from www.sweetsteep.com

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

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

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

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

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

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

and not evaporated milk or any other canned milk product.

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

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

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

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HALLOWEEN: KATE HOCHSWENDER

Zoom Into Halloween!

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

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

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

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

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

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

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

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

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

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



PHOTO BY CYNTHIA HOCHSWENDER

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



PHOTO BY KATE HOCHSWENDER

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

TRAVEL: HUNTER O. LYLE

Forget the Plane — Flip The Page Instead

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

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

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

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

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

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

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

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

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

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

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

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

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



PHOTO BY HUNTER O. LYLE

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

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PHOTO BY LEILA HAWKEN

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

ORGANIZING: LEILA HAWKEN

Weeding Out the Walk-In

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

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

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

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

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

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

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

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

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

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

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

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



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MUSIC: PATRICK L. SULLIVAN

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

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

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

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

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

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

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

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

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

Continued on page 16



AMAZON CATALOG PHOTO

Herrington's Welcomes Designers Mikayla and Jennifer.

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



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

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



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



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AMAZON CATALOG PHOTO

... best of jazz

continued from page 8

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

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

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

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

But my tone was suddenly nice and round and full.

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

He ordered me to practice endless scales at home.

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

Much to my surprise, suddenly I was

improvising and it didn't sound awful.

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

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

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

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

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

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COMMUNICATION: DEBRA A. ALEKSINAS

How To Survive the Dreaded Zoom Conference

I was dumped from my dream job via teleconference.

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

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

Just collective gasps and virtual pink slips.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



SCREEN CAPTURES BY DEBRA A. ALEKSINAS

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



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PHOTO BY CYNTHIA HOCHSWENDER

Getting back to our roots

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

TRI-CORNER CALENDAR

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

ART

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

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

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

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

Scoville Memorial Library, 38 Main St.,

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

MISCELLANY

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

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

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

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

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

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

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

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

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

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

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

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

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

TALKS

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

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

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

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

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

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

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

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

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

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

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

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

YOUTH

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

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

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

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

Fellowship of the Books: Five Libraries

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

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

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

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

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

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

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

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

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

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

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

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

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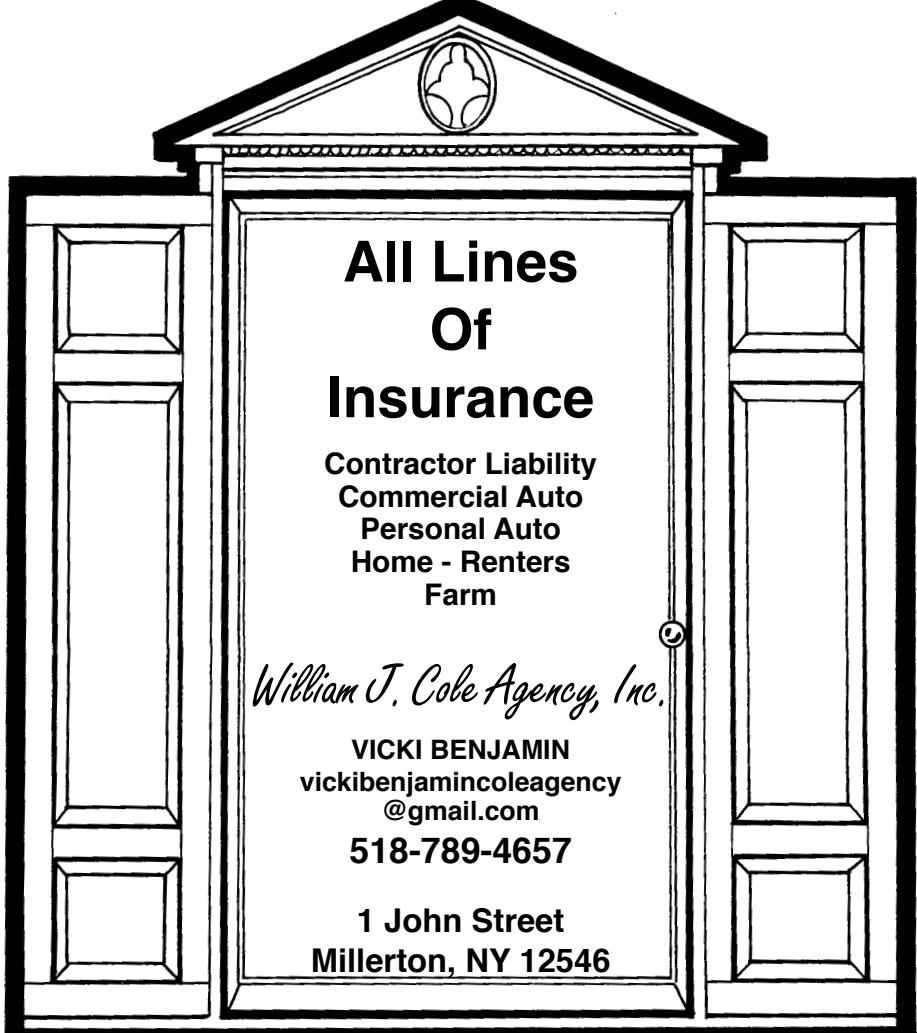
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JOURNALING: KAITLIN LYLE

Turning The Page This Fall With Journaling

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



PHOTO BY HUNTER O. LYLE

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

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

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

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

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

EDUCATION: ALEXANDER WILBURN

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

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

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

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

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

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

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

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

would only last two weeks.

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

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

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

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

"A lot of children who have delayed

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

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

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

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

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

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

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

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



PHOTO BY ALEXANDER WILBURN

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

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

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

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

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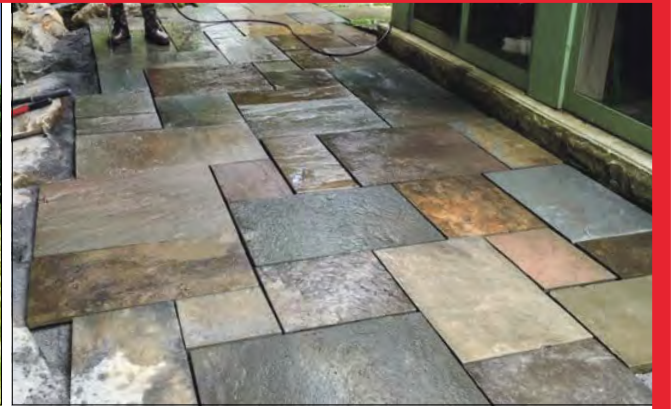
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