

# THE TRIumph

A Hudson Valley Mental Health Publication

Sponsored by

TACONIC RESOURCES FOR INDEPENDENCE, INC.

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Fall Edition, 2011

FREE FALLING WITH JESSE A. SAPERSTEIN TO END BULLYING

Sponsored by Anderson Foundation for Autism, Inc.

Tuesday, August 9, 2011

Skydive the Ranch

45 Sand Hill Road, Gardiner, NY 12525-5623

Jesse A. Saperstein is the 29-year-old author of a critically-acclaimed memoir titled, *Atypical: Life with Asperger's in 20 1/3 Chapters*, published in April 2010 by Penguin Group (USA). He is an autism/anti-bullying activist who lives with Asperger's syndrome – a mild form of autism. As a lifelong victim of bullying, he founded the anti-bullying movement, *Someday has to be Today*. Saperstein's anti-bullying message is accessible via this YouTube link: <http://www.youtube.com/watch?v=yDBjMW35wX8>.

On Tuesday August 9<sup>th</sup> Saperstein went skydiving for the first time and was joined by the community in a massive, anti-bullying rally. Parents, individuals with autism, schoolchildren, and anyone interested in sharing their experiences or thoughts had a chance to record a 60-second testimonial.

The event was sponsored by a generous \$2,500 grant from Anderson Foundation for Autism, Inc.(AFA). Also, the event was covered by Time Warner News (YNN) and Moonscape Media Group ([www.moonscapemediagroup.com](http://www.moonscapemediagroup.com)), a videography company, taped Saperstein skydiving and the testimonials to create a YouTube video.

The advertisement for the event read, "We belong to a beautiful community filled with individuals of various *abilities* that will only shine when society chooses to give them a fighting chance. Therefore, come support us as Jesse A. Saperstein jumps off the face of the earth only to glide into compassion and mercy!"

Mr. Saperstein may be contacted at (845) 325-6152 and [SCIFY1903@aol.com](mailto:SCIFY1903@aol.com).

There certainly is no need for bullying in our society, especially against individuals with disabilities, who sometimes appear more vulnerable, and therefore, "easy prey." Stories of discrimination, hate crimes and bullying have been in the public media in the past few years, some with tragic consequences. Congratulations to Mr. Saperstein and to all of those who participated and sponsored the skydiving event and anti-bullying rally!

## ACCESSIBLE TRANSPORTATION: AN ABSOLUTE NECESSITY

Bill Quinn

For most people, the convenient way of getting somewhere that they need to go is to get in their car and drive there. For people who cannot drive as a result of physical disabilities, it is a different story. I am a prime example of those people. I must use public transportation when no one is available to drive me. A case in point is when I go to my volunteer job at Taconic Resources on Mondays and Tuesdays. I have to book my ride several days in advance and then take the bus to 82 Washington Street.

Using this form of transportation seems relatively easy but there are restrictions and barriers involved with it. For one thing, the fact that I must book a ride in advance means that I cannot be spontaneous in terms of my plans. In addition, the bus does not operate on weekends. This means that I cannot plan a weekend trip to the mall or to church. The bus also does not operate on a regular 9 to 5 schedule, which makes holding a full time job impossible. Frankly, these restrictions are a drag for someone like me who enjoys being as independent as possible. Once more, the accessible transportation is inadequate for a county this size and with an ever increasing senior citizen population. It is also a shame that budget cuts have resulted in ever increasing elimination of transportation routes.

Since the current political environment expects people with disabilities to be productive and responsible citizens, the idea that there is not more accessible transportation in Dutchess County is truly a travesty! Bill can be reached at Taconic Resources for Independence on Mondays and Tuesdays from 11 am to 3 pm at 452-3913 ext. 309 or via email at [w.quinn@taconicresources.org](mailto:w.quinn@taconicresources.org). Comments and ideas are always welcome.



