



ANCRAM
Theater
Redo A2



AUDUBON
Bald Eagle
Rebound B4

COMPASS
Rebels Of
A Scots
Saga; And
More B1-2

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Fitness • Nutrition • Wellness • Summer Camp
Special Banner, Pages A5-7

Daylight
saving time
begins
March 12

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Region's health needs get focus

By **DEBRA A. ALEKSINAS**
Special to The Millerton News

SHARON, Conn. — The latest assessment of community health needs in Sharon Hospital's service areas in Litchfield County and Dutchess County, New York, has identified chronic disease, mental health and substance use disorders as the top health issues affecting residents.

The Community Health Needs Assessment (CHNA), a triennial

review by Nuvance Health, parent of Sharon Hospital, was conducted from January to September of 2022 and included a review of the most current health data available, demographics and input from numerous community representatives on both sides of the state line.

The process culminated in the development over the past several months of a Community Health Implementation Plan (CHIP) to

See **HEALTH NEEDS, A5**



PHOTO BY JOHN COSTON

The former Kingdom Hall of Jehovah's Witnesses on Route 22 in North East is set to become the new site of the North East Town Hall.

Town Hall set to relocate

By **EMILY EDELMAN**
emilye@millertonnews.com

MILLERTON — After 49 years in its current location at 19 N. Maple Ave., the North East Town Hall is set to move across town.

The new location of the Town Hall will be the former Kingdom Hall of Jehovah's Witnesses at 5603 Route 22, which the town has agreed to purchase for \$430,000.

Built in 1990, the building is "in superb shape" according to Town Supervisor Chris Kennan. The entire building is on one single floor, making it accessible and ADA-compliant, which the current Town Hall, with its steep staircase

and narrow hallways, is not.

The building comprises 4,500 square feet of space (as opposed to the 2,700 square feet of the current Town Hall), and a large open space will be mostly preserved to encompass a meeting room that can hold approximately 50 people (the Town Hall's meeting room holds 15).

In Kennan's view, the only negative to the building is that it's not in the Village, though "this doesn't preclude us from having a Town Hall in the Village some day down the road."

The building will need some modifications before the town can formally move in — part of the

large meeting space will be turned into offices and the building will need to be wired for telephone and internet — and the town has budgeted \$150,000 for these improvements.

Built around 1910, the former two-story home that houses the current Town Hall was purchased for use by the Town in 1974. The town will be looking to sell the building and its lot, as well as the lot adjacent to it that the town owns in order to put them back on the tax rolls. Kennan stressed that, since the former Kingdom Hall is currently a religious building, it is

See **TOWN HALL, A8**



PHOTO BY ELIAS SORICH

From left: filmmaker Murphy Birdsall, Lloyd Vaill Jr. of Lo-Nan Farm, Scott Chase of Little Nine Partners Historical Society, Dan Osofsky of Ronnybrook Farm, Rory Chase of Chaseholm Farm, Rick Osofsky of Ronnybrook Farm, Ben Prentice, Barry Chase and Sarah Chase of Chaseholm Farm, and moderator Daisy Sindelar of the New Pine Plains Herald at the Saturday, March 4, screening of "Our Farms, Our Farmers" at the Stissing Center.

'Our Farms, Our Farmers' screening packs the Stissing Center

By **ELIAS SORICH**
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PINE PLAINS — Pulling in about 200 attendees, the screening of the documentary short "Our Farms, Our Farmers," organized by the Little Nine Partners Historical Society and hosted by the Stissing Center, was deemed a success. With tickets sold out and the main streets of Pine Plains parked up, the Stissing Center proved the perfect setting for the town's inaugural bicentennial event.

A humble-but-mighty 23 minutes, the film told some of the stories of a number of local dairy farmers, from the Chases of Chaseholm Farm to the family behind

Ronnybrook Farm. Deploying shots of pastoral scenery, playful cattle, and interviews imbued with barnyard intimacy, "Our Farms, Our Farmers" was a heartwarming window into some of the joys and difficulties behind a vocation simultaneously honored and undervalued in American culture.

But the overwhelming sense given by both the film and the panel discussion that followed was one of hard workers in love with their jobs, finding ways to survive in a line of work they feel called to and that faces many difficulties.

One panelist, speaking to the issue of the profitability for smaller

See **OUR FARMS, A8**

ADUs: a significant piece in the affordable housing puzzle

By **DEBORAH MAIER**
Special to The Millerton News

MILLERTON — Local physician Kristie Schmidt still loves the 1860s home she's lived in for over 25 years. But after some life changes, the house became "like a piece of clothing that doesn't fit anymore" and the idea of sharing it set in motion some collaborations and new connections, leading to one more in a series of unique ADUs in our region.

ADU stands for accessory dwelling unit, "a piece of socio-architectural jargon," according to Tom Parrett, one of the moving forces behind the recent affordable housing Expo 23 at the NorthEast-Millerton Library. Viewers there saw the many ways, both currently in use and on the drawing board, of solving the problem of insufficient housing for people of modest in-



PHOTO BY DEBORAH MAIER

Local doctor Kristie Schmidt points to where a washer-dryer unit gave way to a modestly scaled but functional kitchen, part of the ADU she built within her Millerton home.

comes, ranging from young families and members of the workforce to senior citizens.

Definitions are fuzzy: rentals then and now

Is this a new thing? Not exactly, said Parrett. "Before 'ADU,' these

were all just rental apartments," and indeed, that's how they are usually marketed. "Accessory" implies that they are part of a larger property, whether attached to a

See **ADU, A8**



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OPINION

Columns;
Letters **B4**

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OUR TOWNS

Amenia seeks changes to housing regulations

By LEILA HAWKEN
leilah@lakevillejournal.com

AMENIA — In accordance with a public hearing process intended to guide consideration of changes to existing town regulations concerning workforce housing, the Town Board invited a final round of public comment at its regular meeting on Thursday, March 2 at the Town Hall.

During and after the hearing, town board members offered clarifying responses to residents' concerns. A second public hearing received comments on an addendum to the town's comprehensive plan, those changes intended to see that the plan aligns properly with the regulations. A significant goal within the comprehensive plan calls for an increase in affordable housing opportunities.

At the next meeting of the Town Board, scheduled for Thursday, March 16, the changes will be discussed and considered for action. The meeting will begin at 7 p.m.

The addendum to the comprehensive plan along with the zoning regulation changes within the affordable housing section were prepared by AKRF, planning consultant for the town, represented at the hearing by Ashley Ley, AKRF's vice president for municipal and land planning throughout the Hudson Valley region. She responded to residents' questions about details of the regulation amendments.

"We need to staff two volunteer fire departments," resident Sharon Kroeger commented, having noticed that the preference list provision was removed, and seeking to

ensure that the regulations would support the housing needs of young families who often volunteer for the fire department and send children to local schools, people who want to remain in their local jobs, and local teachers. She also questioned the change to the regulations that would remove the Town Board's oversight role in regard to workforce housing.

Urging the town to protect open space and natural habitats and fearing that future development might bring high-density housing to the rural landscape, resident George Bistransin questioned

the "density bonus" provision, allowing developers to increase housing density if they provide a number of units of affordable housing, or pay an "in lieu of" assessment to the town.

Bistransin cautioned that the regulation changes, as he read them, could invite suburbanization of the town. He sought to preserve the rural character and protect vulnerable wildlife. He also opposed the idea of allowing accessory apartments within existing homes.

Responding to residents' concerns, Town Board member Leo Blackman explained

that the Town is anticipating providing for higher-density housing opportunities in the Town's commercial center only. He also recommended that residents view the affordable housing display at the NorthEast-Millerton Library depicting sample designs for such units.

"We're not promoting housing everywhere; we want to protect open spaces," said Town Board member Vicki Doyle.

Consultant Ley observed that the changes to the zoning regulation wording are intended to make it easier for the town to allow for af-

fordable housing. The "low-hanging fruit" toward partial achievement of that goal is to allow for accessory-use apartments within existing structures.

Town Board members joined in reporting that the "preference list" system is no longer allowed by federal regulations, prohibiting towns from seeking to limit affordable housing to specified types of tenants.

Housing Board Chairman Charles Miller spoke to clarify that the proposed changes fall within three categories. The "in lieu of" fees would apply to developments of 10

or more units. The changes also specify that the "in lieu of affordable housing" fees will be due before the town issues the Certificate of Occupancy for the developer's market-value housing units. And the changes remove the preference list references that have been determined to be discriminatory under federal law.

Residents expressing concerns were reminded by Ley and others that this week's public hearings concerned only the affordable housing portion of the zoning regulations and the comprehensive plan.

Renovation to support new works, community

By EMILY EDELMAN
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ANCRAM — Since 2016, Ancram Opera House (AOH) co-directors Paul Ricciardi and Jeff Mousseau have brought contemporary, innovative theater performances to a rural audience. With the expansion of the Summer Play Lab program as well as the AOH campus itself, Ricciardi and Mousseau see a bright future ahead for the organization.

"It really grew initially out of COVID," said Ricciardi of the Summer Play Lab.

"We felt that new work, in its early stages, could be served in a virtual presentation," said Mousseau.

