

MIDDLETOWN, N.Y. — Cornell Cooperative Extension Orange County, located at 18 Seward Ave., Suite 300, will present "How to Track Your Money," a financial management workshop, from 7 to 8:30 p.m. Wednesday, Sept. 25.

This financial workshop will offer practical tracking tips that are simple and convenient to use throughout the day. Guests will learn how to track what they spend, prepare a budget, how to cut back on expenses and how to set financial goals. Pre-registration is required and space is limited.

To register, contact Sandra McIntosh, family and consumer sciences program educator, at 845-344-1234, ext. 268. The program is free of charge. Adults only.

# Testimony: Warwick woman thought ex was the devil

By JESSICA MASULLI REYES  
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When a New York woman used her SUV in a Vernon parking lot to attempt to kill a man she said was her ex-boyfriend, she was mentally ill and believed he was the devil and had put a "hex" on her, according to courtroom testimony Tuesday.

Pamela Parol, 54, of Warwick, N.Y., was found not guilty by reason of insanity for attempted murder and endangering an injured person in state Superior Court in Newton Tuesday afternoon. Judge Stuart Minkowitz ordered that she undergo a psychiatric evaluation, followed by a Krol hearing, which is used to determine a defendant's mental condi-

tion. The hearing on Dec. 19 will determine if Parol, who is staying in the county jail, should be placed in a psychiatric facility and what treatment she should receive.

Following the decision, Parol's husband, Arek, agreed with the judge's decision, saying "I think she needs help; she is better off at a psychiatric place."

Parol, who has a history of mental illness, allegedly believed that Steven Lutke was going to "steal her breath and steal the breath of her family" so she hit Lutke, who she said was her ex-boyfriend, with her 1996 Ford Bronco in the parking lot of Minerals Spa before fleeing.

During the bench trial, the prosecution and defense both spelled out the events leading

up to the Nov. 12, 2012, incident using testimony from the police officers involved and a psychologist. The state did not challenge the insanity defense and the defense did not dispute the charges.

"As I got to learn more about the case, I came to realize that the catalyst of the commission of these events was an acute mental health disorder," Sussex County First Assistant Prosecutor Gregory Mueller said.

Vernon Patrolman Charles Reid testified in court that Vernon police received a call about a pedestrian being hit by an SUV in the parking lot of the spa. A description of the car and driver was sent to local police departments, and Parol was found driving the SUV in Warwick, N.Y., about 15

minutes away.

He said that she was found with a full gas can in the passenger's front seat of the car, as well as lighter fluid and a Molotov cocktail, which was a wine bottle filled with gasoline with a rag stuffed in it. Parol later told police these items were going to be used to kill herself and to burn the car.

"She said she wanted to burn herself and the vehicle up," Reid said. "She said that is what happens when you murder someone."

Vernon Detective Sean Talt was assigned to investigate the case. In court, the prosecution played a taped phone conversation from Nov. 13 that Talt had with Parol's husband, Arek.



Photo by Daniel Freel/New Jersey Herald

Pamela Parol, right, sits next to her attorney, David Nufrio, as she looks back at her husband, Arek, not seen, during her attempted murder bench trial before Judge Stuart A. Minkowitz in state Superior Court in Newton Tuesday. Minkowitz ruled Parol not guilty by reason of insanity.

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## BRIEFS

### American Legion 851 to host poker run

DINGMANS FERRY, Pa. — A VetStock sponsored Poker Run will be held Saturday at American Legion Post 851 in effort to raise funds for the legion's cause.

The Poker Run route has a total of five stops where players will draw cards to complete the poker hands. The winning hand will be selected when contestants return to the post. The route is 99 miles long and travels through Dingmans Ferry, Hawley, Greeley, Milford and Bushkill. Sign-up will be held at 9:30 a.m. A full breakfast will be available to purchase near the registration area before the event begins. Registration will end promptly at 11:30 a.m.

The Poker Run is expected to end at 5:30 p.m., during which attendees will be able to enjoy hot dogs and hamburgers at an after-party with live music. The Poker Run will take place, rain or shine.

