

# CAMPUS NEWS

College  Paper



## Beginning of her dream

### From Colombia, a student finds her path via community college

Campus News met Juanita Herrera, an 18-year-old freshman at LaGuardia Community College, who arrived in the US from Colombia, South America, with her family a year ago.

She, her parents and her brother have immigrated legally, and are attempting to live out the American Dream.

Juanita told Campus News of their journey to citizenship. But while Juanita had to leave all her friends and her entire life in Colombia behind, she has no regrets.

**Please read more starting on page 30**



## Summer day tripping

From balloon festivals to car shows to Pride gatherings and more, we present several day trip and weekend options for travel Upstate this summer. Even the Belmont Stakes will be raced Upstate this summer.

Why not do a little road or bus trip and check out some of these events? Our pages are chockful of fun happenings to help you wind down as final exams are now in your rearview mirror!

**Please read more starting on page 6**



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# Welcome to the summer time issue!

This publisher of the paper is trying to squeeze in a vacation. That doesn't mean the presses will stop, but we're running fewer pages than last time, and can't fit in all of the items we normally do due to time and space constraints.

But everyone's entitled to a break once in a while, right? Including newspaper folks.

If you are one of those people who submit press releases, op-eds, letters and such, and don't see yours here – apologies. They will be in the next issue, if still timely. We'll also put them online meanwhile.

We'll have all of the free non-profit listings back next issue. Just send your releases to [editor@journalandpress.com](mailto:editor@journalandpress.com). Happy to help!

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We also have a daily Substack newsletter with information you can't find here. Just go to [journalpress.substack.com](http://journalpress.substack.com) or scan the QR code on this page. It's written in a fun and breezy way. Lots of pictures, too.

Our goal with this issue is to give you a bunch of day-trip options – events you may want to go to and attend now that the better weather is here.

We also have our usual profiles and some news, too. *Again, though, apologies if we didn't get your press release in this issue!*

–Darren Johnson



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# JUNE 1 PRIDE CELEBRATION

## A place to be yourself

**Darren Johnson**  
*Journal & Press*

A new LGBTQIA+ group called Battenkill Valley Pride has formed, and they will be holding their Inaugural Pride Celebration to “embrace the beauty of love and self-expression in the picturesque countryside of Southern Washington County.”

“Come celebrate everyone’s right to love who they love, to express who they are,” one of the group’s organizers, Jenny Edwards, said. “Battenkill Valley Pride wants everyone to feel pride in themselves and to know they are loved for exactly who they are.”

The event is on Saturday, June 1, hosted and sponsored by Lakota’s Farm, 99 County Route 62 in Cambridge, N.Y. Planned Parenthood is also a sponsor and will table at the event along with many other allied organizations.

The festivities kick off with a 5k Cross-Country Run at 11:30 a.m. and will run along a mapped-out course from Lakota’s, along Route 62 to Dunbar Rd. Check in begins at 11 a.m., kids’ Fun Run starts at 12 p.m., with parental/guardian supervision required.

At 12:30 p.m. the celebration continues with a picnic and party. Food will be available for purchase from Round House Bakery and Tammy’s Ice Cream truck. People may bring their own picnic to enjoy as well.

The atmosphere will be alive with the sounds of live music, and there will be educational and support resource booths, 25+ vendors, children’s activities, a bounce house and much more.

Yo Re Mi will be offering two yoga classes for kids ages 2-10 and their grown ups, and 4 p.m. brings the chance to participate in a 20 drum circle with EarthBeat Music (for-

merly Rural Soul).

The group will also have Jennifer Ballard, an ordained minister, on site to conduct official weddings, vow renewals and commitment ceremonies. Anyone interested in a legal ceremony must apply for a marriage certificate 24 hours before the June 1 event.

Edwards said planning has taken about a year.

“Many from our group enjoyed celebrating LGBTQIA+ and allies with the Cambridge Pride put on by the Committee for Social Justice,” Edwards said. “Battenkill Valley Pride is thrilled to pick up this lovely tradition. What began a year ago as a conversation between two proud parents of LGBTQIA+ youth has now blossomed into what we hope will be an annual event.”

When asked about feedback she’s gotten since announcing the event, Edwards added: “We’ve received an encouraging amount of feedback and support, despite some initial concerns due to the rural area’s potential lack of acceptance towards the LGBTQ community. However, the majority of people have been supportive. We have community members eager to participate, including Assemblywoman Carrie Wornner, who will be attending later in the afternoon.”

As for Battenkill Valley Pride as a group, Edwards said their presence is very much needed here.

“Some members of our group are also involved in the DEI committee at Cambridge School, and there’s a growing need to support youth in the LGBTQ+ community with accessible resources like therapists and lo-



Lakota’s Farm



Jenny Edwards

cal support systems,” she said. “It’s crucial to provide a supportive environment for all students, emphasizing inclusivity and diversity beyond traditional norms. Schools play a significant role in fostering acceptance and preventing bullying.”

She continued: “Indeed, we’re paving the way for inclusivity and acceptance through our organization’s vision and contributions to the community. I’m excited about the progress we’ve made and the support we’ve garnered.”

*Learn more about the event at [lakotaevents.com/battenkillvalleypride](http://lakotaevents.com/battenkillvalleypride), or just stop by on June 1.*



# CAMBRIDGE BALLOON FESTIVAL

## Up, up and away – and a car show, too

The Balloon Festival Committee along with the Cambridge Valley Chamber of Commerce have been busy working to bring this festival to the Cambridge, NY, community once again, celebrating its 22nd festival with some exciting additions.

New this year, you will have an opportunity to purchase a Tethered Ride! Scott Griswold with Above All Balloon Rides will be piloting these rides for \$20/person. You can purchase your tickets at the festival starting Friday night at 5 p.m. Saturday is wristband day at the carnival. Buy a wristband for \$25 and get unlimited rides from 1 to 9 p.m.

Planners are putting together the schedule of activities, which will include four launches of hot air balloons (Friday and Saturday evening and Saturday and Sunday morning). All launches take place at the Cambridge Central School on Route 22 (wind and weather permitting). Evening launches typically occur around 7 p.m.; morning launches at 5:30 a.m.

Besides the launches at the school on Friday and Saturday, there will be a Carnival, Craft Fair and Food Vendors.

On Friday Night at Railroad Park next to Argyle Brewery there will be a Block Party with Music, food vendors and the Pilots Pulled Pork BBQ (\$15 – call or text 518-677-0887 to reserve your tickets today).

Also on Friday evening at dusk will be a

fantastic fireworks display at The Mansion Park on South Union Street.

On Saturday, throughout the day, there are several activities including the Lions car show, the Flying Club flyin, and many businesses ready to welcome you to Cambridge. Saturday evening, an annual Moon Glow, a spectacular night time display of tethered hot air balloons that are lit from inside in time to music, will take place at the Cambridge Central School at dusk. Bring a chair or blanket, come for the launch, enjoy some food, shop at our craft booths and stay for the glow.

Sunday brings an end to the official festival activities with a Pilots Breakfast at the American Legion on RT 22, Cambridge, NY. This is a great opportunity to meet the pilots.

Local organizations augment the festival with activities to entertain crowds between the launches and to showcase the Cambridge community. In and around the Village, activities such as craft fairs, farmers' markets, museum tours, concerts, car show, flyin and gallery events occur.

For information on Cambridge, or the balloon festival, call 518-677-0887, or visit the website, [www.cambridgenychamber.com](http://www.cambridgenychamber.com).

### Car Show, Too

The return of the Cambridge Balloon Festival means the return of the Cambridge Lions Annual Balloon Festival Car Show on June 8. This year's installment has found a new home in the student parking lot at Cambridge Central School. There will be four classes for vehicles, best classic, best muscle, best



truck, and best hot rod. Additional awards include Best of Show, People's Choice, Lions Choice, and Queen of the Show. Queen of the Show is a special category for the registered ladies in the show. Lundgren Subaru of Bennington is the premier sponsor again, with Nicky V's Auto of Clifton Park and Coggins Auto of Bennington as supporting sponsors. The show begins at 10 a.m., registration for the event is \$15 per vehicle, the show is free for spectators; prizes awarded promptly at 1:30 p.m. The Lions Club will have Yushak's Specialty Sweet and Hot Sausage available for purchase, and Lions Club DJ Jim Cypher will provide musical entertainment. The funds from this event will benefit the Lions current Gazebo Restoration Project and the Jim Leone Memorial Scholarship.



# Author finds hometown inspiration

**Darren Johnson**  
*Journal & Press*

I recently saw on social media that Marie Grimmke of Greenwich, N.Y., has come out with a debut novel. It is set in a fictionalized version of this town, but called “Green” instead.

The cover art was done by renowned local artist Jacob Houston, who this newspaper has profiled before, showing me that the book is a serious, well-thought-out effort. I’ve just received a hard copy and will review it in a future issue. It appears to be professionally made and quite intriguing.

“Fall of the Green Witch” is described as “a cozy mystery and a romantic comedy rolled into one. But more than anything, it’s a love letter to small villages, gardens, community, and neighbors.”

Grimmke is a retired teacher who spent 33 years teaching high school English and special education. She is a graduate of SUNY Potsdam and the College of Saint Rose. She has lived in the village of Greenwich for 30 years with her husband, Willy, and together they raised three children.