"It grew out of wanting to support artists and give interesting programs to the community. It's a real embodiment of who we are at the Opera House, and we strive to bring artists to the area who our



PHOTO SUBMITTED

A rendering by Ackert Architecture, PC, of the Ancram Center for the Arts, included in a feasibility study completed in 2021.

audiences would otherwise not normally get to see in an intimate, up-close, personal setting," Ricciardi continued.

Presented exclusively online when the program began in 2020, the Summer Play Lab's rehearsals, workshops and talkback events are making the transition to in-person theater. For this year's program, AOH is seeking proposals from artists based in the

Hudson Valley, the Berkshires of Massachusetts, and Northwest Connecticut for a two-month residency culminating in public work-in-progress performances.

The "residency" portion of the program is soon to be literal as, due to receipt of a \$255,675 grant from the New York Main Street program of the state Office of Homes and Community Renewal, AOH

will be able to start refurbishing a neighboring building to provide housing for artists, crew and interns as well as a dedicated community room in which to facilitate workshops and training.

"It's really about increasing our capacity for space for serving our artists and serving the community," said Ricciardi.

Renovations to the soon-to-be-renamed Ancram Center for the Arts will include an ADA-compliant restroom on the main floor of the opera house as well as ramps and other walkways to improve accessibility; replacement of the HVAC system; improved parking facilities; and outdoor spaces and porches to encourage socialization before and after performances.

Bids are currently being solicited for the restroom project in the opera house, which will "ideally start in mid to late spring" according

to Mousseau. Due to the timeline of state grants and support, work on the house will take more time: "I think we're looking at starting midsummer," said Mousseau, "and that project, once it gets going, will take eight to nine months before it's done."

"When it became known that this house would potentially be available, there was zero hesitation from our board about needing to acquire it. It really will help to create a sense of campus," Mousseau continued. "It's about deepening experiences, creating accessibility for interns, [and] it will allow us to have more residencies throughout the year."

Any artist wishing to participate in the Summer Play Lab residency must submit a proposal and application form by April 14. More information is available at www.ancramoperahouse.org/summer-play-lab-residency

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OUR TOWNS

Pine Plains solar project faces new headwind

By JOHN COSTON
johnc@lakevillejournal.com

PINE PLAINS — Some residents near the proposed 10-megawatt community solar project at Pulver's Corners are mounting opposition to the project by hiring an environmental land use, zoning and real estate law firm.

Grant and Lyons LLP of Rhinebeck will present a case for the residents at an upcoming public workshop scheduled for Saturday, March 11, by the Town Planning Board.

The meeting will be held in the Community Room of the Pine Plains Free Library at 7775 S. Main Street at 10:30 a.m.

Attorney John Lyons will submit written comments to the Planning Board based on expert reviews of the project.

Carson-Power of New York City proposes to install

a 43-acre solar farm comprising 24,000 panels on 171 acres of agricultural and forested land located at 454 Bean River Road. Access is planned to be sited just west of the Central Hudson Gas & Electric's Pulver's Corners substation near the intersection of Route 199 and Prospect Hill Road.

At the public workshop, Lyons plans to submit assessments to the Planning Board from experts in environmental impact, visual impact and from a planner examining the impact on community character. The expert group includes: Erik Kaviat, cofounder of Hudsonia Ltd; George Janes, a planner; and Nan Stolzenburg, a community and environmental planner.

"Our main thrust is that we're going to be advocating for the issuance of a positive declaration. We think there are lots of significant adverse

environmental impacts that are presented by the project," Lyons said.

A positive declaration would require Carson Power to prepare an environmental impact statement that studies the significant adverse environmental impact and proposes mitigation.

In January, more than 60 residents showed up at a Planning Board public hearing on Carson Power's application to state concerns and their largely overwhelming opposition to the project.

In an interview March 3, Kathleen Augustine, a long-time Pine Plains resident who is among the residents represented by Grant and Lyons, asked: "Is the project really green? Who owns and operates it? Does it really benefit the local people?"

Carson Power plans to partner with SolaREIT, a real-

estate investment trust in Vienna, Virginia, which would be the owner of the 171 acres. Another partner, Nexamp, would be a co-developer and manage construction, operation and subscriptions.

According to Carson Power, subscribers to the community solar plan would receive a electricity bill from Central Hudson Gas & Electric that would show a line item offsetting what they would owe to the utility. The subscriber would pay Nexamp at a discounted price, Andrew Gordon, a Carson Power representative, has said.

Carson Power's project calls for a six- to eight-month construction period. The company also said the life cycle of the project is 25-40 years, after which time the solar farm would be decommissioned and the 171-acre property would be put into a permanent conservation easement.

Carson Power's Gordon has stated that the project involves removing 25.8 acres of trees. Gordon also has said 21.8 acres of agricultural fields will also be removed and 33 acres will be preserved and conserved.

At the January public hearing, Gordon said there are no wetlands and no critical habitats for threatened or endangered species that would be affected.

OBITUARIES

Betty Wisell

LINCOLN, Vt. — Betty Howard; six grandchildren; Wisell, 91, passed peacefully four great grandchildren; Friday, Feb. 17, 2023, at her home in Lincoln in the arms of her loving family.



She was born on Feb. 17, 1932, in Rupert, Vermont, the daughter of Henry and Theresa (Smith) Kilburn.

She was predeceased by her husband of 65 years, Emery E. Wisell Sr., on Oct. 1, 2015.

Betty is survived by her four children Emery and wife Pamela, Richard and wife Deborah, Katherine and

two brothers, Paul Hunt and Robert Kilburn; a sister Charlene Hunt; nieces, nephews and many dear friends.

A service will be announced at a later date at St. Ambrose Church

in Bristol, Vermont. Interment will be at Maple Cemetery in Lincoln in the spring.

To send online condolences to her family please visit www.brownmccayfuneralhomes.com

More obituaries appear on Pages A4 & A8

Email news and photos to editor@millertonnews.com

LEGAL NOTICES

Legal Notice Public Notice

Pursuant to Section 501 of the Real Property Tax Law, Assessment Inventory and Valuation Data for the Town of Pine Plains is now available for examination and review. This data is the information that will be used to establish the assessment of each parcel which will appear in the tentative

assessment roll on May 1, 2023.

To set up an appointment to review this information, please call 518-398-7193 ext 7. Please be sure to wear a mask.

Richard Diaz
Lynda Wisdo
Assessor(s)
03-09-23
03-16-23

Online film screening to spotlight farmers from diverse communities

By ELIAS SORICH
elias@millertonnews.com

MILLERTON — On Monday, March 13, from 6 to 7:30 p.m., Rock Steady Farm will host a virtual screening of its newest film, "POLLINATE!", which "tells the story of 11 QTBIPOC beginning farmers" who participated in Rock Steady's 2022 POLLINATE! program. Followed by a question-and-answer period, the event will be an opportunity to learn about the work being done in the field of inclusive farming by a local farm that has garnered attention from the Guardian, Eater, and a whole host of national and regional outlets.

Taking its namesake inspiration from the role of pollinating species in both ecological diversity and ecological sustainability, POLLINATE! is a paid training program run by Rock Steady and aimed at providing beginner-friendly farming experience to farmers who are queer, trans and Black, Indigenous and people of color (QTBIPOC).

Piloted initially in 2021 in coordination with Farm School NYC, the program

opened in 2022 to a broader audience, providing 15 days of paid training in multiple areas of Rock Steady's farming model, from cooperative farming to irrigation and crop management, community partnerships, and more.

Describing a host of challenges that QTBIPOC farmers face — from low pay to harassment — Rock Steady was founded in 2015 with the goal of practicing "holistic, sustainable farming practices" while providing equitable food access, and explicitly inclusive farming spaces.

The film, made by Walter Hergt, whose previous work with Rock Steady is viewable on his website, will invite viewers to "envision a liberatory food system led by QTBIPOC farmers by weaving together personal reflections on the intersections between race, gender, sexuality and healing with the land."

Tickets for the "POLLINATE!" screening are available on a sliding scale at www.rocksteadyfarm.com/store/pollinate-film. All sales will benefit Rock Steady's farm education programs.