Bill Quinn, a Volunteer at Taconic Resources for Independence, Inc.  
Seen here exiting a LOOP bus with wheelchair accessibility

THE SELF-ADVOCACY ASSOCIATION OF NEW YORK STATE, INC.  
People with Developmental Disabilities Speaking Up for Themselves

SANYS is a not-for-profit, grassroots organization run by and for people with developmental disabilities with the goal of helping to create a person-centered and person-directed system of supports. The SANYS executive board supports self-advocates and self-advocacy groups regionally and statewide. SANYS promotes independence, empowerment, leading by example, communicating, networking, and encouraging each other. A Self-Advocacy group can help individuals find out more about their rights, learn how to advocate for oneself and for others, discover how to create changes in your home and workplace, develop leadership and public speaking skills, develop friendships, get support and learn useful information from each other, utilizing the resources of the Association.

Members of SANYS AmeriCorps project provide free presentations, titled “Our Experience is the Best Teacher,” to educate peers, communities, and staff about their lives and what they have to offer. The Speakers Bureau members also offer presentations which stress that no community is complete unless everyone has the opportunity to be involved. They speak to community groups, schools, faith organizations, and agency boards of directors. SANYS also provides training and support for Self-Determination, to help individuals to discover a new way to create the life they want, buying the services they want; using their Circle of Support can help them achieve these things.

Self-Advocacy holds regional and statewide conferences, regional meetings and social events, and also special events and evening workshops. SANYS also offers a mailing-list for regional and statewide newsletters. The Statewide Office, located in Schenectady, may be reached by telephone at (518) 382-1454 and on the web at [sanys@sanys.org](mailto:sanys@sanys.org), and the Hudson Valley office at (914) 493-8367 and at [HUDSONVALLEY@SANYS.ORG](mailto:HUDSONVALLEY@SANYS.ORG). A toll free number is also available at 1-866-427-4273.

### IMPORTANT FACTS ABOUT MEDICATION

“Mistakes in Storage May Alter Medication”

Taken from an article in *The New York Times*

Extreme hot or cold temperatures can have a big effect on both prescription and over-the-counter medications. No drug should be exposed to temperatures higher than 86 degrees. It has been recommended by pharmaceutical manufacturers that most of their products be stored at a controlled room temperature of 68 to 77 degrees. That is the range in which manufacturers guarantee product integrity, but anywhere from 58 to 86 degrees is still fine, it has been found. During heat waves and cold spells, the variations in temperature can cause medications to physically change, lose potency, or even threaten your health. For consumers with chronic illnesses as diabetes or heart disease, a damaged dose of a crucial medicine, like insulin or nitroglycerin, can be life-threatening. When some antibiotics decay, they can cause stomach or kidney damage. But even common medicines can break down with potentially harmful effects, and you can't always tell by looking at the pill or liquid that a problem has occurred. Diagnostic test strips, like those used for blood sugar levels or pregnancy, are extremely sensitive to humidity. If moisture sticks to the strips, it will dilute the test liquid and possibly give a false reading.

A cool, dry place is the best place to store all medications. The bathroom “medicine cabinet” is not the best place. It is suggested that an alternate place, such as a hallway linen closet, bedroom closet, or even a kitchen cabinet away from the stove (and above the reach of children and pets) would be much better. The bathroom medicine cabinet is not recommended because of the high humidity and moisture of the bathroom

area, which can also adversely affect many medications. As for insulin, unopened bottles should be kept in the refrigerator, but opened bottles may be kept at room temperature.

When going to the drugstore in the heat of summer and the cold of winter, try to return straight home with your medications. Never take any medication that has changed color or consistency, regardless of the expiration date. Also check for any unusual odor. Discard pills that stick together, are chipped or are harder or softer than normal. Never flush unused medications down the toilet, where they could make their way into the water supply. Instead, mix the pills or liquid with coffee grounds, cat litter, or any other material that makes them unpalatable, and put the mixture in the trash.