Registration is \$10 per driver; additional passengers may join for \$5. The American Legion Post 851 is located at 107 Ball Park Road in Dingmans Ferry. The Poker Run is a family event, as drivers may drive with children or family members. For additional information, contact the American Legion at 570-828-7812.

### Cheese samplings at local ShopRites

FRANKLIN — On Saturday and Sunday, Sept. 28 and 29, from 10 a.m. to 4 p.m., ShopRite stores in Sussex, Morris and Warren counties invite customers to sample Cabot's award-winning cheeses, including the "World's Best Cheddar," and enter a sweepstakes to win a three-day, three-night Vermont Vacation Getaway at Smuggler's Notch, a year-round vacation destination in the Green Mountains of Vermont. In addition, customers are eligible to win \$30 Cabot Gift Certificates.

Operators of ShopRite stores in Franklin (Route 23 N), Newton and Byram (Route 206 N), Succasunna (Route 10 and Roxbury Mall), Flanders (90 Bartley Road) and Mansfield (Route 57 and Allen Road) all invite shoppers to stop in for samples.

### Birding classes start Thursday

PORT JERVIS, N.Y. — The Hub at The Port Jervis Free Library and the Basha Kill Area Association will present a two-session program about bird watching and identification.

During the first session, participants will meet at 6:30 p.m. Thursday in The Hub at The Port Jervis Library and learn the six "S"s of bird watching, as well as how to use them to identify birds in the region. For the second session, which will take place at 10 a.m. Saturday at the Basha Kill Wetlands Boat Launch near Westbrookville, N.Y., Mike Medley, a former teacher, Nature Conservancy staff member and active Basha Kill guide and instructor, will join the group and allow each to use a high-powered spotting scope to examine an eagle and osprey nest.

Participation is limited on a first-come, first-served basis. To reserve a place, call 845-772-7586, email to thehub@portjervislibrary.org, or stop in and register in person. The Hub is located in the basement of the Port Jervis Free Library, 138 Pike St.



Photo by Daniel Freel/New Jersey Herald

An audience of Sussex County officials, Newton school representatives and community members watches a slideshow announcing Project Self-Sufficiency's and Newton School District's Project Launch Newton educational program during a press conference at the PSS campus in Newton Tuesday.

# Newton students invited to take an education adventure

By GREG WATRY  
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NEWTON — Sussex County Freeholder Director Richard Vohden remembered what it was like to be a child falling behind in his studies. He talked about it at Tuesday's press conference for Project Launch Newton at Project Self-Sufficiency in Newton.

"Growing up, my grandmother preached to me," he said. "If you're going to be happy and successful in life, you got to work hard as a kid to get yourself someplace in life where you can do what you want to do, when you want to do it. That's what we want for our kids."

Vohden was one of the four speakers promoting Project Launch Newton, a new extended learning program that will be offered to Merriam Avenue students in



For a video on this story, visit njherald.com.

grades 4 and 5, and Halsted Middle School students in grades 6, 7 and 8. The free program, which includes transportation home, will officially begin on Tuesday, Oct. 1.

The program will be made up of four components: science, technology, engineering and math (STEM); career awareness and exploration; civic engagement; and visual and performing arts.

The after-school program was made possible through a partnership between Project Self-Sufficiency and Newton Public Schools with funding through a grant of \$425,000 annually, for four years,

from the New Jersey Department of Education.

One of the facets is TREPS, which is slang for "teenage entrepreneurs." The activity aims to teach students about running a business, from product development to sales and everything in between. Students will even get a chance to sell their products to the community at an official TREPS Marketplace event.

Another activity is the STEM City MicroSociety. Much like a role-playing game, students take on different jobs and duties that are necessary for a functioning society. Students can be elected officials and business owners, and are charged with keeping the peace and coming up with solutions to community problems.

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# Date set for Sparta woman's arson trial

NEWTON — A Sparta woman, who is mentally ill and is accused of burning down her parents' house, will go before a judge on Oct. 22 for a bench trial.