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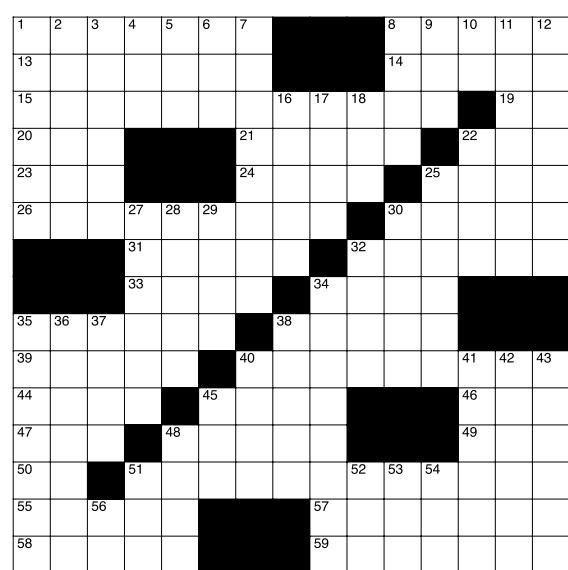
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Adults: \$17.00 | Seniors: \$14.00 | Children Under 10 years: \$11.00

Brain Teasers

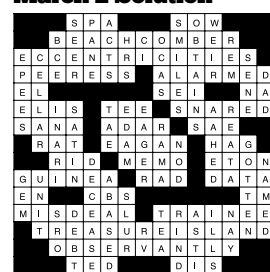
CLUES ACROSS

- Half-conscious states
- Unnatural
- Deep regret
- Rogue
- Taken without permission
- An alternative
- After B
- Partner to flowed
- Weekday
- Body part
- World's longest river
- One of the Greats
- Make clean
- C. Canada indigenous peoples
- Japanese seaport
- Most unclothed
- Small grouper fish
- Soluble ribonucleic acid
- Distinguishing sound
- French realist painter
- Popular beer brand
- Views
- God depicted as a bull
- Relieve
- Residue after burning
- Habitation
- Poe's middle name
- Japanese title (abbr.)
- Beloved country singer
- Single unit
- Genuine
- Develop
- Traveled through the snow



- Most supernatural
- Spanish island
- Unlimited
- Where golfers begin
- Print errors
- Professional drivers
- Kiss box set
- Short, fine fibers
- Administers punishment
- Czech city
- Normal or sound powers of mind
- The academic world
- Crustacean
- Currency
- Pastoral people of Tanzania or Kenya
- Cloth spread over a coffin
- Grouped together
- On land
- Glistened
- A type of extension
- One who assists
- College sports conference
- Zero
- Midway between northeast and east
- Type of screen
- The 13th letter of the Greek alphabet

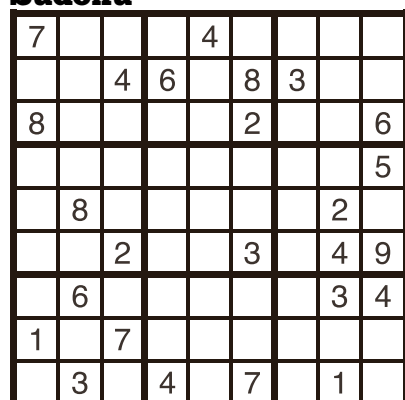
March 2 Solution



CLUES DOWN

- Clues
- Do again
- Current unit
- Neither
- Corporate exec (abbr.)
- Second sight
- The absence of mental stress
- Supplemented with difficulty
- Stop for good
- College dorm worker
- Bones

Sudoku



March 2 Solution

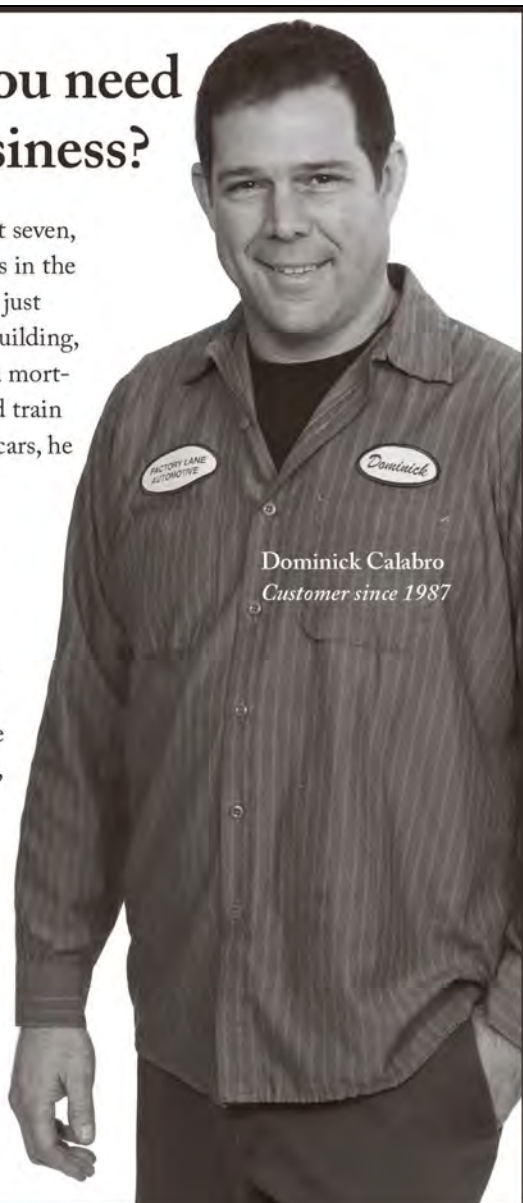


Level: Intermediate

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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Assessing community health needs

HEALTH NEEDS *Continued from Page A1*

address the needs identified through the CHNA.

Sharon Hospital will utilize this plan as a guide through 2025 to offer programs that support both the health of the community and the mission of the hospital, according to Nuance officials.

Priorities mirror 2019 needs assessment

Sharon Hospital President Christina McCulloch said the key focus areas identified as priorities in its 2022-2025 implementation plan are the prevention of chronic diseases — such as diabetes, heart disease, Alzheimer’s, stroke, arthritis, and chronic lung disease — promotion of well-being and prevention of mental health and substance use disorders.

Not surprising, said McCulloch, is that the priorities presenting in the 2022 assessment mirror those identified in the hospital’s prior 2019 CHNA. The reason, she said, is tied to the timing of the COVID-19 pandemic.

“We did fall behind in the pandemic,” as people avoided going to the doctor for preventive care, and if they were sick, many did not seek treatment at the doctor’s office or hospital out of fear of contracting COVID-19, she noted.

Plus, during the early days of the pandemic, for hospital officials and staff, it was all hands on deck as priorities shifted to responding to COVID-19.

Even though, the priority areas are a reflection of what is happening in the communities.

“Chronic disease management is always needed and mental health is always present,” said Ildie Rabinowitz, assistant vice president of health equity, diversity and inclusion for Nuance Health.

Hypertension, for example, is a major concern, she noted. COVID-19, Rabinowitz explained, “threw a wrench into a lot of initiatives and the ability to expand them when we were forced to go into survival mode. COVID had a huge emotional and mental impact on people” as reflected in overdose deaths.

“Substance use really increased during the pandemic and after the pandemic,” said Rabinowitz.

The current challenge, noted McCulloch, is “How to, as a hospital, get back out into the community and promote wellness. It really comes down to partnering with all the stakeholders in the community and having representatives out there,” offering wellness classes, mental health first aid, smoking cessation classes, substance abuse and use counseling and sessions on how to take blood pressure readings, among other outreach efforts.

“Yes, the hospital is here 24/7, but for the families

when they aren’t able to get services, it’s a key part of the CHIP [Community Health Improvement Plan],” said McCulloch.

‘Very divergent level’ of household income

Sharon Hospital is located along the Dutchess County, New York, border, and for purposes of the CHNA and partnering with state-based initiatives, Sharon Hospital focused on its Litchfield and Dutchess County service areas and conducted research for these communities separately.

Kathryn Palmer-House, who chairs the Sharon Hos-

pital Community Health Committee, is a member of the hospital board and is the town clerk in Dover, New York, said her group “did see some commonalities” between the communities served by Sharon Hospital in Connecticut and those in New York, but also many differences.

“There are about 58,000 people in the entire Sharon Hospital Health Service Area (HSA), representing a very divergent level of household income,” noted Palmer-House.

Income and work impact health outcomes, according to the report. For example, many people access health insurance through their jobs, although not all types of work provide access to health insurance.

Beyond health insurance, making healthy choices, such as purchasing lean meats and fresh produce, or joining a gym, all cost money.

The median household income in the Connecticut HSA is \$80,000, compared to \$77,696 statewide, and fewer residents live in poverty compared to the state overall, the report pointed out. However, this positive experience is not shared by all residents.

“Within the HSA, median household incomes by town range from \$62,432 in North

Canaan to \$109,886 in Goshen. North Canaan also has higher poverty levels affecting approximately 14% of all residents,” according to the report.

In addition, within the Connecticut hospital service area, one in three households are considered “housing cost burdened,” according to the report.

Residents of neighboring Dutchess County also have historically higher household incomes and lower poverty compared to New York overall.

“However, it is worth noting that across the county, more than one in 10 (14.1%) households have an annual income of less than \$25,000,” the CHNA reports.

“Having Sharon Hospital connect with our community is going to make such an impact,” noted Palmer-House. The overall Nuance system, she said, has the ability to address specific concerns, including persistence of substance abuse disorders.

“It’s system-level prowess on a local level.”

Report points to states that are aging

The 2022 report also revealed that Connecticut and New York overall are aging states.

According to Rabinowitz, all signs point to an increase in the older population.

“We do know that we need to really increase services that are focusing on the aging population through our community care team, by connecting the hospital to the community to make sure patients have the services in the home environment.”

“Between 2022 and 2027, the population aged 65 or older is projected to increase 14.2% and 16.9%, respectively, the largest increase of any reported age group,” according to the CHNA. The total population for both states is projected to increase 2% and 4.9% respectively.

The Sharon Hospital service area population is projected to increase by 1,549 people, or 2.7%, from 2022

to 2027, although consistent with an aging demographic, this growth will occur exclusively among adult populations.