## HERITAGE AND FACTS ABOUT THE WALKWAY OVER THE HUDSON

Before it became the Walkway, this 1.28-mile structure was known as the Poughkeepsie-Highland Railroad Bridge, which bore the weight of 3,500 freight cars a day. When its building was completed in 1888 this was the longest bridge in the world, and it was in operation until a fire in 1974 crippled it into disrepair. A grassroots nonprofit group called Walkway Over the Hudson was able to galvanize public and private support in the Hudson Valley to save the historic bridge and transform it into Walkway State Historic Park, which formally opened on October 3, 2009. Today the Walkway is the longest elevated pedestrian park in the world and is now operated by the New York State Office of Parks, Recreation, and Historic Preservation.

Other facts about the Walkway are that the Walkway soars 212 feet above the Hudson River and continues 130 below the river's surface to compacted gravel and its deck, which is 24-feet wide with a 4-foot 6-inch railing, is comprised of 973 prefabricated concrete panels, each weighing up to 15 tons. Also a series of LED-filled tubes provide lighting for occasional night-time use. More than 81,000 light-emitting diodes use less than \$1.80 an hour of electricity. It's estimated that nearly 1 million rivets are used to hold the 20,000 tons of steel together. Each of the 4 river piers contains 40,000 tons of timber, stone and concrete. The original construction cost to complete the bridge in 1888 was \$3.6 million. The cost to reconstruct the Walkway in 2009 was \$38 million. The cost to demolish the structure would have been well over \$50 million.

Since its opening, the Walkway Over the Hudson has drawn an estimated one million visitors who stroll, bicycle, walk, jog and roller blade over it. A truly special place, the Walkway represents a people's shared desire to preserve the best of our history, our culture, and our spirit. Access on the west side is at 87 Haviland Road in Highland, and is also accessible through the Hudson Valley Rail Trail. On the east side, the bridge is located at 61 Parker Avenue in Poughkeepsie. So, for those who have never been there, we say, "Welcome to the Walkway!"

AMERICA'S GREATEST GENERATION  
BUILT THE EMPIRE STATE BUILDING  
HIT BY B-25 BOMBER IN FOG  
JULY 28, 1945!!!!  
Joseph Murphy

I was a very small, shy little boy, but I wanted to go to the top of the Empire State Building. I wanted to look through the binocular telescopes! Actually, I never did, I put in my quarter and it went on and then immediately off. Looking down the people looked like ants! We had gone up that day, my father and I, because he told me: "It's going to be foggy tomorrow!.....We're going up today!"

The very day we would have been there, except for my father's wisdom, a B-25 bomber accidentally slammed into it. Engineers later said: "It hardly budged!" I saw the newsreels the next week, there was a hole where it hit, between 78-79 floors and the engine or something **fell** where we would have been, the tourists' section. As I **remember** it some office was burned out. Then it was the tallest building in the world, and it was built in the depression by America's greatest generation. America is still great, hey Trump, we still have a chance!

#### HRPC'S CLOSING ANNOUNCED

David Panagotis

It seems as if Hudson River Psychiatric Center and some of its satellite facilities will definitely be closing in the future, at least by December of this year. I, for one, am saddened by the thought of this long-time institution which had served the residents of Dutchess County and its surrounding areas closing, with so many dedicated and loyal employees losing their jobs. Yet also, this means that some of HRPC's residents will be given a chance for discharge into the community and integration into societal life once again.

HRPC was innovative, and known for caring for its residents in kind and respectful ways. Two of its features which I remember well were the PACE and GROW work programs, which provided resident consumers and outpatients with chances to occupy their time in satisfying and productive ways, as well as earning a few dollars. Also, the staff was known for its non-violent handling of its consumers, compared to other State institutions, which dealt with their clients in other, less humanitarian ways, and this made HRPC known and renowned as a place for healing and rehabilitation, one of the finest in the State.