Here is our conversation:

**What gave you the idea to write this book?**

*In a nutshell, I wanted to write something*



With artist Jacob Houston

*that I would myself like to read. I wanted something that would make me laugh and cry. Something that had a heartwarming message, without being cheesy. And of course, I wanted to write about my hometown, Greenwich.*

*As I wrote, I loved imagining the village of Greenwich in the fall... the brooding, dark sky with warm streetlights; the abundance of fall decorations, especially Halloween decorations; and the cozy feeling of coming indoors into the warmth and light after being outside.*

*It was so much fun to start the novel on Halloween night and end on the first snow of winter with the high school chorus singing “I’ll Be Home for Christmas.”*

**How closely does the setting resemble Greenwich, and how did you find inspiration here?**

*The setting is absolutely the village of Greenwich, and readers will recognize local restaurants, the community garden, St. Paul’s Episcopal Church, the high school, streets and shops, and more.*

*The detective on the Green Witch case is on the FFA float in the Tractor Parade, and the Green Witch is murdered in the community garden on Blecker Street. Nearly everyone slips on the slate sidewalks on Church Street.*

*I should add that this is a work of fiction, and if any characters in the novel resemble people either alive or dead, it is by coincidence. (However, if you’re doubting me, I would encourage you to read the book just to make sure.)*

**So why do you call the setting “Green” instead of “Greenwich”?**

*I thought that “The Fall of the Greenwich Witch” sounded awful. I wanted to play on the idea of “fall,” since the book takes place in the fall. None of the places in my book have their authentic names,*



Marie Grimmke

*so that will be up to you to figure out as you read!*

**What interested you in being an author?**

*Like many authors, I loved to read and think about stories from an early age. When I was a young child, my dad made up stories for my brothers and me at bedtime--just made them up completely out of his head, a different one every night. There were long stretches of my childhood when we didn’t have a TV, but my mother always got us to the library.*

*To this day, I read at least one book a week and I am sending out my sincere thanks to everyone at the post office who must be fed up with having to carry packages of books through the village to deliver to my door.*

**Do you have any more books in the works?**

Yes! I’ve started to research and plan out

**Please read more on the next page**

**(cont.)**

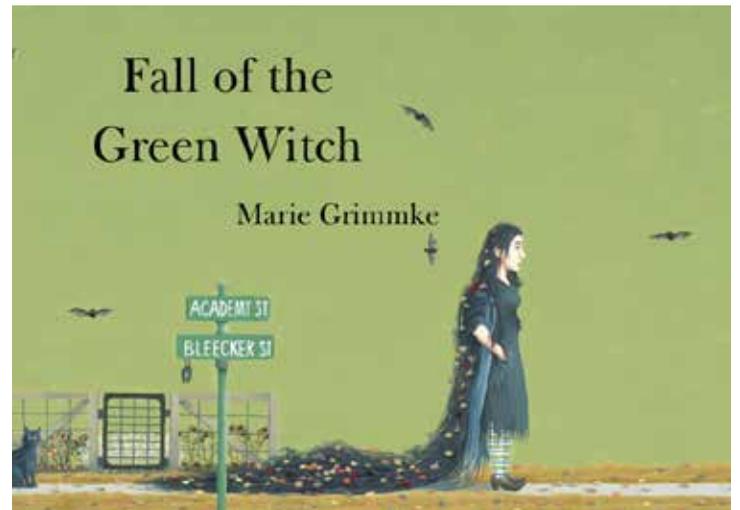
a book on Chester A. Arthur's sister, Molly. She was born in Greenwich and was the acting first lady after President Arthur's wife passed away. Many of the same characters from "Fall of the Green Witch" will be in my new book, including Bernie and Eric. Stay tuned. I'm tentatively naming it "Winter of the Green Ghost," because as you may have guessed, this book will take place during winter (in Greenwich, of course!)

**Anything else you'd like to add?**

I want to publicly thank Jacob Houston, who made the Green Witch come to life. As soon as I started writing the book, I knew

Jacob would be the perfect artist to design my cover. I can't even imagine the book without his design. It's just perfect. Jacob's mom, Claire Houston, came to the rescue to help navigate the details of Jacob's art with my publisher. I am deeply indebted to both of them, not only for their expertise, but for their unflinching and kind support of my project.

Lastly, I'm so grateful to the shops and restaurant that are carrying my book. The Country Peddler and Wallies' Mercantile took a chance on me, an unpublished author. Battenkill Books included me on the website, gave me some great advice, and found a place on their shelves right away. This little bookstore will mail



out a book to you, if you live too far away to browse their shop in person. Thank you to all of you!

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## Shame on me!

**Sue Clark, M.Ed.**

*Special to This Newspaper*

Shame on me! I've lived in Schenectady County for decades, and had never visited my alma mater, SUNY Schenectady County Community College, for the gourmet dining experience offered to the public through the SCCC Culinary Arts Program. I finally crossed that visit off my bucket list last week, and what a remarkable visit it was!

A SCCC Culinary Arts degree enables graduates to immediately enter their field upon graduation, and many graduates have become star chefs and leaders in their field.

So... here is how the Casola Dining Room gourmet dining experience works. The SCCC Culinary Arts Program announces a Spring and Fall semester gourmet schedule and menu online, with times available for lunch or dinner seating. Reservations can be made online for small parties, but for no more than 6 in a party. Meals are served in the elegant Casola Dining Room as part of the students learning experience. The reservations are limited due to the Casola Dining Rooms limited seating. Don't hesitate in making your reservations, as the Casola Dining Room gourmet dining experience is sold out within days!

What is served you ask? Every week for that given semester, a different world cuisine menu is announced online. You, as the person making the reservation, will have to choose appetizer, entree, and dessert. Have everyone look at the menu and give you their choices for you to call in. Ordering the meals ahead of time, rather than at the table, helps the kitchen prepare only the freshest food available. Wine can be brought in with a \$5 corkage fee per bottle. Dress is casual.

As for the service in the dining room, too much of a good thing can be overwhelming in a learning environment, another reason for limiting the number served. Remember that it's still a student experience. Mistakes will be made, and that is part of the edu-

cation here. My always delightful dining guest, SCCC Culinary Arts alumni Chef Larissa With, (Class of 2017,) explained to me that all students majoring in the School of Culinary Arts have to spend class time in the "real world" of serving guests in the Casola Dining Room. This experience is unique since the students needs are equal to that of the customer there. Chef With also shared with me that her time serving the public was a nerve wracking experience where... let's just say... the wine ended up in places other than the customers glass during Larissa's "real world" shift as a waiter. She said that after her assigned day in the Casola Dining Room, she was able to stay in the kitchen for the rest of the semester, where she felt her skills were best put to use. Her instructor agreed.

As for the gourmet menu, we chose the Asian Cuisine Week for our cuisine choice. Other cuisine choices during the semester included Greek, Italian, United Kingdom, Spain, and more! We ordered Curry Udon Noodle Soup, and Gua Bao Pork for appetizers, Ginger Scallion Noodles, and Gochujang Beef Bulgogi Bowl, for entrees, and to die for Sticky Rice and Mango Parfait, and Dojima Roll, for dessert.

Take it from me – it was all delicious. The white linen table cloth, shining silver, water glasses immediately refilled, inquiries into our dining needs; the service was also impeccable.

Sound like a great experience? Reservation questions can be directed to Ann Shattuck at [shattual@sunysccc.edu](mailto:shattual@sunysccc.edu), or call 518-381-1325.

I plan to go back, as the Casola Dining Room is right in my backyard. I can now



say that I've been to the Casola! No more "Walk of Shame" for me!"

And congratulations to the faculty, professors, instructors, and the Culinary Arts Class of 2024! A job well done.

*Sue Clark is a freelance writer and photographer.*

# Belmont trots up to Saratoga Springs

Belmont on Broadway, a multifaceted celebration planned for the week of the 2024 Belmont Stakes Racing Festival, was announced recently by leaders in Saratoga Springs.

It was previously announced that the famous Belmont Stakes, a Triple Crown race, would move Upstate for 2024 because of renovations to the Queens location.

Belmont on Broadway activities slated for June 4 through June 9 include a downtown window decorating contest, a pre-festival event called Embrace the Belmont, The Belmont Gala, HARDY at Saratoga Performing Arts Center, Opera Saratoga's Annual Gala and a free, outdoor concert with headlining act Blues Traveler to take place on Broadway in Saratoga Springs.

This is all in addition to the four-day Belmont Stakes Racing Festival at Saratoga Race Course, which officials see as a historic opportunity to showcase Saratoga Springs and Saratoga County as a major event destination.

Saratoga County Chamber of Commerce President and CEO Todd Shimkus is certain that visitors in town for the Belmont Stakes Racing Festival will be impressed. "Belmont on Broadway is designed to highlight all the attractions that the Saratoga region has to offer. We invite racing fans to explore our outstanding shopping, dining and entertainment scene throughout the whole week of the Belmont, and we hope they will be inspired to return in the future," Shimkus said.

The schedule of events for the Belmont on Broadway celebration was revealed during an announcement event on Wednesday morning at Saratoga Springs City Hall.

Saratoga Springs City Center Executive Director Ryan McMahon shared the details of the kick-off concert with Blues Traveler, which will take place on Wednesday, June 5, the eve of the Belmont Stakes Racing Festival on Broadway in Saratoga Springs. Over an illustrious career, Blues Traveler has played over 2,000 live shows

in front of more than 30 million people, and, in "Run-Around," had the longest-charting radio single in Billboard history, which earned the band a Grammy® for Best Rock Performance by a Duo or Group with Vocals.

The concert will start at approximately 6 p.m. and end at 10 p.m., with a stage on Broadway adjacent to the City Center. Broadway will be closed from Van Dam to City Hall most likely all day Wednesday starting early in the morning to install the stage. Organizers anticipate between 5,000 and 10,000 concertgoers. Further information about opening acts, satellite parking and shuttle options, as well as pre- and post-concert parties will be shared in the coming weeks.

Discover Saratoga President Darryl Leggieri said, "We're very excited that Blues Traveler will headline our Belmont on Broadway celebration! We hope locals and visitors alike will enjoy this free concert along with all the other events scheduled. The Belmont Stakes Racing Festival in Saratoga Springs allows us to showcase the best of our county to visitors from around the world. We're excited to share our award-winning downtown, exceptional hospitality partners, and all the other jewels of our community."

Highlighted by the 156th edition of the Belmont Stakes Presented by NYRA Bets on Saturday, June 8, the 2024 Belmont Stakes Racing Festival will begin on Thursday, June 6 and continue through Sunday, June 9. The four-day Festival at Saratoga Race Course will include 24 stakes races with purses totaling 10.25 million, the highest purse levels and number of stakes offered since the launch of the multi-day



Blues Traveler

Belmont Stakes Racing Festival in 2014.

"Beyond the excitement and energy around a Triple Crown event at the sport's most beloved venue, the Belmont Stakes Racing Festival at Saratoga Race Course will generate important economic impact and drive tourism throughout Saratoga County and the broader Capital Region both this year and in the future," said David O'Rourke, NYRA President & CEO. "Thanks to the hard work of our elected officials and local leaders, Saratoga is ready to deliver a world-class experience for returning fans and newcomers to the region alike. NYRA is thrilled to add a new chapter to the story of thoroughbred racing in Saratoga Springs this June."

Officials expect that hosting the Belmont Stakes Racing Festival at Saratoga will have an economic impact in 2024 of more than \$50 million. The goal is to attract people to the area for the entire first week of June, for this summer, for next year's Belmont Stakes, and for years to come including the 250th anniversary of The Battles of Saratoga, the Turning Point of the American Revolution, in 2027.