The population aged 65 or older will increase by 1,904 people, or 12.8% from 2022 to 2027, while the child population under age 18 will decline by 297 people or minus 3.1%, according to the report.

“We definitely saw across both states an increase in the older population,” noted Palmer-House.

Findings point to a need for care focusing on older adults, including having services in the hospital promoting healthy aging and aging in place.

“We do see that in the E.R. mental health is a struggle for the elderly,” said McCulloch, who noted that Sharon Hospital has an award-winning senior behavioral unit which treats seniors in distress.

Health care access and quality

Having health insurance does not ensure access to health care when it is needed.

According to the 2022 report, “Litchfield County has lower provider availability than Connecticut and/or the nation, and all of the county is a Health Professional Shortage Area (HPSA) for mental health care.”

Dutchess County also has lower provider availability when compared to state benchmarks, and lower primary care provider availability when compared to the nation. While none of the county is HPSA, migrant and seasonal farm workers are

when they or a member of their household were unable to get medication when they needed it, and 16% said there was a time when they couldn’t get health care, including dental or vision.

The report reveals that health care access disparities among New York residents may be exacerbated by language barriers and lack of bilingual providers or interpreter services.

Approximately 25% of the Litchfield County Asian residents and 23% of Latino residents were considered linguistically isolated, characterized as speaking English less than “very well.”

“Partnership is the most important piece of this,” said McCulloch. “If we work in silos, we are not going to be able to address the needs.”

According to Rabinowitz, plans are in the works to create individual focus groups “to make sure we are hearing from the community.”

“We are looking at services and service gaps from many, many angles,” and focus groups will include representatives of food pantries, the medical community, churches, nonprofit agencies, health districts, the American Heart Association, behavioral health service providers and community members, among others, noted Rabinowitz.

Have action plan, time to act

The completion of the needs assessment and improvement plan is just the beginning of work that will progress over the next three years, said McCulloch.

“We are just getting started. We have a plan that was developed, but now is when we get to act, to take what we learned through our plan and put it into action, and that will really have an impact on the community.”

In announcing the release of the report, Dr. John M. Murphy, president and CEO of Nuance Health, said staff are dedicated to the health and well-being of everyone in the health care system’s service region. “This is our promise to the more than 1.5 million children and adults we serve in western Connecticut and the Hudson Valley of New York.”

The current challenge, noted Sharon Hospital President Christina McCulloch, is “How to, as a hospital, get back out into the community and promote wellness. It really comes down to partnering with all the stakeholders in the community and having representatives out there.”

Approximately 25% of the Litchfield County Asian residents and 23% of Latino residents were considered linguistically isolated, characterized as speaking English less than “very well.”

Farm Film Festival calls for entries

CHATHAM — The Crandell Theatre, in collaboration with the Columbia Land Conservancy (CLC) and the Chatham Agricultural Partnership (CAP), is seeking entries for its 15th Farm Film Festival.

Created to highlight the Hudson Valley’s rural traditions, the festival focuses on farms, farming and farming issues, paying special attention to films with a Hudson Valley connection. Submitted films can be feature-length or short films by both amateurs

and professionals. Students of all ages are encouraged to submit films.

The deadline for submissions is Wednesday, March 15. The final program will be selected by members of CLC and CAP, and will be screened Sunday, April 30, at the Crandell Theatre. A panel discussion and closing reception will follow the screening. More information and a downloadable entry form are available at crandelltheatre.org/15th-farm-film-festival-call-for-entries

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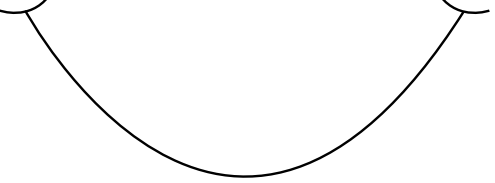
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OBITUARY

Ellen S. Kloke

NORTH CANAAN — Ellen entered the world on Jan. 23, 1959, at Sharon Hospital, born to George and Sue Schaefer of the village of Canaan. She exited in her TARDIS during the early-morning hours of Jan. 26, 2023, three days after her 64th birthday, at home with her husband and sister at her side.



to be amazed and amused by the acrobatics and antics of the feisty hummingbirds.

Ellen enjoyed cooking and could always be counted on to bring a dish or dessert to any gathering. Her herbed rice was most frequently requested. She was a long-time supporter of and contributor to community-sponsored agriculture and the preservation of Connecticut farmland.

She enjoyed arts and crafts of all different kinds. She liked embroidery, faux finishes, sketching, and Zentangle. She liked to make candles in a variety of sizes, experimenting with various blends of colors and scents to develop ones that she favored.

She especially liked digital photography. She got her first camera, when they first became available, using the proceeds from a winning Superbowl pool. She had a lot of fun with it, and the ones that followed as image quality improved. She'd chase butterflies from flower-to-flower until she got a good shot. Tried to sneak up on birds for a close-up. Zoomed-in on particular flowers that caught her eye.

Acted as Event Recorder, curating cameos of family and friends at all the planned and ad hoc gatherings and parties. The photos were her raw material to produce greeting cards, invitations and other items.

Her favorite for several years running was the preparation, from scratch, of annual limited-edition calendars for her Portly buddies.

Ellen also enjoyed puzzle-solving of all types. She relished several-thousand-piece jigsaws, using her method of sorting pieces by color, pattern and form, creating stacks of trays to peruse for that one particular piece she needed. The Sunday New York Times satisfied her weekly diet of word and number games.

Googling obscure clues was educational, not cheating.

Ellen's most prized possession was her family, second were her friends. She never failed to make herself available at any time to help them in any way they needed. She gave them a sharp wit, good humor, a bright smile, and an infectious laugh. They gave her boundless love providing countless memories of all their antics for the stories that she liked to share.

Ellen was predeceased by her parents. She is survived by her sisters and brothers and their partners — Mary Ann and Jeff, Joe and Lisa, Tom and Sherry, Dolores and Francis, Jean and Pete, Christine. Nieces and nephews and their partners — Laura and Pete, Charlie and Katie, Ollie, Joey and Becky, Meghan and BJ, Marcus and Maryellen, Clara, Mary and Evan, Will and Sam, Ted, Elizabeth and Gabe. And, grandnephews — Emmett, Owen, and Clay. Uncle Joe and cousins. Not to mention her many friends.

Ellen will be missed. A private Celebration of Life for Ellen was held in February. Ellen requested that any donations in her honor be made to the North Canaan Volunteer Ambulance Corp. and/or the North Canaan Fire Company.

For more obituaries, see Pages A3 & A4

OUR FARMS *Continued from Page A1*

farms, described messaging received from a recent U.S. Secretary of Agriculture that farmers needed "to get big or get out," a practice that can often be fundamentally at odds with the pursuit of quality that many local farmers aspire toward.

The panel was comprised of seven of the farmers interviewed in the film — only one was absent, having dropped out last minute to work on his tractor for an upcoming tractor show. Perhaps intimidated by the size of the crowd, a few of the stars were struck a bit speechless, which served as an ultimately endearing reminder of how seldom farmers find themselves in the spotlight.

Among the range of topics discussed, many singled out the decline of farming families in the U.S. — estimated by one panelist to number around 650,000 in the 1970s, and under 25,000 now — as a

clear indicator of the troubles the industry will continue to face. Many grievances, and passionate ones, were also levied toward the nut-milk industry.

Oscillating in this way between folksy charm and grumpiness, the panelists and subjects made for compelling viewing. Keith Reamer, one of the film's two filmmakers, spoke before the event about the process of falling in love with the subject matter, and the final product as one that emerged from an openness to the subjects' stories.

"We've been in the film business for many years, and for me, it always comes back to whether or not it's a good story — and this felt like a good story. And it was so fun to tell — for me, that's the real hook. Then along came the subjects, and of course I loved the subjects ... I feel very fortunate to have been

a part of it."

But of the issues that preoccupied the farmers onstage, and preoccupied the focus of the film, the future of farming — what it might look like, how it will be done, if it will be done — were looming ones. Describing an ever-changing landscape where stability is never assured, one panelist recounted frequently asking himself the question: "Is this something that could even be possible in 10 years?"

Outside of community

support and shopping locally, there were no clear and easy answers provided that evening. But Murphy Birdsall, the film's other maker, also speaking before the event, provided a helpful insight on navigating this sort of uncertainty.

"There's a real give-and-take, a push-and-pull, when it comes to farming — between being sorry that things are disappearing and being happy they're continuing, even if how they are continuing is in a changed way."

TOWN HALL *Continued from Page A1*

tax-exempt and will not be taken off the tax rolls in being purchased by the town since it is not on the tax rolls to begin with.

The Town Board must approve the contract to purchase before the sale can be

finalized, and Kennan will bring the contract before the Board at its Thursday, March 9, meeting.

"My goal is to be in the new building by the end of the year, and I think we can," said Kennan.

ADU *Continued from Page A1*

main house; created from a basement or attic; detached as with over-garage apartments; renovated barns or outbuildings; tiny homes; or outright new construction. But is there a gray area? Does the designation matter?