I both regret HRPC's closing and yet at the same time am hoping that all those who have been discharged from there, including myself, will remember the warmth and kindness shown to them while at HRPC, and will, in turn, show dignity and respect to others in their daily lives, and thereby live lives that are mentally healthy and productive in the future, not needing hospitalization again.

The TRIumph

[d.panagotis@taconicresources.org](mailto:d.panagotis@taconicresources.org)

CELIAC DISEASE

Misha Fredericks

Most people don't understand that Celiac Disease is not an allergy but is an Autoimmune Disease where exposure to gluten causes the body to attack itself – one part being the villi of the small intestine. Gluten is found in wheat, barley, rye, and oats. WBRO for short are foods that must be avoided for life by an individual with Celiac like sugar must be avoided for life by a person with Diabetes. Celiac is a disease that can cause a variety of health issues including malnutrition, loss of calcium and bone density, lactose intolerance, cancer, food allergies, and neurological complications.

When Celiac has destroyed the villi, the body can no longer digest certain foods. My small intestine is scarred from this – years of not knowing I had celiac and eating foods that caused the reaction. Over time with no exposure to substances (WBRO) that cause the body to attack itself, the villi will grow back and then the body can once again digest food like lactose.

For more information on Celiac Disease, go to <http://www.mayoclinic.com/health/celiac-disease>.

HAIKU

Sheila Moon

I want to peel my poem,  
But, I'm afraid of the  
Tangled layers!

I didn't cry for days  
When you left me, but,  
Once in the subway home,  
I flooded strangers

THE GRACE OF GRATITUDE

Rev. Robert C. Engel, Jr.

As a person diagnosed with a mental illness I have found that practicing the virtue of gratitude is essential to my recovery. I am grateful for the support I have, the freedom I have, the medication I have and a host of other blessings that have come my way.

I also know that this virtue can be hard to find when you are in the midst of crisis or medication adjustment. I encourage all of us to at least find one thing to be grateful for each day. As you begin practicing this it will become second nature. Once it becomes second nature your thinking will change and you will be able to see the blessings of life instead of the shortcomings of life.

#### MY STAY AT H.R.P.C.

Jean D. Oakley

During my recent stay at Hudson River Psychiatric Center, in Ross Pavilion, I found the accommodations rather pleasant. (Not what I had expected!) Every single staff person, from nurses to housecleaning ladies, was pleasant, caring and courteous. Meals were tasty and diversified. Showers afforded complete privacy. And the dayroom was spacious, comfortable and completely lit, with a pretty pattern on the floor. Also, the hall was about 100 feet long, which the walker in me enjoyed!

From 6:00 p.m. to 7:30 p.m. we could go down to the “gathering room” and socialize and use the vending machines. Every effort was made to keep the place neat. The gathering room opened onto a spacious courtyard with plenty of blacktop paths. There were nice durable benches. And there were lots of groups to keep us from getting bored.

All in all, I had a pretty good time. Too bad this facility has to close!

EDITOR’S NOTE: The exact sentiments of many State Employees, I’m sure!

CARDIOMETABOLIC RISK  
Some Important Facts

Cardiometabolic risk refers to one’s chances of having diabetes, heart disease, or stroke. Heart disease is the leading cause of death in people with mental illness. Individuals with mental illness also have rates of diabetes, which can lead to many other health problems.

Many things increase cardiometabolic risk. Unfortunately some of these cannot be changed, as aging increases risk, and also as men have higher risks than women. Also, certain mental health medications can worsen health problems in people who already have high cardiometabolic risk, such as Zyprexa, Seroquel, Thorazine, and Mellaril. If you already have diabetes or heart disease and are taking one of these medications, perhaps you should talk to your doctor about switching to a lower risk medication.

Lifestyle changes that can help include quitting smoking, losing weight, eating a healthier diet, and exercising regularly. Also, you may want to talk to your doctor about checking your blood pressure, blood cholesterol (both “good” and “bad”), your waist circumference, and your blood sugar.