Lindsey Kiensicki waived

her right to a grand jury and Judge Stuart Minkowitz scheduled a bench trial for 9 a.m. in state Superior Court in Newton. She is accused of using gasoline to burn down her parents' house on Fox Trail

Road in Sparta while they were out on the evening of Feb. 28.

Kiensicki, who was severely burned in the fire, is charged with second-degree aggravated arson. Sentencing for all second-degree crimes is five to

10 years in prison, but Sussex County First Assistant Prosecutor Gregory Mueller previously said that Kiensicki's mental illness will be a mitigating factor in how the case is handled.

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# Frost may make its first appearance of the season

BY DIANA GOOVAERTS  
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NEWTON — For those who wish for winter weather, this morning was a test or maybe a tease.

The National Weather Service Tuesday issued a frost warning for all of Sussex County with temperatures expected to drop to the mid-30s just before daybreak this morning.

The warning is in effect from 2 to 9 a.m. today.

Accuweather meteorologist

Brian Edwards said that Tuesday night into this morning, included "the potential for temps to drop into the lower 30s, especially outside of town." He predicted that Sussex would see temperatures around 37 degrees in town and closer to the freezing point in the more rural areas.

Edwards said the freeze won't last. "Tonight the air mass should modify a little and temperatures will be more around 40-45 degrees. By Thursday the lows will be back up into the 50s."

The record temperature for today, Sept. 18, is 32 degrees set in 1950. The earliest that the record low was at 32 degrees or lower was Sept. 14 in 1963 and the latest that the record low was above 32 degrees was Sept. 27, 1963.

The average low temperature is 51 degrees for Sept. 18 and doesn't drop to 32 degrees average low until Nov. 7.

But the frost, if any did occur, was on the pumpkins only temporarily.

Despite this short-lived chill, locals shouldn't worry too

much about the frost's impact on their fall activities.

Kathy Andresen, office manager at Heaven Hill Farms in Vernon, didn't appear overly concerned, revealing that the farm's mums were sheltered under a frost cover to protect them. To the relief of county carvers, Andresen also noted that "as long as it's a mild frost, the pumpkins usually do fine."

In terms of apple picking, residents should be downright delighted about last night's mild freeze. According to

Diana Sartell, manager at Pochuck Valley Farms in Vernon, "Apples like frost, that's the best thing for them. It tightens them up and makes them firmer. It's perfect now."

"Frost is only a threat to apple and fruit trees in the spring when they're in blossom," Sartell explained.

Based on the Accuweather forecast, residents can expect clear skies through Friday for all of their late-summer-into-fall fun. The first official day of the autumn season is Sunday.



# Event aims to give Waterloo new life

By JOE CARLSON  
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BYRAM — Waterloo Village is open.

That is what Friends of Waterloo Village Board of Trustees member John Monsalve wants people to know about the historic Byram property.

"People think it is closed, but it is a state park so it is open from dawn to dusk just like every other one," Monsalve said. "Some of the buildings are closed because they're not safe, but the park itself is open."

In an effort to restore the buildings on the property to safe conditions, the Friends of Waterloo Village will be hosting their third annual Waterloo Village Harvest Moon Festival on Oct. 10.

"The money raised will go toward the restoration of the buildings in the village," Monsalve said. "After the first festival we were able to replace the roof on one of the buildings and after last year we are going to repair a bridge."

Monsalve said a rough estimate of the cost to repair all the buildings is close to \$2 million.

"These buildings are all original buildings. They are not reconstructions like at other historic sites," Monsalve said. "They are a couple hundred years old, among the oldest buildings in the country and once they are gone, they're gone."

The festival will feature food, beer and wine tastings, an art sale and silent auction, as well as live music.

"Everyone who goes will have a great time," Monsalve said.

The festival will highlight many of the area's best food destinations, with food being provided by local restaurants such as the Black Forest Inn, Bella Italia, Shakey Jakes, The