New bills currently being debated in New York state will address those and other questions. For now, a look at some individuals' current ADU situations will cast some light on what it's like to decide upon, design, implement and live with accessory dwelling units.

In the case of Dr. Schmidt, owner of an old house in a rural part of Millerton, the history of sharing it, and a large barn nearby, is a saga of inventiveness, generosity and the unique blend of people in the region. With a special concern for young farmers and their sometimes-precarious finances, she has helped to house several of them over the years, and upgraded the rental property to conform with the respect she feels for her tenants. As with other owner/landlords, upgrading and new construction sometimes require inventive solutions.

How are ADUs financed?

One such solution, for the large barn nearby, was to offer the would-be tenant 10 years of rent-free living in a structure within it if he built it/had it built himself. In the days before the pandemic, when building supplies were cheaper, this worked for him and enabled him to save money to buy his own home once the rent-free period had passed.

Architect Karen Jacobson, based locally and in New York City, and also a member of the affordable housing committee, has an ADU with a different back story. Originally intended as a workshop for her late husband, an avid woodworker, the outbuilding she designed had an incarnation as a pool house and now sees varied use over the seasons, from housing for artists from a listing website that vets both landlords and would-be tenants and requires that rents be reasonable to a venue, together with her main dwelling, for use as a kind of short-term summer "family compound" for reunions and such.

Sometimes an ADU begins life as a necessity for housing aging parents or other family members, then morphs

into a unique setting with its own beauties and limitations. Leslie Farhangi, owner of a historic farm in an area of Millerton near Connecticut, renovated a building on her property in order to have her parents nearby when they needed care. "The dream of updating their 18th-century barn soon collided with the realities of the costs, so their architect, a specialist in renovations of that vintage, finally transformed a newer solid, three-sided building near it to a home for the elders.

Finding the right fit
Farhangi's ADU, currently without tenants, is perfect — for exactly the right person. Horses are boarded there in their retirement and donkeys graze nearby and vocalize freely when they encounter humans, so the lucky renter-to-be needs to have an understanding of and tolerance for animals; ideally, they'd have a professional interest in them and even some useful skills to offer in exchange for a bit of rent relief.

The question of fittingness, of the relationship between an owner/landlord and the tenant living in close proximity to them and how they can benefit each other, is key. Schmidt also speaks of her tenant, a social worker, wanting to be of use to maintain the property, as if to balance out a modest rent, which is far cheaper than what she had paid elsewhere. "I think she appreciates the fact that it's affordable and loves the location and the apartment; she offered to paint the new deck I just had built, when the weather dries out!"

Pros and cons
The exchange of tasks for rent, or simply in gratitude for a safe and reasonable living situation, is one of many advantages of ADUs, which seem to outweigh the disadvantages in most cases. Of the social aspect, "It's good

to have company nearby," said Jacobson, noting that on 5 acres, privacy is less an issue than is possible isolation. In Schmidt's in-house ADU, past tenants invited her to religious observances that she found satisfyingly joyful and moving. "They were really lovely, cool people," she recalled.

In terms of security for people often living alone on relatively large properties, Jacobson noted, "Our dogs play together, and when I'm away, it's good to know someone is watching over the house and property."

Schmidt seconded that notion, especially "a presence in the house, with a good-sized dog." Her tenant feeds her animals when needed, and both look forward to gardening together, sharing the work and the harvests. Although her ADU includes a private kitchen — an amenity that crosses the boundary between guest house and ADU, according to architect Jacobson — Schmidt is occasionally surprised and delighted by a plate of home-cooked food waiting on her table after a long day of doctoring the community: "She's a really good cook!"

As to disadvantages, they vary case by case. Keeping records for taxes on income from an ADU may be tiresome, but on the other hand, having a rental business does confer some discounts on building supplies and such. Another stumbling block could be the permitting process. "Zoning laws can be disincentivizing," Farhangi noted, citing laws about where and how many ADUs can be sited. (These kinds of regulations may well change under Gov. Kathy Hochul's New York Housing Compact; stay tuned for news on that.)

Costs can also be excessive when renovating, and several expressed hope that initiatives like Hochul's would result in more favorable loans or other incentives to create ADUs.

The less technical, more subtle possible pitfalls of the various ADU scenarios are much the same as any instance of sharing space, whether with strangers, friends or family: issues of trustworthiness, privacy, noise levels and respect for each other. "We're conscious of boundaries, and we're sorting it out," Schmidt reflected — sounds like life in general.

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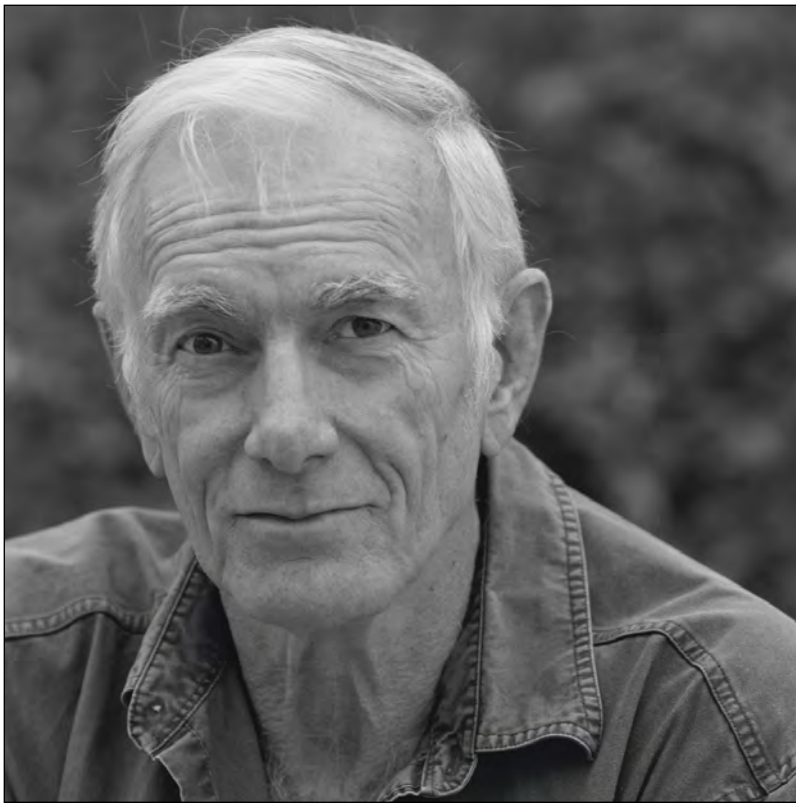
BOOKS: ALEXANDER WILBURN

In Historical Fiction, the Rebels of a Scots Saga

In his new novel “Jamie MacGillivray: The Renegade’s Journey,” Academy Award-nominated screenwriter John Sayles (“Passion Fish,” “Lone Star”) takes fans of historical fiction on a bloody, decade-spanning romantic odyssey from the blockbuster-style Jacobite battle scenes of the Scottish Highlands to the 18th century colonies of The New World. Sayles spoke with me on the phone from California ahead of a talk he’ll give with WAMC’s Joe Donahue at The White Hart Inn in Salisbury, Conn., on Wednesday, March 15.

Alexander Wilburn: As someone who has written across all mediums, books, film, and television, what brings you back to the novel?

John Sayles: You don’t have to raise money to write a book. Certainly, as a filmmaker, I probably have 10 movies I’ve written that I’ve never been able to raise money for. As a matter of fact, “Jamie MacGillivray” started a screenplay over 20 years ago, at the suggestion of Robert Carlyle, a Scottish actor. I just felt like it was such a good story, I took it up and started thinking about it as a novel. Of course, things always grow when you turn something into a novel. Secondary characters get much bigger and you can do deeper research. When you’re writing for a movie you have to be so aware of time — are we 10 minutes or half an hour into the movie? Very few people sit down and



read a novel straight through, so it has a very different rhythm.

AW: How much of the scope of the story changed then compared to the original script?

JS: It always began at The Battle of Culloden and ended with The Battle of Quebec, so it was an ambitious feature. But for instance, Jenny was a pretty minor character who showed up a few times in the screenplay, but when I was doing the research for the story as a book I came across ship logs that did take Jacobite prisoners over to various slave jobs. One of the ships that carried women was taken over by a French privateer before it was able to reach Jamaica, so the prisoners were liberated on the island of Martinique. I thought, first of all, that’s a great way to get Jenny overseas and I eventually wanted to get her to Canada. So if she’s on a French island

she can hook up with a French officer and he can get transferred to Canada. As it turns out the research helped me make all of those moves. It’s a little bit like a board game.

AW: This novel is an epic, romantic, often violent saga. I’m always really curious about the prep work that goes into crafting a big novel like this. As an American writer what kind of research did you do to write a convincing narrative about characters from the Scottish Highlands?