More information about Belmont on Broadway is available online at [www.discover-saratoga.org/belmontonbroadway](http://www.discover-saratoga.org/belmontonbroadway).

# Moles in space (cont.)

one school of thought saw the astronauts as merely a backup system.

By 1969, a number of factors led to the cancellation of MOL, first of which was the need to reduce defense expenditures. The “Vietnamization” policies of President Richard Nixon were promising to reduce expenses for a Southeast Asian war which was roiling the home front, becoming extremely expensive in lives and treasure, and was a political liability. A contemporary article cited a Department of Defense employee who said MOL, “... receives a half billion dollars per year and ought to rank dead last on any rational scale of national priorities.” In June, the program was cancelled, which included the special Gemini space capsules which had the ability to dock, the modified Titan III rocket which was to bring it to orbit, and even the extra flexible space suits which would allow movement inside the small Gemini capsules.

The primary legacy of the program was the MOL astronauts, especially those under the age of 35, as seven were transferred to NASA’s astronaut ranks, and each flew as part of the space shuttle program. For instance, Bob Crippen, who, as a young Lieutenant, was part of the second class of MOL astronauts, piloted the first orbital flight of space shuttle Columbia as well as three subsequent flights of space shuttle Challenger.

Was the program a failure? At the time, it would be tough to see it any other way.

But time has a way of bringing things into focus. To fulfill President Kennedy’s 1962 vow, “We choose to go to the moon,” much treasure and energy was put towards the exploring the new frontier of space. In the heyday of the space race in the 1950s and 1960s, every technology step and misstep, every false start, every triumph and trag-

edy led to new discoveries and techniques resulting in subsequent successes such as Gemini, Apollo, and the space shuttle program.

*Lance Allen Wang is an Iraq Veteran and retired Army Infantry officer who lives in Eagle Bridge, NY with his wife Hatti.*



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## Record fair

Music lovers are invited to Greenwich on Saturday June 1st from 12:00 PM to 5:00 PM for a pop-up record fair at 99 Main Street. Off-Track Records of Saratoga Springs, Owl Pen Books of Greenwich, Sweet Side Records of Glens Falls, and record fair purveyor Roundabout Records will all be on hand to sell vinyl LPs of all genres. DJs will spin soul, rock, punk, and more.

# Free summer admission for military, families

The Frances Young Tang Teaching Museum and Art Gallery at Skidmore College will join museums nationwide in the Blue Star Museums initiative, a program that provides free admission to currently serving U.S. military personnel and their families this summer. The 2024 program will begin on Armed Forces Day, Saturday, May 18, 2024, and end on Labor Day, Monday, September 2, 2024. Learn more and find the list of participating museums at [arts.gov/BlueStarMuseums](https://arts.gov/BlueStarMuseums).

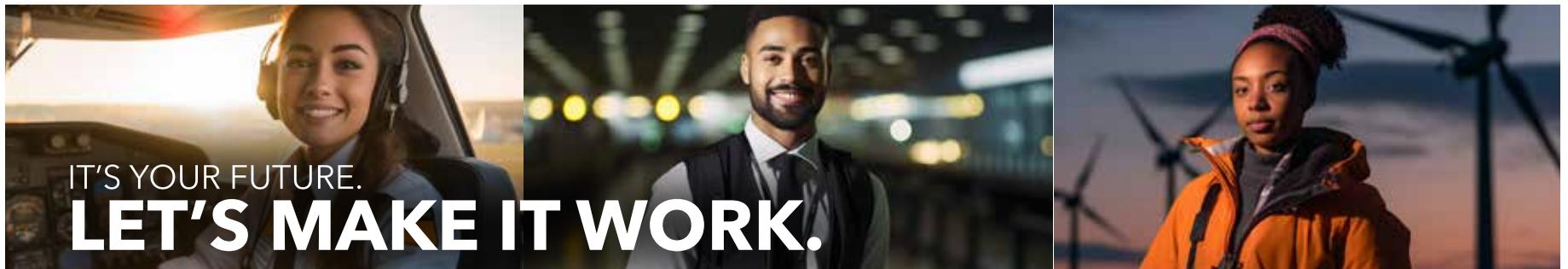
Blue Star Museums is a partnership between the National Endowment for the Arts and Blue Star Families, in collaboration with the Department of Defense and participating museums across America.

“We are grateful to the Tang Teaching

Museum for participating in this summer’s Blue Star Museums program and we hope military families will take this opportunity to create meaningful, lifelong memories,” said Maria Rosario Jackson, PhD, chair of the National Endowment for the Arts. “Whether you are traveling this summer, getting to know a new duty location, or exploring what your community has to offer, Blue Star Museums is a wonderful opportunity to create connection and find inspiration.”

“Military families love Blue Star Museums, and we couldn’t run this program without the National Endowment for the Arts and the museums across the nation who show they care by participating,” said Blue Star Families CEO Kathy Roth-Douquet. “Access to museums enriches mili-

tary families, creates wonderful family memories, and helps us feel connected to our communities so that we can thrive and do the hard job we have to do for the country. I am delighted for us to launch the 14th year of this very special program.”



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# Hey! Listen!

**MaryAnne Brown**  
*Journal & Press*

A colleague of mine, Jane, had a nifty way of engaging people in conversation. Whether she was making a phone call or chatting with someone at the copier, I would often hear her say, “Hey! Listen!” Then she would be off and running with a fascinating tip she learned about health policy or some happy news about a co-worker or a family member. You knew it was worth the time to stop and listen whenever Jane said, “Hey! Listen!”

In my nursing school studies, I had a quaint and brilliant psychology professor, Miss Godek, who taught nursing students for many years. During her interpersonal communication lectures she would emphasize that, as health care professionals, we needed to develop active listening skills and consistently offer deliberative responses during each patient encounter. These were her big phrases that meant we needed to be still and then respond. Perhaps it was her eccentric teaching style or her lyrical voice that captured my attention, but once I had experienced the results by applying her suggested techniques of effective dialogue, I became forever fascinated with the theme of communication.

Books about communication techniques in my library have a section all their own. Growing my skills in how to effectively interact with others has been a lifelong pursuit for me. While reading, studying and training have helped me learn ideas about dialogue, interpretation and understanding others, I must admit that experience has taught me the most valuable lessons about human interaction.

When on duty at the hospital, I noticed that fearful patients facing surgery would grow more peaceful if I stopped to listen and ease their worries by answering their questions reassuringly. Angry hospital visitors would calm once I acknowledged and listened attentively before responding to their

issues. This technique worked quite well even with prickly doctors, administrators or coworkers. During meetings a skilled facilitator invites the input of all participants (even the quiet ones) and counts on this as a valuable practice for hearing many points of view on how to approach and solve problems.

Have you ever been interrupted while telling a story or trying to make a point? Have you been at a gathering only to be silenced by others who take over the conversation, overlooking others and advancing their own thoughts? When talking with someone and they glance at their watch or are distracted and look away, do you suddenly feel insignificant? Although these may not be cardinal offenses, they are insensitive behaviors that can stifle dialogue and harm relationships.

Lately I have been observing how public discourse seems increasingly unrestricted and noisy. Exchanges at family gatherings, club meetings, and visits among friends can be loaded with individuals interrupting one another, talking over each other and devaluing others thoughts and ideas. Panelists on a news broadcast will frequently model this hostile behavior. Actors in movies or television flood us with examples of poor listening and “cool” quotes that go viral. All too often, uncritical viewers may be influenced into thinking that this is suitable communication.

“Will You Not Listen” is a song by Michael Card that emphasizes the wisdom of the ancient prophet Isaiah, a spiritual leader who lived in the 8th century BCE during a turbulent time not unlike our own.

There were uprisings, great military battles and unending political unrest. Yet, Isaiah constantly called for his people to rely on God, resist the call of vain achievements and avoid human plotting for importance. It is said that for Isaiah, “the vision of God’s majesty was so overwhelming that military and political power” were insignificant. Yet, 31 centuries later (yes, I checked the

math), we still fail to listen to one another. Yet, listening is fundamental in helping people feel valued. Indeed, effective listening is the cornerstone to understanding one another, avoiding conflict and mature communication.

Imagine having a conversation of the heart in which we each felt heard, respected and understood. While we may not agree with one another, we would be able to convey our differences to each other without launching into an ugly argument. We would come away with greater awareness of the differences and hold these distinctions fairly.

Listening is a choice. When I’m in a hurry, have other things on my mind, am disinterested, think I have more important ideas, or am judging others, I will choose to listen.

Listening is an art. When I don’t know what to say, don’t understand another’s thinking, or want to move on, I will listen deeply for the right words of a kindly response.

Listening is a gift. When someone is faced with a serious challenge, when their loss is grave, and when their tears fall as they tell me their story, I will listen with compassion and comfort.

Perhaps it is the prompting of my colleague, Jane, or the training of Miss Godek or the urging of Isaiah, but as time goes on, I am learning that when we practice the sacred art of listening, we will experience rich dialogue and deeper understanding. This becomes a special communion of togetherness that is a taste of Heaven and there is no going back. Hey! Listen!

*MaryAnne Brown, RN, BSN, MA is a music minister at St. Joseph’s Church and has a special interest in spirituality and health. She serves on the Retreat Team at Dominican Retreat and Conference Center in Niskayuna and provides grantwriting services.*





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## High GPAs, high honors and awards

*Of course, many college students in our coverage area have received honors of late. These are some of the honors we were notified about. Have one we missed? Send it to editor@cccnews.info.*

### St. Lawrence Dean's List

Norah Niesz from Greenwich has been named to St. Lawrence University's Dean's List for achieving academic excellence during the Fall 2023 semester.

Niesz is a member of the Class of 2027. Niesz attended Greenwich Central High School.

To be eligible for the Dean's List, a student must have completed at least four courses and have an academic average of 3.6 based on a 4.0 scale for the semester.

### Elmira Students Shine

Faith Ingber of Greenwich, NY participated in the 607 Soaring Southern Tier Startup Collegiate Competition organized by IncubatorWorks and earned Third Place.

Styled after the popular show Shark Tank, four Elmira College teams and one SUNY Corning Community College (CCC) team pitched business ideas to a panel of judges, hoping to win prize money.

Elmira College teams earned the top three prizes:

First place (\$5,000) - Russell

Second place (\$2,500) - UniUnified

Third place (\$1,000) - Southern Tier Trails

Two area companies, Siemens and Hilliard Corporation, donated the prize money.