#### MORE HAIKU

Sheila Moon

One more candle to light;  
I go back  
Into the church

Plain Jane  
Till night came,  
Then, she lit up the sky.

#### FALL HAIKU – David Panagotis

Coolness of the air  
Children all attending school  
Expecting Christmas!

MUSIC FACULTY RECITAL  
Vassar College

Todd Crow, piano  
Siri S. Milkove

In a riveting performance of the Davidsbundlertanze, Op. 6, pianist Mr. Todd Crow, mesmerized the packed hall with 18 segments of Schumann played in order. The interesting order of sequential movements were emphasized by Mr. Crow's discreet and pronounced handling of each section so that each tempo was unique. For example, the first section, Lebhaft "lightly" (in German) was played quite differently from the last movement, "nicht schnell" (not too fast). To me, this, plus the fact that the pedaling was also discreetly done, not overdone, in other words, was tastefully de-emphasized – almost to the point of its being rather scanty, led me to the conclusion that this wasn't your ordinary Schumann performance! I loved the element of "pastiche" – the collection of all the similar works by R. Schumann (1810-1856) – Kreisleriana, Papillons, Carnival combined. The Davidsbundlertanze, Op. 6, to me, was the quinte to quintessential Schumann! To quote Goethe, and Theodore Roosevelt, "keep your eyes on the stars, and your feet on the ground."

HAIKU BY MATHILDE  
05/2011

Blossoming pear tree  
I sit on the bench nearby  
Bird feeder refilled

Refreshing cool breeze  
Wind-blown delicate petals  
Settle on the grass

The birds and I wait  
I for a fly-in visit  
They for me to leave

Thank you, Mathilde, for your insightful and poetic contributions! I could almost hear music, as I read you haiku! – The Editor.

A HISTORY LESSON  
NOT EXPECTED WHEN I WAS A BOY!

Joseph Murphy

When I was a child, butter was considered much better for you than margarine and margarine could not legally be colored like butter! And not everyone thought seat belts were a good idea! I wanted one! My aunt told me that I could be "trapped in the car" if I had one on. I asked, "What if I was thrown through the windshield?" She replied, "See, you'd be thrown free!".....And I remember when Babe Ruth was dying. A woman had jumped for freedom from the Russian Consulate at the same time. Everyone hoped the Babe would live and it looked like the woman would die from the fall. Listening to the bulletins on my stomach on the radio they slowly changed; the Babe was sinking, the woman might make it, and then finally hours later the Babe passed away, and she lived who had jumped for freedom!

THANK GOD I CAN PRAY  
Joseph Murphy

I had been worried for days I couldn't help anyone, I'm not exactly the doctor type and know it. I was in the back of St. Joseph's Church in Kingston, New York trying to pray. A woman approached me with another lady: "I'm sorry for making noise when you're praying (How did she know? Coincidence?) I know what it feels like not to be able to help anyone! I'm a member of the black army (She happened to be white. A nun!) and I can't even get this woman to pray! (The woman with her looked like she was in a trance) I'm bringing this woman to the cross so she can pray but she won't be able to!" They both then went to the front of the Church where on the left the cross with Christ on it was! She couldn't, thank God I can pray! I prayed for her, both of them!

"The TRiumph"  
Taconic Resources for Independence, Inc.  
82 Washington St.  
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Poughkeepsie, New York 12601  
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CAPTAIN NEMO  
Terry E. Bailey

Captain Nemo  
Who could you be?  
My mind keeps thinking  
You're of the sea

I don't know why  
You're on my mind  
It's like a puzzle piece  
I cannot find

Do I really want to know?  
Where then the mystery?  
Perhaps I'll just let it go  
Keeping him in my memory

Contact Info for "The TRIumph":  
Telephone: 845-452-3913 x301  
[d.panagotis@taconicresources.org](mailto:d.panagotis@taconicresources.org)

A POEM  
Tina Hallock

I am a sunflower seed  
When I am upset.  
I take meds to calm me down  
And to make me happy.  
Sometimes I think of my past.  
It makes me upset.  
I used to live with my family.  
They treated me bad,  
So now I live in a group home.  
I am happy now.  
I am a sunflower seed  
When I am upset.