JS: The good thing is that the time period is not so old that there’s nothing written about it. In fact, in the first part of the novel, some scenes are verbatim. The minutes of the trial of Lord Lovat were published. Everything that the various barristers said in front of the judge is recreated in the novel. There were records kept by the military of who

was killed at Culloden and what clans they were from. There are shipping records of the prisoners who were sent to the New World, and those involved in slave trafficking, so you can look up a certain ship and see how long the voyage took, how much cargo was on it, and how much money they made. In the New World, the colonists were keeping documents — they weren’t necessarily living up to the letter when it came to Native tribes, but a lot of that is documented as well. I can read in French so for a lot of the stuff that happens in Martinique I was able to find books written at the time. I also did a certain amount of reading of the novelists of the time, Dickens and Henry Fielding who wrote “Tom Jones,” and artists like Hogarth who did these series like “The Rake’s Progress,” which are full of details. My

one rule when I’m working on a book is that I can do research for a week, but then I have to sit and write fiction for a week. Because you can get sucked down the rabbit hole.

AW: Is the pressure to be constantly period accurate to the 18th century something you strive for or do you take creative license for the sake of storytelling?

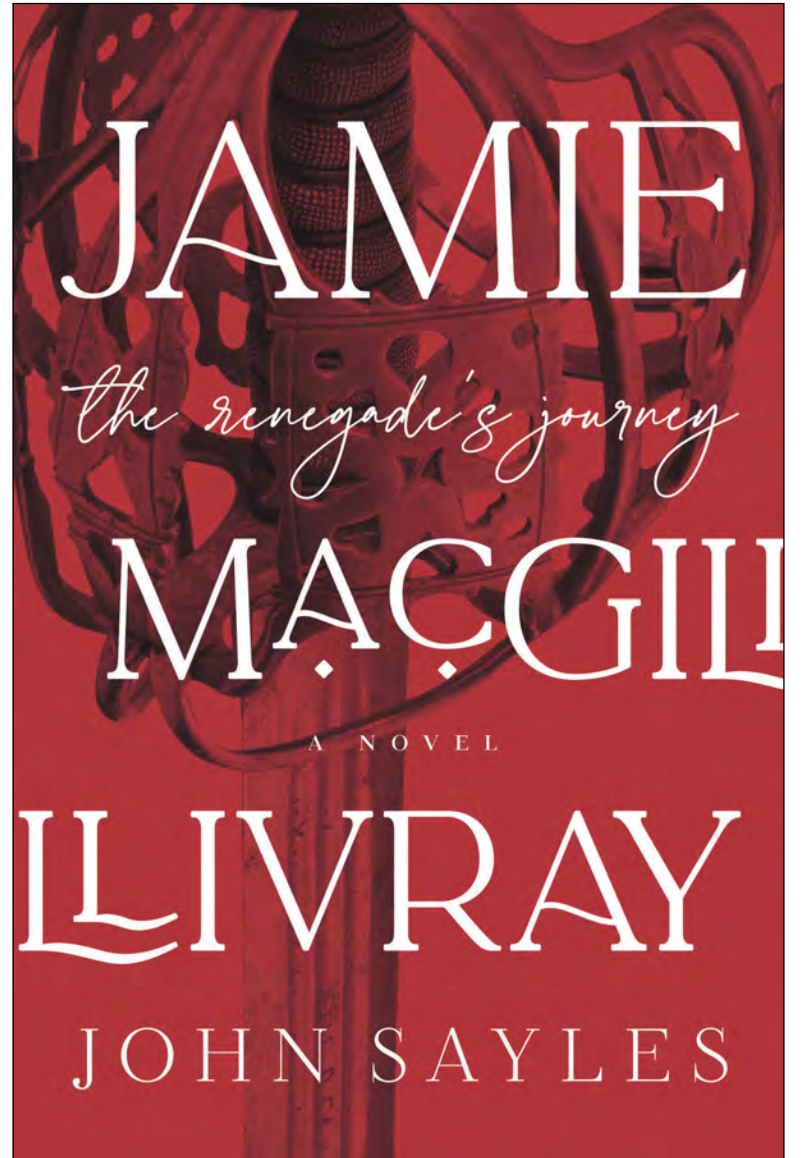
JS: I find I get much better ideas if I follow what actually happened. So I have a calendar of when things happened and I fit my characters into that calendar. I also get ideas from the technical research — what weapons were they operate them? What was the penal code at the time? How did law work? There’s a chapter where there’s a guy who’s afraid of heights, and he gets the job of putting two beheaded prisoner’s heads up on the spikes

on the gate and they’re going to sit there for years and years and years — somebody had to do that. So that kind of detail from research gives me ideas. It’s great to not have to make up a plot, the history is pretty rich in itself.

AW: I want to circle back to William Hogarth who appears in the novel. He’s one of the great painters who captured the frenzy and life and emotion of the 18th century. Were his works a source of visual inspiration?

JS: One of the things that he does in his series like “The Rake’s Progress” or “The Harlot’s Progress,” they’re like stories. Every detail, every background person — even if you look at the paintings on the wall they’re commenting on what’s going on. So they’re really rich and novel-like just looking

Continued on next page



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...Scots saga

Continued from previous page

at his pictures. Then there's the fact that he met Lord Lovat, who had just been captured, to be tried. Eventually Lord Lovat was the last lord ever beheaded by the British, and Hogarth did this beautiful picture of him — he's as wide as he is tall, and his head looks like a wicked Jack-o'-lantern. He was a notorious character in his day. That was important for my research, knowing there was satiric humor at the time.

AW: You'll be having a live stream conversation with "Outlander" author Diana Gabaldon, who has become the modern archetypal author of Scottish fiction. This is sort of a "Tale of Jamie's."

JS: It will be very interesting because I assume we've held a lot of the same research in our hands. She started as a researcher before becoming a novelist, so she's very deft at that. I'm always interested when you start with

the same core material what sends you off in these little directions, what strikes you. Years ago I adapted the first novel of "The Clan of The Cave Bear" by Jean M. Auel and I know a little about the research that she did. This was before people knew the Neanderthals and the Cro-Magnons had interbred. She was right about five or six things that hadn't been proven yet. She said things came to her in a dream. That's another way of getting your material.



COURTESY OF THE METROPOLITAN MUSEUM OF ART, GIFT OF SARAH LAZARUS, 1891
Detail of Simon Fraser, 11th Lord Lovat by William Hogarth, 1746

GARDENING: LEILA HAWKEN

Looking for spring inspiration? Join the Cornwall Garden Club

A relatively new organization, the Garden Club in Cornwall, Conn., held its first meeting of the year at the historic home of Melissa Gamwell and Kevin Greenberg, attracting gardening enthusiasts to hear about indoor plants and what's best to do for them to keep them green. The event was held on Sunday, Feb. 26.

The Cornwall Garden Club was created in 2020 by resident Charlotte Van Doren, as a way to gather neighbors during the pandemic.

Everyone is welcome, whether beginner or advanced. Because the group chose not to become incorporated, Van Doren said, the garden club gains flexibility in programming.

Spontaneity is the order of the day, Van Doren explained, as part of the fun, light-hearted personality of the effort, kind of like "Let's put on a show!"

With justified pride in the progress of the garden club, Van Doren said that she is now one of a seven-member team managing a variety of programs and strands of activity, including gardens, labs, and adventures that feature field trips to more distant garden spaces.

In addition to Van Doren who serves as a sort of president, as she self-describes, the seven-member team includes Stephana Bot-



PHOTO BY LEILA HAWKEN

Bosco Schell and Melissa Gamwell

tom, Juliet Hubbard, Dee Salomon, Heidi Cunnick, Susie Lily Ott, and Molly Larrison. Van Doren has even assembled an Advisory Committee with recognized expertise. Jane Garmey and Roxana Robinson are serving in that capacity.

This coming season, Van Doren said, will have a new programming strand called The Heirloom Series, with hands-on workshops. The focus will be on what can be made from materials grown in the garden.

Other events during the coming year will demonstrate pickle-making with Cornwall resident Dave Cowen and herb gardening and tea-making with herb grower Patty Bramley.

"We want people to join with us and come to different things," said Stephana Bottom, de-

scribing plans for a 1,000-bulb planting program scheduled for Saturday, Oct. 14.

Introducing the featured speaker, Van Doren characterized the program as a "conversation about the indoor world of houseplants," set among the copious arrangement of all manner of potted plantings, all doing well. Gamwell termed it her "indoor experiment," recounting that two years ago, she and her husband had moved to this bright Cornwall country home from a rather dark Brooklyn brownstone.

"I started going crazy for the pelargoniums, part of the geranium family," she said, introducing guest speaker Bosco

Schell of Falls Village, Conn., where he gardens along with his wife, noted horticulturist and author, Page Dickey.

"I'm not a professional gardener," Schell began. "I'm just a gardener. Let's have a conversation."

The first thing to consider is exposure to light. Pelargoniums like lots of sunlight, Schell said, adding that during winter, many indoor plants like to rest a while.

Soil and its composition are important elements in that some plants like begonias favor a lighter soil, so sand might be added to the potting mix. To create heavier soil for the pelargoniums, for example, add some compost.

Water, when and how much, is key, Schell said. "More plants are killed by overwatering than by underwatering."

Because the area is prone to hard water, it is best to collect rainwater to use for plants. Home water softening systems introduce salt to tap water, and plants do not care for salt, Schell cautioned.

With fertilizer, less is better, Schell said. Cut the recommended doses in half as a matter of course, and then in half again, during winter. He recommended using

Jack's fertilizer brand and also Dyna-gro.