"We want to see our local college students persist to graduation and use what they have learned throughout their undergraduate experience to explore entrepreneurship," shared Ashleigh Madison, Executive Director of IncubatorWorks. "The 607 Soaring Collegiate Competition is a great way for them to do that."

### Intensive Research

Cameron Wian, a member of the class of 2025 majoring in Computer Science and Robotics Engineering at Worcester Polytechnic Institute (WPI), was a member of a student team that recently completed an intense research project titled Exploring the Evolution of Traditional Wood Crafts.

At WPI, all undergraduates are required to complete a research-driven, professional-level project that applies science and technology that addresses an important societal need or issue. About two-thirds of students complete a project at one of the university's 50-plus off-campus project centers, which are located around the world. A signature element of the innovative undergraduate experience at WPI, the project-based curriculum offers students the opportunity to apply their scientific and technical knowledge to develop thoughtful solutions to real problems that affect the quality of people's lives and make a difference before they graduate.

### High Honors at Canton

Lucinda M. Monder of Salem, NY, achieved the highest GPA for their class year in the SUNY Canton Individual Studies program at the 2024 Frederick W. Saburro Honors Convocation.

The annual event is named in honor of a retired, or emeritus, faculty member who taught at the college. Saburro was a lecturer, tutor and faculty liaison for the men's baseball team, who had more than 30 years of experience teaching students with a diverse range of needs and competencies in mathematics.

Monder was one of nearly 200 students to receive an award at the event.

### Sigma Beta Delta Honor

Ellery Mays of Greenwich, NY was one of 13 students inducted into the Elmira College Chapter of Sigma Beta Delta, the International Society for Business, Management, and Administration, during an

induction ceremony on April 2.

The EC chapter of Sigma Beta Delta (SBD) was founded in 1998.

Sigma Beta Delta, founded in 1994, was established to encourage and recognize scholarship and accomplishment among students of business, management, and administration, and to encourage and promote aspirations toward personal and professional improvement and a life distinguished by honorable service to humankind.

Today, there are more than seventy active Gamma Sigma Epsilon chapters throughout the United States. The society is governed by a national executive council of elected officers and meets in biennial conventions for governance, fellowship, and scientific exchange.

### Winning Poster

Emily Cumo of Schaghticoke is one of nine Russell Sage College Honors students who presented research at the 2024 Northeast Regional Honors Council Conference, held in Albany, New York, April 4-7.

Cumo presented a poster titled "How the Human Papillomavirus Affects Men."

### Phi Kappa Phi Honors

Sophia Phillips of Greenwich, New York, was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Phillips was initiated at University of Rhode Island.

Phillips is among approximately 25,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

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**Rebecca O.**  
College of Business Graduate



# Moles in space

Lance Allen Wang  
*Journal & Press*

This has nothing to do with typical Cold War cloak and dagger, and the small animal referenced in the title here is merely the pronunciation of the acronym MOL. America's "Manned Orbiting Laboratory" (MOL) program existed from 1963 until 1969, when competition for funds and leaps in technology saw the (by then) nearly obsolete and vastly overbudget program terminated. But in its short lifetime, the program achieved several firsts, competed with NASA for astronaut trainees, and planted the seeds for later success by NASA with the Space Shuttle program.

MOL's roots lie in the "space race" of the 1950s, which, in the United States was conducted under the auspices of several different agencies, including a significant effort from the United States Air Force. When NASA was formed in 1958, they also absorbed most of the federal funding for space research. The Air Force was allowed to continue the space program that they had in progress at the time, the X-20, an early reusable space plane with clear markers as an ancestor of the Space Shuttle. When the X-20 was cancelled in December 1963, the USAF simultaneously and deftly announced the beginning of the MOL program.

The need for MOL was best illustrated by the Gary Powers U-2 spy plane incident of 1960. High altitude overflights of critical Soviet military infrastructure by Central Intelligence Agency-operated U-2C aircraft produced photographic intelligence with seeming impunity for four years, however, the Soviet fielding of a relatively new surface-to-air missile proved differently. On May 1, 1960, Powers' plane was shot down over the Soviet Union, triggering a major international incident and required a significant diplomatic effort to secure the return of Powers.

To replace the overflights, technology had advanced to the point that satellites in low orbit could take the necessary pho-

tographs. The challenge was in retrieving the film and having the photographs developed and interpreted. Most of the early photo-reconnaissance satellites would literally launch used film in a capsule which would re-enter the atmosphere and then parachute to an aircraft trailing a large net with which to catch it. A few experimental satellites had a limited ability to develop film and then transmit the picture back to a ground station. However, overall, this latter type was considered a failure at the time. No satellite technology at the time was able to make up for the fact that at least half of the photographs they took showed the target obscured by clouds. And no satellite technology at the time would make up the lost time spent waiting for the photographs to be analyzed into useful intelligence.

Enter the Manned Orbiting Laboratory. Seeking to avoid the complications involved in retrieving film, technology constraints in remotely developing the film in space, and the time delay of getting the film to an intelligence analyst's desk, MOL was to be an orbiting platform which took the place of the current generation of reconnaissance satellites. The Air Force, working alongside the National Reconnaissance Office (a government agency whose very existence wasn't declassified until 1992), would launch a modified Gemini space capsule from Vandenberg Air Force Base, California with the ability to dock and offload astronaut/technicians who could rapidly re-aim cameras as needed as well as develop and interpret photographic imagery.

With the approval of the program in December 1963 came the selection process for astronauts, which to avoid confusion with NASA astronauts were designated "MOL Aerospace Research Pilots." However, they were generally referred to as astronauts. There were three groups of astronauts – one group selected annually between 1965 and 1967.



Among the third group of astronauts selected in 1967, was USAF Major Robert H. Lawrence, America's first African-American astronaut.

In the first group selected was Major Michael J. Adams. Major Adams was a Korean War veteran, who flew 49 fighter-bomber combat missions over Korea. In November 1967, while working with the MOL program, he piloted an X-15 aircraft on a test flight past the boundaries of outer space. Unfortunately, an electrical disturbance at 230,000 feet degraded control of the aircraft, and as it began its reentry, the aircraft went into an uncontrolled spin at Mach 5. Adams was killed when the aircraft broke apart, becoming our nation's first casualty in space. He was posthumously awarded the USAF Astronaut Badge.

Among the third group, selected in 1967, was Major Robert H Lawrence Jr., a USAF pilot with over 2,500 flight hours and a PhD in Chemistry. Not only was he among the best qualified, he was also our first African-American astronaut. Sadly, he was killed in a crash in December while training another pilot to conduct steep descent glides – ones of a type which would become critical later, in the Space Shuttle Program.

While the program had great ambitions and aimed to solve a legitimate problem obtaining intelligence on the Soviets, the realities of bureaucracy and economics conspired to derail the program. Major contractors including McDonnell Douglas, General Electric, and Kodak were consistently unable to meet tight deadlines, and the Air Force was forced to balance funding for MOL alongside many other obligations including Strategic Air Command and the Vietnam War. Additionally, as the 1960s continued, remotely operated technology was improving to the point that at least

**Please read more on page 12**

# Adirondack, UAlbany partner

SUNY Adirondack and University at Albany earlier this month announced a dual admission agreement in which students are accepted by both colleges, then earn an associate degree from SUNY Adirondack and transfer seamlessly to UAlbany for a bachelor's degree.



Kristine Duffy and Albany Provost Carol Kim

“This is an exciting opportunity for students throughout the region,” said Kristine D. Duffy, Ed.D., president of SUNY Adirondack. “Now, you can start at SUNY Adirondack, benefit from all the individual attention and support available, then transfer to University at Albany to work on a bachelor's degree with all the skills gained at ADK.”

When applying to SUNY Adirondack, prospective students interested in Associate of Arts (AA), Associate of Science (AS) and Associate of Applied Science (AAS) degrees can indicate interest in University at Albany. When those students complete degree requirements, they are eligible to transfer to a related bachelor's degree program at UAlbany.

“Students deserve a seamless path to complete their degree. With our new dual-admission agreement, the University at Albany and SUNY Adirondack are smoothing the path for students and setting them up for higher education success,” said Havidán Rodríguez, president of University at Albany.

Dual-admission students will receive UAlbany identification cards and be able to use the UAlbany libraries, meet with faculty and advisors, and attend athletics and special events at UAlbany. Participating students who graduate from SUNY Adirondack with a grade point average of 2.5 or higher will be guaranteed acceptance into a corresponding UAlbany program. Student who graduate with a GPA of 3.0 or higher are guaranteed a UAlbany Transfer Merit Scholarship.

“This program will ensure SUNY Adirondack students have the academic advising, financial aid counseling and support they need to successfully complete a bachelor's degree at UAlbany following their completion of an associate degree at SUNY Adirondack,” Rodríguez said.

SUNY Adirondack earlier this month announced a dual admissions agreement with SUNY Plattsburgh at Queensbury. To learn more about dual admissions, please visit [www.sunyacc.edu/college-access](http://www.sunyacc.edu/college-access).

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# Your craft cocktail will be ready in an hour

**Greg Schwem**  
Tribune Content Agency  
Special to This Newspaper

“Good evening, and welcome to The Violet Lily Diamond Club. What can I get you to drink? A White Russian? Well, I could make you that, but here at VLD, we have an extensive CRAFT cocktail menu. May I recommend something a little more bold, edgy and vibrant than the cocktail your parents drank? Great!

“How about an Afghan saffron horchata? It’s made, naturally, with Afghan saffron, green cardamom, vanilla bean, cinnamon, basmati rice, almond, nutmeg and a few other ingredients Noah, our senior mixologist, blended. Trust me, it will be the best Afghan saffron horchata you have ever tasted. I will make the drink right in front of you so you can witness the magic for yourself.

“First, I must pulverize the rice and then strain it through this triple-layered cheese cloth using a copper strainer. Some mixologists would skimp and use a stainless steel strainer, but that could lead to graininess; and, trust me, there is nothing worse than a grainy horchata! Now stand by while I add evaporated and condensed milk and then stick my finger in the mixture, swirl it ever so slightly and then lick it as if I were Gordon Ramsay.

“I’m sorry, I think it needs additional straining.

“There, that’s perfect. Now it must sit for five minutes in this specially designed refrigerator we purchased purely for storing horchata. But this will give me time to shave down these cinnamon sticks using a spice grinder. Plus I need to separate an egg, as I will need the egg white for extra froth.

“By the way, if you’re hungry, we do serve food at Violet Lily. Use the QR code. Also, I probably should have asked, but the Afghan

saffron horchata contains tiger nuts. You’re not allergic, are you?