SACHET BAG  
A Recipe  
Tina Hallock

1 (6-inch) square cheesecloth or tea ball  
1 Tablespoon chopped fresh parsley  
with stems  
1 Teaspoon dried thyme  
2 bay leaves  
½ teaspoon black peppercorns  
3 garlic cloves, minced  
4 whole cloves

TIRED  
Terry E. Bailey

O sweet slumber  
For you I yawn

Eyes wide open  
I count to ten

Relax my child  
You'll be all right

Rest for today  
Turn in early tonight

Office Hours for "The TRIumph":  
Tuesday, Thursday, Friday 9:00 until 12:00

CATHEDRALS  
Maxine MacAdam

Who can divine a dwelling place  
 For God to be adored,  
 Or who with skillful finger trace  
 A palace for the Lord.  
 Shrines where flowers find their way,  
 Stemming in mind,  
 Roofed and rolled in common clay  
 The dusk of humankind.  
 The soul perspective in the search  
 For need in beauty stands,  
 And stone by stone can be builded  
 That forms a clasp of hands.  
 Shining clouds of incense rise  
 With faith and hope a pair  
 Of candle casements in the eyes  
 And every life a prayer.  
 Solace, born of deep affliction  
 Inner voices heard,  
 That gives the simple benediction  
 Of a loving word.  
 Such holy music, when we hear it  
 Sets the world apart;  
 A temple of the Spirit,  
 An altar of the heart.

FOUR BROTHERS PIZZA  
 IN PLEASANT VALLEY

A Restaurant Review  
 Siri S. Milkove

On Friday September 9<sup>th</sup> I ordered the “house special,” a Mediterranean dish consisting of fresh-grown tomatoes, Greek Calamata olives, garlic butter, feta cheese, and ziti. The ziti was cooked “al-dente,” just the way I like it, and the tomatoes were smashed a little by over-cooking to the point of desired tenderness. Interestingly enough, the olive to ziti (olive:ziti) ratio was 1:4, a nice number of olives, I believe! Fresh green plants, table linens, and a lively dining staff created an ambiance which helped the digestion, and pleased the palate.

“The TRiumph” welcomes restaurant reviews!

FALL, BOY IT’S ABOUT TIME  
 Franny Canteen

The summer will be over at last, with the hot and humid weather. At this time many people are waiting for cooler weather, even though the summer is supposed to be fun, from the beach to the outdoor barbecues, and of course the pools and family vacations.

It still can take a toll on people who are taking medications like psychiatric meds and have asthma symptoms. Eventually there will be a relief in the air. My suggestion is to try to wear appropriate clothes, especially between summer and fall seasons.

One final note: Just try to sit back and take one season at a time, while keeping in the back of your mind that you will try to see the next seasons. Hey, just be grateful we get to see them. Have a great Fall, on me.

MORE LIKE YOU  
 Maxine MacAdam

Today Lord, I feel like  
 Violin strings being tuned,  
 With each twist of Your fingers  
 As You stretch me  
 To be more in harmony with Your will.  
 I want to say “Stop!”  
 But Your Word says,  
 You refine those You love.  
 How blessed I am  
 That You care enough  
 To fine tune me  
 To sound more like You.

HAIKU - David Panagotis

Early one morning  
 I woke before the cool dawn  
 Celebrating life

A TIMELY QUOTE: “Be sure you are right, then go ahead.” – Abraham Lincoln.