Any plants that store food, like bulbs of any sort, appreciate potassium, Schell advised.

Creating more plants by taking cuttings and promoting root growth was a feature of the second half of the program.

"You have to keep pruning your houseplants," Schell said, suggesting the use of plastic pots filled with perlite for rooting cuttings of some plant types. Plastic pots will hold moisture better, as will glazed pots. Clay pots can be good, but Schell advised soaking the clay pot in water for an hour to prevent the clay from wicking away water from the soil holding the cutting.

When re-potting, avoid the temptation to re-pot to a much larger pot. Only step up one pot

size, Schell said, an inch at a time. A small plant in a large pot will likely not survive.

The next event scheduled by the Cornwall Garden Club will be on Earth Day, Saturday, April 22, at the Cornwall Public Library. A panel discussion to be moderated by veteran news correspondent Richard Schlesinger will dig deeply into composting. One of the panelists will be Ted Larson, describing the town's proposed program for composting at the transfer station. As an additional feature, the event will include a walk around the town center to visit residents' composting areas, and seeing how they do it at home.

For more on the Cornwall Garden Club email at cornwallgardenclub1@gmail.com or go to www.cornwallgardenclub.org.

TRI-CORNER CALENDAR

Two Art Openings at LABspace

LABspace in Hillsdale, N.Y., will host the opening of two exhibitions on Saturday, March 11 from 1 to 5 p.m. The first is "Peripheral Visions" with city and landscape paintings by Dee Shapiro of Colebrook, Conn. The second is "Body High" a group show addressing human form with work by Pauline Decarmo, Lois Dickson, Jacob Fossom, Zohar Lazar, Rebecca Litt, Kelsey Renko, Julia Schwartz, Olivia Tawzer, and Michael Van Winkle Both shows will be on view through April 30.

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Who is caring for the caregivers?

The baby-boomers are aging. The bulk of the baby-boomers are reaching the point where they are officially “old.” And old people, elders, need help: sometimes just a little, sometimes a lot. And, boy, do they resent it. These are the people who raised families, built businesses, and ran the country. And now they need help with the most ordinary things. It is galling to discover that the latest technology is beyond you. It is infuriating to realize that you are no longer a competent driver. It is devastating to realize that you need a caretaker.

Caregivers aren’t saints or angels, they are people who have taken on a job most of us would rather not do — the job of caring for our elders. This job falls, almost exclusively, to women and immigrants. As with most fields dominated by women, these jobs are poorly paid, if they are paid at all.

Often the caregiver didn’t actually choose the job, but ended up with the responsibility after a game of hot potato where all other likely candidates have escaped and the elder in question refuses to leave their home.

As we age, we deteriorate both physically and mentally. Sad but true. Eventually our “senior moments” become dangerous. In the “Waltons” version of the past, the extended family would take turns keeping an eye on Grandma or Grandpa. That doesn’t work anymore, if it ever did. Now the extended family may be spread across the country and all of them work outside the home. Many people don’t have an extended family at all.

Love does not pay the rent or put groceries on the table. And minimum wage workers are not going to give the care our elders deserve.

I have known women who enjoyed caring for older peo-

BUT THEN AGAIN...

Lisa Wright

ple and would happily do the job if they could afford it. Our parents, our grandparents, deserve to be cared for by people who choose this work whether family member or not. But that is never going to happen until we recognize that it is a full-time job that deserves respect and remuneration.

When are we going to face up to the fact that poor pay results in poor care?

Eldercare is a societal responsibility. Social Security is a good start, but too many people are left out of it. No credit is given for stay-at-home moms or dads who end up sandwiched between needy children and needy parents. No one pays the adult offspring who chooses to care for a struggling adult over their own career.

We need Social Security to provide reasonable stipends for family members who can’t work because their loved one needs full-time help. We need to pay our caretakers what they deserve, not what we can get away with. We need to give our seniors respect and forgive them their age-related lapses.

The only alternative to growing old is dying young. So think about the fact that you, too, will one day face these issues. We can come up with alternatives to the problem of people staying in their homes well past the point when it is safe or sensible if we try. We really need to try.

Lisa Wright divides her time between her home in Lakeville and Oblong Books in Millerton where she has worked for nearly 40 years. Email her at wright-ales@gmail.com.



Fundamental changes

There is perhaps nothing you need to create so fundamental as a home, a house, a place to live. There is something primitive and basic about construction, from laid stone to wooden beams to roofing to sheetrock and paint — anyone who lives anywhere either knows how their home was built or, indeed, can build and maintain the structure. It’s fundamental in every sense.

All that is about to change, in the same way your cellphone has changed how you live; when your phone had a cord, you were more free than you are now. If you could, would you go back to a dial phone? Nope, your world has changed, better or not, you cannot go back. And so, how your ancestors lived and built homes is about to be revolutionized to the same degree.

First I have to explain 3D printers. 2D printers, like the one you use to print letters or signs, lay down a layer of ink on a sheet of paper. Two-axis 3D printers are similar in that they lay down a slightly thicker material layer, layer upon layer, building up a 3D printed object. Three-axis 3D printers do the same thing but they can rotate the printed object to allow inner cavities, occlusions and additions. Think of it like this: 3-axis 3D

A VIEW FROM THE EDGE

Peter Riva

printers can print a lightbulb from the inside out, filament and all. It doesn’t matter what the print substance is, start with metal, change to glass... these printers have different nozzles for different substances.

So, here’s the kicker: In Texas a start up company, ICON, is currently building 3D printed homes. What do their nozzles print out? Lavacrete, a sort-of concrete substance that squirts out, layer upon layer. Alquist is building them too and research shows their homes are net zero when it comes to the environment. All these printed homes have cavity walls (later pumped with insulation), wiring and plumbing chases printed right in, and the printing machines are truck portable. Arrive on site, set up on concrete slab and within 24-48 hours you have a house ready for roof trusses and roofing. If you want a printed roof, they can do that too.

Cost? It’s early days, like electric cars, 30-50% more than stick-built homes. But

Appreciation for EXPO 23

EXPO 23 – Our debut! I’d like to thank the 90 community members representing the “Tri-Town Coalition” Amenia, North East/Millerton and Pine Plains who supported Expo 23, a 3-day display of photographs and information illustrating a diverse mix of new and renewable housing types.

The three-day event represented our effort to encourage everyone to join in an aggressive approach to closing the formidable gap in available housing for our seniors, our

workforce and newcomers looking for an affordable place to live.

Thanks to the Foundation for Community Health for a timely grant, Hudson River Housing for facilitating the outcome, Tom Parrett for his production skills, and Rhianon at the Millerton Library for making the Annex available. Thanks to Irving Farm for donating coffee and the Harneys for tea. Stone Scasso intrigued visitors by moving his experimental “Tiny House” to the site. Special thanks go to Meg Winkler, Karen Jacobson, Eliot Ramos and Claire Owens for their constant help.

The challenge now is to enlarge our group to embrace the Governor’s ultimatum to substantially increase our housing inventory. We need the support of our community. Let us know how you would like to contribute!

Sam Busselle

Co-chair of the NE/M Housing Working Group
Town of North East

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think of this: You can draw your ideal home on a napkin, they put it on the computer, you do the prep (concrete slab, etc.), they show up and 24-48 hours later you have a house you designed. What’s the time saving worth to you?

The estimate is that within two years there will be as many as 50 companies loaning out hundreds of machines, each machine making a few houses a week. No factory construction (pre-fab), or pre-cut house kits can offer that turn-around time.

So, thinking of going into the building trade? Make sure you also learn in step with this revolution in fundamentals of house construction, because like the cellphone and the dial phone, once they start building houses this way, there’s no turning back.

Now, think of Earth orbit... Amazon is already funding and prototyping a 3-axis 3-D printer to be placed in orbit to build the habitats needed in space for exploration and research... as well as satellite construction. Construction is fundamental to all human activity and it’s in the process of fundamentally changing.

Peter Riva, a former resident of Amenia Union, now lives in New Mexico.

Hit by a truck, hurting all over, but you’re not in the hospital

Many people have heard that there are five stages of grief. To be accurate, Dr. Elizabeth Kubler-Ross did groundbreaking research with dying patients who appeared to go through several phases of coming to terms, sometimes, with the dying experience.

David Kessler co-authored two books with Kubler-Ross and adapted these stages to reflect the grief journey. They don’t map on exactly, I suggest. In his website, we read: “The five stages, denial, anger, bargaining, depression and acceptance, are a part of the framework that makes up our learning to live with the one we lost. They are tools to help us frame and identify what we may be feeling. But they are not stops on some linear timeline in grief. Not everyone goes through all of them or in a prescribed order.

Our hope is that with these stages comes the knowledge of grief’s terrain, making us better equipped to cope with life and loss. At times, people in grief will often report more stages. Just remember your grief is as unique as you are.”

There are many models of grieving, all of which are useful if you don’t pin yourself down to any particular one. Everyone grieves differently but most people experience numbness and/or emotional tsunamis, mental disorganization, chaos, confusion and fear pretty much right out the

THE GRIEF JOURNEY

The Reverend Dr. Eileen L. Epperson

gate.