“Excuse me, I have to run in the back because it appears we are out of vanilla extract.

“OK, I’m back. Thank you for your patience. I know it looks like your drink is almost complete, but it’s not. We’re just teasing you. That’s what we do here at Violet Lily. Every time you think you’re actually going to get your cocktail, we pull it back because there is another obscure ingredient we will be adding. Why are you looking at your watch? Do you have somewhere

to be? Horchatas take a little more time to produce. Heck, we soaked the rice all night just for your sipping pleasure. Please enjoy your loaded nachos in the meantime.

“Pardon me but I must taste again. I’ll use a different finger this time.

“Hmmm, definitely needs more orgeat syrup. And the cardamom needs a few minutes to breathe.

“Now all I have to do is pour everything into this shaker, add a liberal amount of crushed sphere cubes and shake it exactly 375 times. Then I will pour it into this rocks glass and...LIGHT IT ON FIRE. Stand back.

“There, it’s done! But please wait for it to cool. Horchatas are best served icy cold. So, why did we add an open flame to your cocktail? Because now those two ladies at the end of the bar are intrigued and will probably each want one. That’s why we pulverized some extra rice. I just hope we don’t



run out of green cardamom. One time that happened and, oh how I hate to admit this, we had to substitute BLACK cardamom. We got a two-star Yelp review as a result!

“You may now taste it. Isn’t it amazing? Doesn’t it taste EXACTLY like a \$7 White Russian that I could have whipped up in 45 seconds, but ever so slightly different? That’s what I thought.

“That will be \$37.50.”

*Greg Schwem is a corporate stand-up comedian and author of two books: “Text Me If You’re Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad” and the recently released “The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian,” available on Amazon.com. Visit Greg on the web at [www.gregschwem.com](http://www.gregschwem.com).*



**‘I just hope we don’t run out of green cardamom.’**

## Advice for running a small business

**Darren Johnson**  
*Publisher*

We tell people to shop local. But the larger question is — what is a *local* business?

Is it merely any brick and mortar, even if it's just a chain store location?

I'd say, no, that's not a local business, even though it may employ some local people. While those people are indeed paid money and thereby can pay rent here, the business's profits don't really stay here.

I've taken an interest in how small businesses operate — one could say a newspaper is a business of sorts — and sometimes I teach in college business departments, so have been exposed to lots of case studies and entrepreneurial ideas.

I also delve into the newspaper archives all of the time and get to see the big picture timeline of the types of businesses that have succeeded in my town.

Here is what a small business owner should do locally, if they hope for their business to become a beloved institution:

**Have a generosity of spirit and an air of nonjudgment;** accept people at face value until wronged.

**Respect multi-generational locals;** they understand the real language of a town more than a transplant ever could.

But also **welcome the stranger;** if people from outside the area can't feel comfort-

able in a place, maybe even excited about going there, it will never grow. In fact, it will start to fade away.

**Understand transplants;** these are people who choose to live in an area, as opposed to having being born there. They may seem pushy or too fast-moving, but they also are usually the ones investing in improving a local community; for example, by renovating once-shuttered buildings and giving them new life. They can offer hope.

**Give back** — the businesses that don't support local community groups never last long. Local shoppers pay attention to that — is your business's name on sponsorship signs for local sports teams, pantry fundraisers, civic events?

**Marketing** — if your business doesn't market, it doesn't exist. Not in the minds of the public. Ten percent of your budget should go toward paid marketing. And, no, just posting to Facebook is not marketing. It may feel like marketing because you get likes and follows, but how many local startups had fawning social media attention only to shutter a year later? (If you'd like to buy an affordable ad — [click here.](#))

To that end, **be cool on social media.** Try to be above it all. Act professional. Don't get mixed up in all of the negativity in local Facebook groups.

**Embrace criticism** — if things aren't going your way, realize you may be wrong about something and address it. Pearl

clutching gets you nowhere.

**Respect local history and have a sense of place.** Where does your business fit in to the bigger picture? What businesses existed before you that may have been similar? What legacy is your business creating? Think about the aforementioned newspaper archives — how will your business's presence be seen by people reading these archives decades from now?

**Don't appear greedy.** People will notice if your business is a money-grab and shun it. You don't want that reputation.

**But also don't appear desperate.** Price accordingly so that you can survive long-term.

**Be vulnerable when you need to be.** It's OK to post about your trials and travails as a business owner. People want to take that journey with you.

**But it's not about you** — opening a business is about serving a local need. Always make that your mission. Sure, you can insert your personality into the process, but ultimately, if people don't need your widgets, you'll fail.

And, finally, and maybe most importantly, **be a hard worker.** People respect that. You can make the best widgets in the world, but if you're closed three days a week, and your hours on the days you are there are a bit soft, those customers who wanted to care about your business will take your cue and stop bothering.

## FUN & GAMES SOLUTIONS

**Boggle:** BEE ANT FLEA GNAT  
 MOTH WASP HORNET BEETLE  
 TERMITE

**Jumble:** STOMP KHAKI WEEKLY  
 GOALIE – LOW-KEY

Have a cartoon you'd like us to publish? Send it to [editor@cccnews.info](mailto:editor@cccnews.info)!

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A <sub>1</sub>	D <sub>2</sub>	H <sub>4</sub>	I <sub>1</sub>	B <sub>3</sub>	J <sub>1</sub>	T <sub>1</sub>	RACK 1 =	<b>89</b>
S <sub>1</sub>	K <sub>5</sub>	L <sub>1</sub>	A <sub>1</sub>	B <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 2 =	<b>63</b>
F <sub>4</sub>	O <sub>1</sub>	R <sub>1</sub>	G <sub>2</sub>	A <sub>1</sub>	V <sub>4</sub>	E <sub>1</sub>	RACK 3 =	<b>64</b>
P <sub>3</sub>	A <sub>1</sub>	Y <sub>4</sub>	L <sub>1</sub>	O <sub>1</sub>	A <sub>1</sub>	D <sub>2</sub>	RACK 4 =	<b>67</b>
M <sub>3</sub>	Y <sub>4</sub>	S <sub>1</sub>	T <sub>1</sub>	I <sub>1</sub>	F <sub>4</sub>	Y <sub>4</sub>	RACK 5 =	<b>68</b>
PAR SCORE 275-285							TOTAL	<b>351</b>

B	I	S	Q	U	E	H	I	G	H	A	R	T	
O	B	T	U	S	E	R	E	D	R	I	V	E	R
I	S	R	A	E	L	A	B	E	A	C	O	D	E
L	E	A	N	S	A	B	B	A	S	W	O	K	
S	N	I	T	E	M	B	A	S	S	Y			
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S	C	H	M	O	O	Z	E	C	O	U	L	E	E
O	U	T	L	I	N	E	M	O	O	N	P	I	E
B	L	U	E	S	Y	R	A	T	T	A	I	L	S
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	P	U	R	I	S	T	S	L	E	F	T		
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C	O	K	E	Z	E	R	O	E	B	I	K	E	S
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A lot of times when businesses fail, the owner blames the community for not supporting them. And, yes, we all should do a better job at supporting truly local businesses — but a business owner also needs to look within. Did you really give it your best effort? Follow the tips above to improve your odds — and thank you for helping keep our Main Streets alive!

## THROUGH THE DECADES

# Learn Latin and Greek for \$7.50

Here's our regular look at articles that appeared in the various editions of *The Journal & Press* from decades past...

### 180 Years Ago

May 23, 1844

**UNION-VILLAGE ACADEMY.** This Institution has been placed under the charge of Horace Sprague, A.M. as Principal, who will be aided in the business of instruction, by well qualified assistants.

The Academic Year is divided into three Terms of 15 weeks each, the several Terms commencing on the first Tuesdays of January, May and September, respectively.

The rates of Tuition are:

For Latin and Greek, \$7.50 per term

Higher English branches and Mathematics, \$6.25

Common English branches, \$5.00

Extra Branches:

Drawing, Painting, and Em-

broidery, \$4.00

French, \$4.00

Music, \$3.00

Use of Piano, \$2.00

An additional charge of twenty-five cents will be made to meet the expense of fuel, damages, etc.

Students will be charged for the whole Term, or from the time they enter, if after the second week. ... Teachers who are desirous of attending a portion of the Fall Term, previous to engaging in schools for the winter, will be received for an indefinite period on the footing of students of the higher English branches, and at a charge not less than half the Term.

### 140 Years Ago

May 29, 1884

At Fall River, Mass., the strike is over. The end of the present week will find all the striking spinners at work again, if they can find work in the city. The strikers have lost 16 weeks' wages and spent from \$10,000

to \$15,000, the accumulation of four years, and \$10,000 more contributed by sympathizers. Many strikers, who now decide to return to work, find their old places filled. Those who have made themselves obnoxious find it impossible to procure their old places and it is difficult to find new ones. The loss in wages has been over \$200,000, and falls directly upon the merchants of the city; and business has received a severe blow.

### 100 Years Ago

May 28, 1924

While Driving in his automobile in Troy Sunday afternoon, John F. Cary, who lives on the Cambridge road, struck a woman carrying a child in her arms who stepped in front of the car. The child was killed and the woman suffered injuries, which were not considered to be serious. ... The victim of the accident was William Shoemaker, three-year-old son of Mr. and Mrs. Michael Shoemaker. His sister, Miss Mildred Shoemaker, twenty-six-years old, was carrying him across the street when the accident happened. ... Mr. Cary had driven his car for several blocks behind a trolley car, stopping each time the trolley did. On reaching the corner of Ferry street, the trolley car made a more extended stop. Two or three cars behind Mr. Cary pulled out and went past, and he followed them. He was proceeding slowly when the woman carrying the child stepped directly in front of his car.

**Opera House,**  
GREENWICH.  
**MAY 29, '84.**  
**Camilla Urso !**  
THE GREAT VIOLIN VIRTUOSO.  
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SOPRANO.  
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**Prof. Wm. - Mason Evans,**  
HUMORIST AND DRAMATIC READER.  
**FREDERICK LUER,**  
DIRECTOR.  
**TICKETS 75 AND 50 Cts.**  
Seats on sale at Telegraph Office, commencing  
Tuesday, May 29.  
Ads from 100 years ago

### 40 Years Ago

May 31, 1984

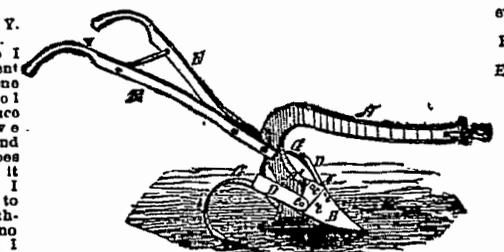
The death of Jane W. Tefft Sunday marks the end of yet another era for the Greenwich community. Over four decades she was associated with *The Greenwich Journal* and *The Salem Press* newspapers and her influence was reflected in their columns.