HERE IN THE U.S.A.  
 Maxine MacAdam

We're a proud yet humble nation  
Richly blessed in every way.  
For we've overcome our hard times  
Here in the U.S.A.  
We've built monuments to freedom  
With our blood and sweat and tears  
For our faith in God is stronger  
Than all our doubts and fears.  
Sometimes we've had to sacrifice  
Some things we hold dear  
To keep Old Glory waving high  
In wars both far and near.  
Somehow God has stood by us  
When we have gone astray  
For He is still our Shepherd  
Here in the U.S.A.  
We're a land of many freedoms  
And that's what makes us great,  
For when we digress  
There is much to celebrate.  
We're the land of opportunities  
It's always been the way.  
For we're "One nation under God"  
Here in the U.S.A.

#### MY PRECIOUS GRANDCHILDREN Anonymous

A heartfelt message of love  
For my grandchildren.  
My love for my grandchildren is endless,  
Timeless and forever.  
Now comes an exquisite reminder of the  
Heartfelt bond the five of us share,  
Together no matter how far I  
Got to go to see them.  
Flowing down from the center of my heart,  
They are always there in my heart, that  
Representing today, tomorrow and always  
Heartfelt love that I have for all of them  
Through the tough times that we go through.

EDITOR'S NOTE: Yes, these are definitely tough  
times. God bless the children!

GOODBYE MR. BUMBLE BEE  
Robert Scott Travis

Buzz! Buzz! Mother Earth! What is your duty to  
Mr. Bumble Bee, in the late Autumn, in New  
York? I know he doesn't leave forever; yet we  
don't see him always; as we see the gray or blue  
skies each and every day of the year. Does he go  
to a busier place, or does he go underground like  
the ground hog?

Is it just the flowers and their pollen he comes here  
for, or does he have the urge to have the company  
of the insects and other creatures that come here  
while he performs the natural chores he was  
chosen for? Most definitely: Mr. Bumble Bee  
always makes me high! So does the Mystical  
Music of the Sitar, but I value my sobriety and  
political bands, with such principles that insure  
safety.

#### FOUR BUSHEL HARVEST Robert Scott Travis

How sweet it is to think back to the 1<sup>st</sup> Edition of  
the TRIumph, and being able to recall my season  
to season offerings.

I am certainly aware that to my not-so-well-  
wishers, I was a "term-two, stuck-up-boy" from  
Miami, with a lot of beginner's luck, a puppy love,  
and a not so funny humor, about oversized  
opinions of uncertain comedians in this region.

This way, my way, and thankfully your way, has  
me very happy here, and there, and everywhere, in  
the Hudson Valley. I, pray to say, that you are  
more pleased in every way with this publication,  
and hope this softer offering will assure everyone I  
am not lost and will find a way home, some day.  
Also, my friends, and C.H.; the Bardavon Theater  
is still such a swinging place.

#### A NOTE FROM THE EDITOR:

Thank you Robert, for your sentiments. This  
publication would probably not be here, if not for  
all of our loyal Stringers.

HIP HOP  
Anonymous

Hip Hop Hip Hop  
Right over to Housing.  
Hip Hop Hip Hop  
To drop off  
Paperwork.  
Hip Hop Hip Hop  
To be lied to  
By the case worker.  
Hip Hop Hip Hop  
To get nowhere.  
Hip Hop Hip Hop  
To be aggravated.  
There is no Hip Hop  
Anymore to anywhere.

HOME ON THE RANGE  
OF THE WILD WEST  
Anonymous

Wild, wild West is where  
It starts,  
In this world is the  
Wild, wild America,  
You give a nickel  
And get a dime,  
You rub them together  
And get headaches.  
Where is freedom in America?  
You look at the owl  
That flies free.  
Where is the freedom in America?

HAIKU BY MATHILDE  
06/2011

Developing worlds  
Thirst for electricity  
Generational

1961  
Idaho National Lab  
Lead-coffin burials

Routine death domain

Nuclear will go forward  
Unchanged industry

Predictable now  
Catastrophic disasters  
Learning from Japan

TRUST ME  
Jean D. Oakley

I'm a firm believer in over-the-counter products – from legumes to lecithin. And neuro-PS, a component of soy lecithin, which clears the mind and boost brain power, and also selenium. I had a bad case of dandruff, and was using zinc oxide cream, which worked great but was messy. So I switched to a mega-dose of selenium tablets. It had the same effect of curing my dandruff, but without the mess. I recommend it.