When you’ve lost a loved one you can feel as though you’ve been hit by a truck and all your bones are broken and you just hurt all over. One woman said recently in my group: “My fingertips hurt, I’m telling you. The tips of my fingers actually ache.”

However, you don’t have any bandages or bruises and you’re not in the hospital. It is critically important to take care of yourself, especially when you don’t feel like it. Have someone be watching over you, perhaps from a distance, but checking in. Because sometimes you just don’t care about anything, least of all yourself.

What has hit you affects you mentally, physically and emotionally and it is possible to put yourself or someone else in danger because you are not thinking clearly. You may misplace things, forget where you put your keys, and lose essential information. You may forget names of people you know well. A common report is driving somewhere and having zero idea how you got to your destination; you were in a fog as you drove but

you did not realize you were. You may be obsessed with thinking about your loved one and unable to focus. And there is all that paperwork to handle. You can fear you are losing your mind. You may be, but most likely you are not, but “attention must be paid,” as Linda Loman says in the Arthur Miller play, “Death of a Salesman.”

Physically, you may get sick. You may be sleeping a lot or you may not be able to sleep. You may not want to budge off the sofa or you may not be able to sit still.

Emotionally, you can be all over the place. Out of control. Crying the moment you hear a certain song or smell a certain fragrance — the grocery store may be a dangerous place for you to go. Too public.

You are in a tender place. Your humanness has been struck, slammed and stunned — the mental, physical and emotional impacts are real and need to be included rather than resisted.

The sense of being broken inside is a physical experience. You need a lot more down time. You may not rec-

ognize yourself. Allow extra time to do everything: cooking, driving, getting to sleep, walking the dog (“Where is the LEASH?”).

Especially if you are driving and seized with sobbing, pull over and go through it before you get back on the road. Be careful even though you have never felt less interested in doing that.



PHOTO BY OLIVIA VALENTE

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OUR TOWNS

Bald eagle locale: big tree and a body of water

By PATRICK L. SULLIVAN

SHARON, Conn. — Bald eagles are doing pretty well in Connecticut, according to Brian Hess of the state Department of Energy and Environmental Protection (DEEP).

Hess, assisted by his young daughter Kenna, spoke at the Sharon Audubon Center on a snowy Saturday morning, March 4, to three intrepid souls, a couple of Audubon staffers and a reporter.

Hess said he considers the bald eagle a "social keystone species," alluding to the prevalence of the eagle in American iconography. The bird is front and center in the Seal of the United States, for example.

As for Benjamin Franklin's oft-cited preference for the turkey as a better emblem of the young American republic, Hess said "that's kind of a myth."

Franklin's famous letter, in which he derided the bald eagle as a "Bird of bad moral character" for the eagle's habit of scavenging and/or snatching food from ri-

val predators, was written some years after the symbol had been adopted.

So the letter was more sour grapes than policy statement.

Bald eagles are big. They have a wing span between 6 and 7 1/2 feet, are some 34-36 inches from head to toe, and weigh in between 8 and 16 pounds.

Females are up to 30% bigger than males.

Bald eagles have excellent eyesight, and have a stong, hooked bill and razor-sharp talons for hunting. Their feet also have rough skin, the better to grasp their primary prey: fish.

As anglers, bald eagles prefer larger bodies of water — rivers rather than streams, lakes rather than ponds.

They don't dive into the water like ospreys, Hess said. But they will get in the water if necessary.

Hess said he once watched a bald eagle going after a carp. Try as it might, the bird could not achieve liftoff with the large fish clutched in its talons.

So instead, the eagle swam

to shore, towing the fish behind it.

Bald eagles also eat ducks, gulls and assorted mammals.

To illustrate their opportunistic scavenging, and the sort of behavior Franklin found distasteful, Hess showed a dramatic video of a coyote trotting along in the snow with something bloody in its mouth.

Out of nowhere, a bald eagle swooped in, snatched the carcass out of the coyote's

mouth, and zoomed away.

A rough timeline of the bald eagle's presence in Connecticut runs thus:

Bald eagles were common in the Colonies and early republic, and were designated as the national bird in 1782.

By the 1940s, bald eagles were in steep decline, and in the 1950s, there were none in the state.

By the 1960s, there were only 400 or so bald eagles in the lower 48 states.

The culprits were increased human development and subsequent habitat disturbance and loss, and the widespread use of the pesticide DDT, Hess said.

DDT resulted in thinning eggshells, and increased mortality of eagle chicks.

DDT was banned in Connecticut in 1969 and in the U.S. in 1972.

The federal Endangered Species List and complementary legislation and enforcement began in 1973.

"Without the bald eagle in trouble, I'm not sure we'd have an endangered species list," said Hess.

The bald eagle population has since rebounded in the state, from 20 in 1979 to 176 in 2022.

The chances of seeing a bald eagle in Connecticut are good, Hess said. The ideal bald eagle home is a big tree located within a half-mile of a body of water.

"That's most of Connecticut."

Local artists to exhibit at Hunt Library

By JUDITH O'HARA BALFE
judithb@millertonnews.com

FALLS VILLAGE, Conn. — When the "Shape+Color+Movement" art exhibition opens at the David M. Hunt Library on Saturday, March 11, it will feature the work of artists, David Crum, Joel Foster and Richard Griggs.

The exhibit has been on hold for quite a while; it first was planned almost three years ago, but was interrupted by COVID-19. Now the artists are getting ready for their long-delayed opening.

Crum, who lives in Millerton, and is self-taught, derives his style from inspirations such as de Kooning, Frankenthaler and Pollock. He allows his paintings to speak for themselves: "They are open to suggestion."

Foster works in large format, possibly a reaction to becoming legally blind in 2008.

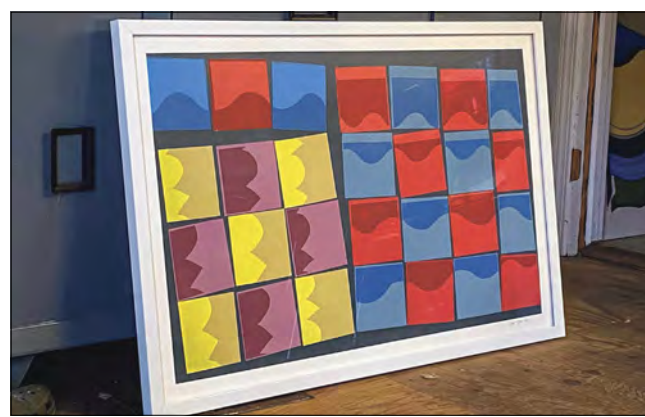


PHOTO SUBMITTED

'The Shape of Color' by Joel Foster awaits transportation to the Hunt Library for the March 11 exhibit opening.

This is a result of a genetic condition called Stargardt disease, which blocks all central vision. As a younger man, he was also a printmaker and fabricated large metal sculptures for public spaces. He painted houses, mostly Victorians, in all their colors.

At his studio in Wassaic, Foster has developed a method of working through his blindness; he uses tape to achieve

the lines and patterns of his works, something he admitted to never doing when he painted houses. Foster works with architectural and abstract forms as well as intricate patterns.

Foster has exhibited expansively, including at RE Institute in Millerton in 2015; the Seti Gallery in Kent in 2011; the Arts Center of the Capital Region in Troy, the New

York State Museum in Albany; and pop-up shows at Open Access Disability in Soho in connection with the Museum of Modern Art. Having attended SUNY Purchase, he also studied under Tal Streeter and Murray Zimilias. He is the recipient of an A.R.T. (Artists Resource Trust) Fund grant from the Berkshire Taconic Community Foundation. He is a member of the Blind Artists Society.

Griggs, of West Cornwall, has worked for more than 20 years collecting used items and instilling in them new life in the form of art. Griggs is a kinetic artist known as the ThingMaker, working under kinetic sculptor Tim Prentice.

The opening will take place from 4 to 6 p.m. with works on display and all three artists available for chatting. For more information, go to www.huntlibrary.org or call 860-824-7424. The show will run through Friday, March 31.

Takeout corned beef dinner to be held at Presbyterian Church

PINE PLAINS — The First United Presbyterian Church, 3039 Church St., will host a takeout-only corned beef and cabbage dinner on Saturday, March 18. The menu includes corned beef, cabbage, boiled red potatoes, glazed baby

carrots, Irish soda bread, and dessert. The cost is \$17 per dinner and pick-up is from 4:30 to 5:30 p.m. Reservations are required and can be made by calling Jeanne at 518-398-5247 or emailing Dyan at dyanwapnick@optimum.net.

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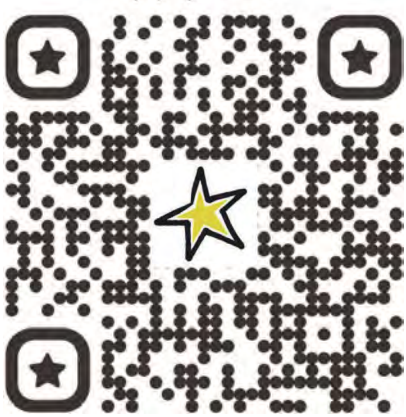
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