She became editor in 1948 following the death of her father, Grant J. Tefft, and served in that capacity until her retirement in 1976.

During 42 years of journalism she took the trust placed in her seriously and never shirked the responsibilities placed upon her.

-Compiled by Darren Johnson

**W. EDDY & SONS,**  
**STEEL SHOVEL PLOW With Patent Cultivator Attachment.**



EAST JEWETT,  
Green Co., N. Y.  
May 1st, 1884.  
Two years ago I bought of the agent of East Jewett, one of Eddy's steel shovel plows; since that time I have covered, hoed and dug all my potatoes with it. I think it indispensable. I would not try to raise potatoes without it; there is no shovel plow that I

over saw equal to it.  
HENRY WINTER,  
East Jewett,  
May 1st, 1884.

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*Prof. Darren Johnson's*

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- Learn the practical aspects of **creating physical publications in the digital age**
- Pullout sessions offer some neat Journalism lessons related to **Photoshop and AI**

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The job's pretty straightforward – read and understand this paper. Get excited about it. Believe in its mission. And then contact businesses that would benefit by being in front of our audience. You'd present them the rates, wheel and deal a little bit, help them get their creative juices flowing and come up with a design per our page specs, get us that ad and maybe gently needle them if they take too long to pay. A good amount of emailing and sometimes a phone call. That's about it. Think you can do this? Contact [editor@cccnews.info](mailto:editor@cccnews.info) to inquire. Please do!

## Learn HVAC/R this summer

SUNY Adirondack this summer will offer a six-week training program for heating, ventilation, air conditioning and refrigeration.

HVAC/R Fundamentals Bootcamp will run June 11 through Aug. 29, with classes from 6 to 9 p.m. Tuesdays and Thursdays at UA Local 773 Plumbers and Steamfitters' facility at 37 Luzerne Road in Glens Falls.

The course, which will be taught by Bjorn Decker of BPI Mechanical, will provide a solid technical foundation. Content will include electrical skills; refrigeration; principles of thermodynamics; pipe sizing and fitting; wiring schematics; use of HVAC gauges; compressors; heat exchangers; electrical motors, controls and switches; brazing and soldering; and more.

The HVAC/R Fundamentals Bootcamp program costs \$1,599 per person. SUNY Adirondack is offering scholarships to help cover the cost of the program on a first-come, first-served basis. To learn more, contact [conted@sunyacc.edu](mailto:conted@sunyacc.edu) or 518-743-2238.

## A podcast about newspapers

Ever wonder how this newspaper is made, and all of the journalistic decisions that come with managing a newspaper? Then listen to publisher Darren Johnson's Weekly Newspaper Podcast.

You can find it on your favorite podcast app or go to [WeeklyNewspaperPodcast.com](http://WeeklyNewspaperPodcast.com).

Johnson mixes talk about the business of small-town newspapers with national journalism trends, often using his hometown The Journal & Press as an example, as well as his independent college paper, Campus News.

Johnson is also a Visiting Professor of Multimedia Journalism at Massachusetts College of Liberal Arts.

# Using your library card for viewing

Sarah Murphy

*Special to Journal & Press*

When it comes to television, there's a lot of high stress content out there. "Succession" owes as much to the tragedies of Shakespeare as to the deeply deranged state of contemporary media, business, and politics. Modern soaps like "The White Lotus" are sumptuously shot vacation bombs full of deeply horrible people making deeply horrible choices. Both are smartly written and superbly acted, and neither bothers with happy endings or the idea that justice exists. Larry David's "Curb Your Enthusiasm" just completed twelve seasons (over 24 years – this entire century!) of unforgivable behavior. I deeply love all three of these series. Maybe we enjoy anti-heroes and cringe makers in serial television because within every episode a rehabilitation is offered or a moment of vulnerability is revealed. We don't want these people to change, not really, but we delight in the prospect that this time they might. Films are different, and only get one arc; there is no next time. It can feel pleasant to walk away from a movie thinking that these people I just spent time with, they may not be perfect, but they're going to be okay.

These two 2023 films (available to stream on Kanopy or to borrow in DVD format) are terrific examples of mood-driven dramas featuring characters you'll root for. While

neither film plays in happy-ending tropes, both will make you feel that the characters featured—all of whom feel like real people experiencing real things—will be okay.

"**P a s t Lives,**" written and directed by Celine



"Past Lives"

Song, was rightly loved by critics and nominated for several Oscars. Song is a Korean-Canadian playwright who lives in New York City with her writer husband. Greta Lee plays Nora, who shares Song's brief bio. Nora, whose Korean name is Na Young, departs Korea with her family at age 12, leaving behind a best friend and first love, Hae Sung. Years later, they reconnect via Facebook and remain in and out of touch as Nora completes graduate school in New York, begins her career as a writer, and meets and marries her husband. Early in the film, Nora's mother explains the family's choice to immigrate, "If you leave something behind, you gain something, too." It's the film's simple thesis. What is left behind exactly and what is gained is largely a matter of memory, chance, and choice. When Nora and Hae Sung reconnect, they do so through a glitchy Skype connection, apt for a relationship that is there and not there, real and not real, founded on hazy memories. Years later, Hae Sung comes to New York City and spends a few days with Nora and her husband Arthur, who is white. Another film might have presented the reunion as either hopelessly disappointing or charged with desire. Instead, this reunion is authentically tender, a little awkward, and ultimately changes neither the past nor the future, but makes both more vivid, more real. The film's first goodbye, in Seoul, is brutal in its brevity, consisting only of "Hey," "What?" and "Bye." The final goodbye has just a little more dialogue and leaves the viewer, or at least, this viewer, gasping for air. But there can be no doubt: these three will be okay.

"**You Hurt My Feelings**" slipped more quietly through the year's film releases, but, like "Past Lives," it was produced by A24 and also features a small cast and a story more concerned with character than plot. Written and directed by Nicole Holofcener, Julia Louis-Dreyfus stars as Beth, a semi-



"You Hurt My Feelings"

successful writer trying to get her second book published, and Tobias Menzies is Don, her psychiatrist husband. Their relationship of over two decades (their son Eliot is 23) is refreshingly solid. "We're so lucky," they tell each other, and we believe them. They are nothing like the couple seeking treatment from Don, played to great comic effect by David Cross and Amber Tamblyn, who seem truly to hate one another. But all this is put at risk when Beth overhears Don criticizing her new manuscript. Despite what he's told her, he doesn't think it's good. Beth's professed despair is not that he dared to critique her work, but that he lied to her. The film wisely examines the lies we tell ourselves and the people we love in the name of support. The characters are all questioning their own career and creative skills and none of them are able to truly evaluate their loved ones, but should that stop them—stop any of us—from being a cheerleader for those they care about? "You Hurt My Feelings" is charming and funny and it's a pleasure to spend a little time with a couple who may not be perfect, but who will almost certainly be okay in the end.

These and other great films, documentaries, TV shows and children's programs are available to stream on Kanopy; just log in with your library card. Or, visit your local library and browse the collection of DVDs.

*Sarah Murphy is director of the at Greenwich Free Library in Greenwich, NY.*



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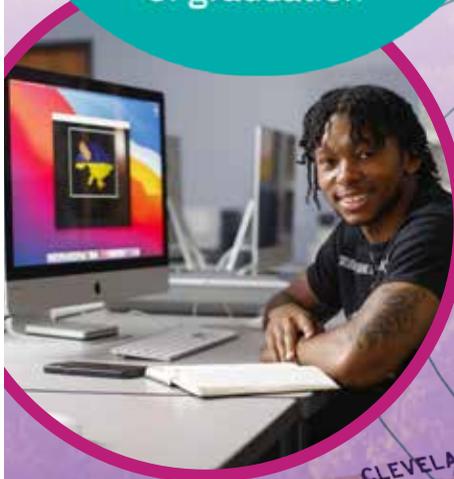
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# FUN & GAMES

## More Word Play Answers Page 21

**SCRABBLE** G<sub>2</sub> R<sub>1</sub> A<sub>1</sub> M<sub>3</sub> S<sub>1</sub>

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A<sub>1</sub> I<sub>1</sub> I<sub>1</sub> B<sub>3</sub> T<sub>1</sub> D<sub>2</sub> H<sub>4</sub> Triple Word Score RACK 1

A<sub>1</sub> E<sub>1</sub> I<sub>1</sub> L<sub>1</sub> S<sub>1</sub> B<sub>3</sub> K<sub>5</sub> RACK 2

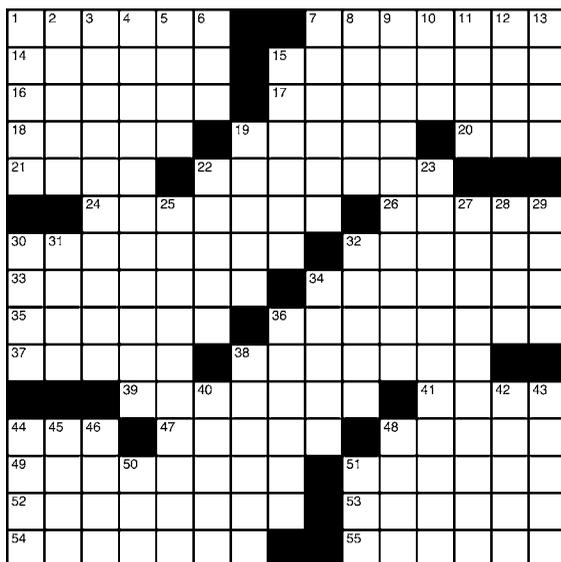
A<sub>1</sub> E<sub>1</sub> O<sub>1</sub> V<sub>4</sub> F<sub>4</sub> R<sub>1</sub> G<sub>2</sub> RACK 3

A<sub>1</sub> A<sub>1</sub> O<sub>1</sub> Y<sub>4</sub> D<sub>2</sub> P<sub>3</sub> L<sub>1</sub> 3rd Letter Double RACK 4

I<sub>1</sub> Y<sub>4</sub> Y<sub>4</sub> F<sub>4</sub> S<sub>1</sub> M<sub>3</sub> T<sub>1</sub> RACK 5