All clients can and should take advantage of resources and consumer goods available to them in the community!

“AURELIA”  
In Millbrook, New York  
A Restaurant Review  
Siri S. Milkove

I ordered only a soup (pasta fasoul) and an appetizer (mussels and clams manilla). The soup was a hot, tasty blend similar to vichisouse (potato soup). The seafood appetizer was truly amazing! Prepared in a white wine broth, the contrast of clams and mussels was apparent. As I extricated each clam from its shell with the little fork provided by the pleasant wait staff, I thought, “How nice to have the right fork for a change!” Everything was served nice and hot, the pace was calm and relaxed, and the décor – walnut wooden tables and white cloth linens served as an elegant backdrop to the ski-resort feel. All in all, for informal dining at its finest, I gave this restaurant a 5-star rating!

BARFIELD

## Misha Fredericks

He is a very affectionate cat though he has a rather disgusting habit of regurgitating everything he eats. Plump and fluffy, he is way too adorable to scold. Loving everyone regardless of how they look, smell, or sound. He can polish off your frown with his loud, high decibel purrs. No litter box gifts are too odiferous. Subtlety is his MO. So meticulous with his evacuations but not so from his upper orifice. Hence his nickname Barfield. Yes, he looks every bit like the famous Garfield but his mannerisms are of a loving, sophisticate unlike the obnoxious, fat cat cartoon character. Barfield just has such a sensitive stomach even Science Diet cannot help. Regardless of his unrelenting barfing, he still has a bit of a weight problem. His great pleasures in life include hanging out with his pals “Ubu Roi” and Helen of Troy. Indoors listening to classical music or exploring the fields and meadows, he enjoys a life of leisure and contentment blessed that his owner has a perfect temperament to match his own – she being of British nationality and proper socialization.

As for me, I bear the title “Petsitter” but I am in reality a servant of the four-leggeds one of them being, yes, you guessed correctly, Barfield himself. I love and truly enjoy the moments spent with Barfield. He is one of the most affectionate creatures I have ever had the pleasure to know. He has never bitten or clawed me even when I have been required to medicate him when he was ill. To my discredit however, I have never cleaned up his barf as I too am plagued by a sensitive stomach. Barfield has the temperament and affectionate nature that remind me so much of the cat I grew up with whose name was Henry the Third. It would not surprise me if I discovered upon my demise that Barfield was indeed my long lost loved feline Henry reincarnated now residing merely two houses from me today. I truly consider myself lucky in love. Unconditional love from such wonderful feline friends like Barfield.

### SQUASH AND EGGS From Misha’s Kitchen Misha Fredericks

#### **Ingredients:**

2-3 scallions sliced or 1 small onion, coarsely chopped  
1 small squash (yellow neck squash is best), washed and sliced  
2 eggs, beaten  
2-3 Tbsp canola oil

Put the oil in a medium frying pan. Add onions and squash. Stir well to coat all vegetables with oil. Turn heat to medium and cook until veggies are translucent. (Alternating between stirring and covering hastens cooking.) Add a little water if scorching occurs. Once vegetables are cooked, add eggs. Stir and turn frequently until eggs are cooked. Salt and pepper to taste.

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**Thank you, once again,** Stringers and readers of “The TRIumph” for contributing your thoughts and feelings to our newsletter. We have been printing 600 copies of each issue, and have been being read, not only all over Dutchess, Ulster, and surrounding counties, but also up in Albany and elsewhere. We welcome all types of input from our contributors, and enjoy hearing viewpoints from various sources, but again, these views are solely those of our contributors, and not necessarily those of Taconic Resources for Independence, Inc.