PAR SCORE 275-285  
BEST SCORE 351

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN



## The Crossword

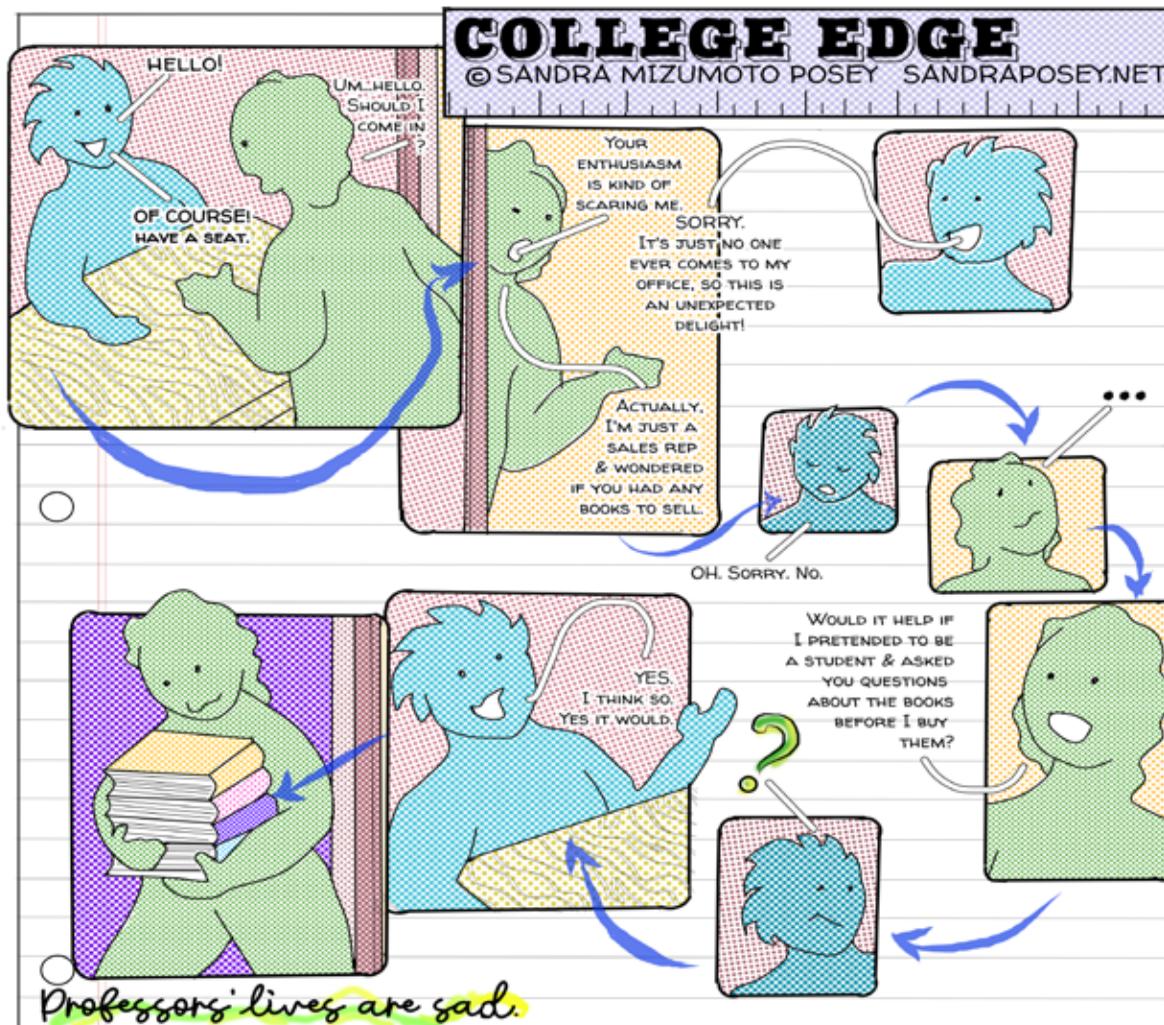
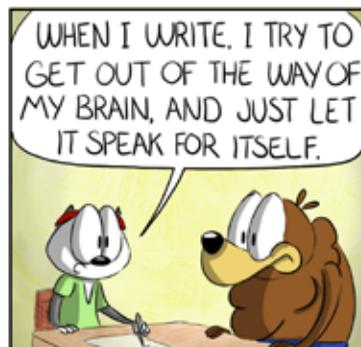
### Across

- 1 Stock option in a seafood business?
- 7 Works for literati
- 14 Rather dense
- 15 Waterway dividing two sides of a college football rivalry
- 16 Knesset country
- 17 Digits in parentheses
- 18 Isn't quite neutral
- 19 Signer of the first of the Oslo Accords
- 20 Pad kee mao pan
- 21 Huff
- 22 One of many on Massachusetts Avenue in D.C.
- 24 \_\_\_ machine
- 26 Dappled horses
- 30 Chat
- 32 Washington's Grand \_\_\_ Dam
- 33 Webinar's first slide, often
- 34 Treat traditionally paired with RC Cola in the South

### Down

- 35 Like Robert Johnson's music
- 36 Styling combs
- 37 Fifth-century bishop in Ire.
- 38 Tempts
- 39 Grammar police, e.g.
- 41 Took off
- 44 Help for a broken-hearted BFF
- 47 Some IRAs
- 48 Bass kin
- 49 "OK, sure"
- 51 Ancient Roman province now part of modern 16-Across
- 52 Diet option in black cans
- 53 Motorized rides
- 54 Zen harmony
- 55 Can't stand

## Filbert by LA Bonté



- Down
- 1 Sanitizes, perhaps
- 2 Playwright called "The Father of Realism"
- 3 Truthfully
- 4 Dramatic advance
- 5 Exploits
- 6 London's \_\_\_ Pie Island
- 7 Ancient physician's reference book
- 8 Bean sprouts?
- 9 Bottom-up, in a way
- 10 "\_\_\_sunt dracones": line on an ancient globe
- 11 Profess
- 12 Take from the top

- 13 Long haul
- 15 Raucous crowd
- 19 Floor
- 22 Magazine whose archive was purchased by a consortium that includes the Smithsonian
- 23 "Bingo"
- 25 Keep from cracking, perhaps
- 27 Yellowstone, for one
- 28 Good name for a knight?
- 29 Dates
- 30 Breaks down
- 31 Unorthodox sect
- 32 Pigeon holes
- 34 Trading places

- 36 Try and reach quickly
- 38 Shampoo buys
- 40 Spa wear
- 42 Hurries toward safety
- 43 Brown bread
- 44 Onetime producer of Magna Doodle
- 45 "Sex on Fire" Grammy winners Kings of
- 46 Candle holder
- 48 Pyrite crystal, at times
- 50 Female lobster
- 51 Abbey's husband on "The West Wing"

# LEGAL NOTICE

## **NOTICE OF ANNUAL MEETING, BUDGET VOTE AND ELECTION**

### **ARGYLE CENTRAL SCHOOL DISTRICT COUNTY OF WASHINGTON, NEW YORK**

NOTICE IS HEREBY GIVEN, that a public hearing of the qualified voters of the Argyle Central School District, Washington County, Argyle, New York, will be held in the school library in said District on Tuesday, May 14, 2024 at 7:00 PM, E.D.S.T., for the presentation of the budget. The budget will be available for review on May 7, 2024 at the Argyle Central School.

NOTICE IS HEREBY GIVEN, that the annual meeting of the qualified voters of the Argyle Central School District, Washington County, New York, will be held in the atrium of the Argyle Central School in said District on Tuesday, May 21, 2024 at 8:00 PM, E.D.S.T., for the transaction of such business as is authorized by the Education Law.

AND FURTHER NOTICE IS HEREBY GIVEN that said vote and election will be on Tuesday, May 21, 2024 between the hours of 12:00 PM (Noon) and 8:00 PM, E.D.S.T., in the atrium at Argyle Central School, at which time the polls will be opened to voting by ballot upon the following items:

1. To adopt the annual budget of the School District for the fiscal year 2024-2025 and to authorize the requisite portion thereof to be raised by taxation on the taxable property of the District.
2. To elect one (1) member of the Board for a five (5) year term commencing July 1, 2024 and expiring on June 30, 2029 and to succeed David Holck, whose term expires on June 30, 2024.
3. To appropriate monies to the Argyle Free Library and to authorize the requisite

AND FURTHER NOTICE IS HEREBY GIVEN that a copy of the statement of the amount of money which will be required to fund the School District's budget for 2024-2025, exclusive of public monies, may be obtained by any resident of the District during business hours beginning Tuesday, May 7,

2024 at the Argyle Central School.

AND FURTHER NOTICE IS HEREBY GIVEN that petitions nominating candidates for the office of member of the Board of Education shall be filed with Clerk of said School District at her office in the School, not later than Monday, April 22, 2024, between 8:00 AM and 4:00 PM. Each petition shall be directed to the Clerk of the District and shall be signed by at least twenty-five (25) qualified voters of the District, must state the name and residence of the candidate and shall describe the specific vacancy for which the candidate is nominated, including the length of the term of office and the name of the last incumbent.

AND FURTHER NOTICE IS HEREBY GIVEN that applications for early mail and absentee ballots will be obtainable and are returnable no earlier than April 22, 2024 between the hours of 8:00 AM and 4:00 PM Monday through Friday, except holidays from the District Clerk. Completed applications for early mail and absentee ballots must be received by the District Clerk at least seven (7) days before the election if the ballot is to be mailed to the voter (May 14, 2024), or the day before the election, if the ballot is to be delivered personally to the voter (May 20, 2024). Early mail and absentee ballots must be received by the District Clerk not later than 5:00 PM, prevailing time, on Tuesday, May 21, 2024.

A list of persons to whom early mail and absentee ballots are issued will be available for inspection to qualified voters of the District in the office of the District Clerk on and after May 1, 2024 between the hours of 8:00 AM and 4:00 PM on weekdays prior to May 21, 2024, the day set for the election, and said list will be posted at the polling place(s) at the election. Any qualified voter present in the polling place may challenge the acceptance of the ballot of any person on such list, by making his/her challenge and the reasons therefore known to the Inspector of Election before the close of polls. A challenge against an early mail ballot cannot be based on the reason

that the voter should have obtained or applied for an absentee ballot.

The Education Law makes special provisions for absentee voting by "permanently disabled" voters of the District and any questions regarding these rights should be directed to the Clerk of the Board.

AND FURTHER NOTICE IS HEREBY GIVEN that the Education Law provides special provisions for absentee voting by "military" voters of the District. Military voters may elect to receive a military ballot application and military ballot by mail, email, or facsimile. The military voter must, however, return his/her original military ballot application and military ballot by mail or in person. The Clerk of the Board shall transmit the military voter's military ballot in accordance with the military voter's preferred method of transmission not later than 25 days before the vote, April 26, 2024. The Clerk of the Board must then receive the military voter's military ballot by mail or in person not later than 5:00 PM on the day of the vote.

AND FURTHER NOTICE IS HEREBY GIVEN, that the qualified voters of the School District shall be entitled to vote at said annual vote and election. A qualified voter is one who is (1) a citizen of the United States of America, (2) eighteen years of age or older, and (3) resident within the School District for a period of thirty (30) days next preceding the annual vote and election. The School District may require all persons offering to vote at the budget vote and election to provide one form of proof of residency pursuant to Education Law 2018-c. Such form may include a driver's license, a non-driver identification card, a utility bill, or a voter registration card. Upon offer of proof of residency, the School District may also require all persons offering to vote to provide their signature, printed name and address.

**KIMBERLY HUMISTON, CLERK OF THE  
DISTRICT  
ARGYLE CENTRAL SCHOOL DISTRICT**

# It's time we talk about how to use AI ethically in college

Jana Rojas

*Special to Campus News*

I've seen many students use ChatGPT for classwork. I've used it too to give me ideas on how to start an essay or to summarize chapters when I was too lazy to read 50 pages of a book I know I won't use in the future. I've also used it to build study guides for exams. Generative AI tools like ChatGPT can be efficient and beneficial if it is used correctly. But, unfortunately, misuse is rampant too.

Every time I ask my friends if they understood lectures or the homework assigned, the conversation usually goes, "Just use Chat GPT, that's what I did." My friends and I have become so reliant on AI to help us with work that I don't even use Google anymore. That's how far I've come to trust an AI, even when I know I shouldn't because AI isn't always 100% accurate with its answers. Even AI says not to trust some sources and to always do your own research.

AI has started to make its way into our society more and more, especially in the classroom. A lot of students use it for both positive and negative reasons, not only in classrooms but also on social media, where many can't tell the difference between AI-generated and authentic videos. It is now becoming part of our lives and we need to start figuring out how to work with it in a positive way, and learn to adapt to the rapid growth of AI.

The widespread use of AI and its potential to replace human work and thought prompt hard questions. Is it fair? Should it be allowed? To what extent should it be used?

On the dangerous side, AI programs like ChatGPT use other people's work to find the answer to your question, which, essentially, is plagiarism. The problem with this is that students are using it for all the wrong reasons. They use it to write English papers, and they copy and paste whatever

**'The increased use of AI creates both ethical dilemmas and new possibilities for college classrooms. We need to face them.'**

ChatGPT generates. This causes 100% plagiarism where the students end up failing, and they become more reliant on technology to do their work. Furthermore, at Queens College and all CUNY colleges, submitting someone else's work as your own is considered cheating.

The increased use of AI creates both ethical dilemmas and new possibilities for college classrooms. We need to face them.

I personally love that anyone can use AI. It is open for anyone, and it can be used easily. It's an amazing tool, but I really wish AI was more of a trusted source with accurate data, and I wished it adhered to ethical practices.

I've used Chat GPT more times than I can remember, and I'd argue that most of these have been responsible. I've used it so that it can teach me some of the lectures from class that I either didn't comprehend or because I missed the lecture and I needed an in-depth explanation. For me and I believe for many students, though I can't speak for all, ChatGPT gives assistance like a tutor. It's available 24/7, and you can ask it as many questions as you'd like. I find that very beneficial if used ethically.

But AI chatbots can prevent students' authenticity and creativity. Teachers will need to learn new skills regarding the use of AI, update their rules for the use of the technology, and determine how to prevent its abuse.

AI tools that teach students can even replace human teachers, which raises even more ethical dilemmas.

Some college professors are advocating for there to be AI literacy classes so that students are better educated on these issues. There are also workshops that are being offered for older generations to learn how AI works and how they can use it. They are worried about its potential drawbacks for education.

I have seen many professors speak against the use of AI in classrooms. The older generation tends to be more biased about this problem and leans towards banning AI as a whole. Some are open to it though, especially the younger professors. Some in the education system seem to think that AI could have a good outcome if used properly. Professors can use it to grade work and free up more time in their day.

However you feel about generative AI tools, it's important to stay up to date with these new technological advances. Many universities and colleges offer boot camps to learn and leverage AI in your life.

Like it or not, AI is here to stay, and we shouldn't just ignore its problems. We need to face them and talk about them more because AI is part of our lives, and we should use it ethically and to the best of our ability.

*Janna Rojas is a junior at Queens College studying advertising. She is an intern at the CUNY Graduate Center.*



# From Bogotá to LaGuardia

**Dave Paone**  
*Campus News*

For the past few years, a hot-button issue in the US has been immigration – specifically illegal immigration – and with 2024 being a presidential election year, the issue is key for a majority of the electorate.

Campus News met Juanita Herrera, an 18-year-old freshman at LaGuardia Community College, who arrived in the US from Colombia, South America, with her family a year ago.

She, her parents and her brother have immigrated legally, and are attempting to live out the American Dream. Juanita told Campus News of their journey to citizenship.

## Beginnings

In Colombia, Juanita's father was an economist and her mother was an accountant, both with college degrees.

Just as the US has three social classes (upper, middle and lower), Colombia has the same but with six levels within those three classes.

Numbers one and two are lower, numbers three and four are middle and numbers five

and six are upper. Juanita's family was a four, making them solidly middle class.

It was during time her parents spent working in the US that her older brother was born in 2000. They soon returned to Bogotá, the country's capital.

## Stereotypes

For many Americans, everything they know about Colombia they know from the movies. Therefore they think the only industries in the country are cocaine and coffee.

"In other years, it was very common to see cartels in different parts of Colombia, but now this is not like that. It's not like in the movies," Juanita told Campus News.

She added that the drug trade still exists, but there are no longer kingpins such as Pablo Escobar.

"We're not proud of that being part of our history," she said.

As for coffee, "I think it's one of the main products we export," she said. But just as the cobbler's children go shoeless, many Colombians wind up drinking instant coffee.

"We end up not caring that much about the good coffee that we export and then the other countries are the ones enjoying it the most," she said.

## Making the Move

Juanita's parents first mentioned relocating to the US only a year before they

left. "It was kind of fast," she said.

Just as immigrants to the US have done for centuries, Juanita's parents made the move for better opportunities the country offers.

"I love Colombia. It's a pretty country - it's a beautiful country, beautiful people - but it may be really hard to find opportunities there," she said.

"Sometimes you can have your degree and everything, and study in a good college, but when you graduate it's hard to find a job."

When her brother graduated high school at 17 years old, he moved to the US on his own. Since he was born here, that makes him a US citizen.

As a US citizen with a residency in the country, this made it easier for the family to join him. However, Juanita said there was still "a whole process" that took about two years.

Additionally, Juanita is here on a student visa and she needs to be enrolled in college full-time to keep it current.

As with any governmental department, there's endless bureaucracy and forms to fill out. An immigration lawyer is not cheap so her parents applied on their own.

After an eight-month wait for a response, they were told there was a missing form, which delayed the process for another eight months.

Her parents need to be residents for five years before they can apply for citizenship. "And then for me it would be a little longer," she said.

## "Starting From Zero"

Juanita's parents used to be full-time employees at companies but after she was born, her mother went freelance and worked from home, to better care for their children. Her father did the same a few years later.

Then the pandemic reduced their number of clients.

Once they moved to the US, using their  
**Please read more on the next page**



# (cont.)

college-learned skills was impossible to parlay into jobs similar to the ones they had in Colombia.

Her mother couldn't immediately start working as an accountant because Colombian tax laws are different from here and she'll need to take additional courses to get up to speed.

They came with no jobs lined up and it took about three months to land one as a dishwasher on the night shift in a restaurant (him) and a manager at a laundry (her).

Her parents' English wasn't as good as hers and they needed to work on it.

Juanita feels her family was "starting from zero" once they landed in the US.

## Culture Shocks

Just as many Americans know what they know about other countries strictly by what they see in the movies and television, much of what Juanita knew about the US she knew from entertainment as well. It was music and movies; she didn't watch American television. (She had never heard of "Law & Order.")

She said, "the way people interact with each other," particularly on public transportation, was "shocking."

"In the train, you cannot stare at someone because that person is going to think that you have something against them and they will get mad about it," she said with a laugh.

And New York City was dirtier and noisier than what she saw in the movies.

She noticed everyone is "so independent" and are "centered in their jobs and their lives" and no one is all that friendly, compared to Colombia, where "you can talk to anyone, even in the street."

"When you go to buy something, you end up being friends with the person that works there," she said.

(Campus News let her know this is a New York thing; other parts of the country are very friendly to strangers.)

## English

Juanita's English is excellent. Colombian schools start teaching it in middle school but that's not where she got good at it.

"I would say it's not the same. You learn theory but you don't use it," she said, noting that Colombia has few immigrants and everyone speaks Spanish.

It was in the past year in the US she honed her English language skills. Part of that was by watching movies and listening to music in English. She learned that hack from her brother.

"As a younger sister I always copied what he did," she said with another laugh.

"It's not until you get to use it - like every day in every conversation - that you have the need to improve your English," she said.

## LaGuardia

Having landed in Queens, Juanita attends LaGuardia Community College where she's a music recording technology major. She also plays the bass guitar (and knows who Paul McCartney is) plus some keyboards and other instruments.

When Campus News met her in early March she had taken all of one class the week before.

"I'm excited about starting this new path of college," she said at the time.

Her brother is a LaGuardia graduate with a major in industrial design and has since transferred to City College of New York. Juanita plans to transfer to another college once she's finished at LaGuardia, possibly eventually earning a master's, but that will be dictated by what's required to work in the industry.



## The Land of Opportunity

From a young age Juanita heard her fellow countrymen talk of how the US is the land of opportunity. (They don't call it "America," since there's North America, Central America and South America.)

"We're raised with that ideal," she said. "We think that everything's amazing here."

And since Juanita is pursuing a career in the arts, she feels the US is good for that, too. "This is a country where it's easier to be an artist," she said.

While Juanita had to leave all her friends and her entire life in Colombia behind, she has no regrets.

"I think it was a good decision," she said. "Moving to the US has been challenging for my whole family, but it's getting better every time."

# Speeding ruins lives. Slow down.



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