

HAPPY ST. PATRICK'S DAY!

BEACON FREE PRESS

Highline String Quartet to perform in honor of the Village of Fishkill's 125th anniversary

By Kristine Coulter

The next event that will celebrate the 125th anniversary of the Village of Fishkill will be a concert by the Highline String Quartet. The concert will take place on Friday, March 22 at 7 p.m. at the First Reformed Church, 717 Route 9. Tickets are \$25. There are a limited number of tickets available. This performance is for those who are 8 years and older. Anyone who is 16 and younger must be accompanied by an adult.

The Highline String Quartet members are professional musicians from all over the world. They play songs from Bach to the Beatles.

According to the Quartet's website, the musicians have a selection of more than 700 songs from genres including pop, Broadway, movie scores, jazz, classical, and more. The website states that the quartet has played in nontraditional concert venues "such as lofts, art galleries, and studios."

Village of Fishkill Mayor Kathy Martin told Beacon Free Press via email: "This unique cultural experience is the perfect way to bring our residents, neighbors, and visitors together to honor our historic Village. This curated candlelit concert represents the melding of the Village of Fishkill's rich history and our dynamic future."

"With an alias inspired by Chelsea's High Line Park in New York City, Highline String Quartet represents the merging of cultural preservation with contemporary society," it is stated on the Quartet's site. "Our members have a variety of musical backgrounds, with degrees from institutions including Harvard, Princeton, Yale, Dartmouth, Juilliard, and Manhattan School of Music, among others."

"This curated candlelit concert represents the melding of the Village of Fishkill's rich history and our dynamic future. I'd like to thank the First Reformed Church for providing us with the perfect venue, and also thank you to the 125th Anniversary Committee for all of their hard work," remarked Martin.

For more information and tickets, visit <https://VILLAGE-CANDLELIGHTCONCERT.EVENTBRITE.COM>. Anyone who has questions, may email fishkillvillage125@gmail.com.

Volume 73, Number 11

March 13, 2024

The Jeremiahs take the Towne Crier stage for St. Patrick's Day in Beacon

By Kate Goldsmith

There are few better ways to celebrate St. Patrick's Day than by enjoying some live Irish music performed by an Irish band. This Sunday, March 17, the Towne Crier Cafe in Beacon will present The Jeremiahs from Dublin, Ireland.

From the outset The Jeremiahs grabbed the attention of heavyweights like Irish Music Magazine, whose Sean Laffey said they are "One of the freshest bands in traditional music"; and Live Ireland, which proclaimed "They are the real deal."

The band includes Dubliner Joe Gibney on vocals and some whistle; Conor Crimmins on whistle and flutes; Dublin-based James Ryan, who holds down the rhythm section on guitar and bouzouki and a few choice effects pedals; and New York-born Matt Mancuso on fiddle.

When speaking to Gibney last week via phone, this writer asked about the band's name, suggesting that it sounded Biblical.

"We get this question a fair bit, and I wish I could give a more interesting answer," said Gibney. "It was only supposed to be a temporary name. James' great-grandfather's name is Jeremiah."

He noted, "It does kind of sound Biblical, and I have a long beard in [some of the band's promo photos]," he added jokingly. Although it's an unusual name for a band, Gibney said Jeremiah is not an



The Jeremiahs from Dublin will perform on St. Patrick's Day (Sunday, March 17) at the Towne Crier Cafe in Beacon.

- Courtesy photo

uncommon name in Ireland.

The Jeremiahs gained recognition their first year out by winning the Ballyshannon Folk Festival showcase competition. Their music is "99% original" with traditional influences sprinkled throughout. The band members also speak Irish at varying levels of fluency.

"We learn it in school," said Gibney, who took it up again a while back. Ryan, the guitarist, teaches it.

"I'm kind of drawn to the old dialect," Gibney added. "Some of the phrases are really lovely. So musical."

Gibney grew up in a musical household in Dublin, "not so much traditional [music] but more songs, and being brought to sessions [at the local pub]."

He didn't begin his musical career as a lead vocalist, surprisingly.

"I started in a band playing the whistle

Continued on page 2

Lourdes teams gain historic wins, advance to state tournaments

By Rich Thomaselli

For the first time in school history, both the Our Lady of Lourdes High School boys and girls basketball teams are going to the New York State Final Four.

For the first time in 18 years, the Lourdes girls are in the state Final Four after a 47-35 win over Dutchess County rival Roy C. Ketcham in a Class AAA state quarterfinal contest. The game was played at Yorktown High School over the weekend.

OLL dominated the basketball scene in the late 1980s and 1990s and early 2000s, but could never get over the hump and back to the states since 2004. But after

making the switch to Section 9 two years ago, they did it by overcoming a local rival.

The Warriors were again led by Simone Pelish, a University of Miami recruit who had 21 points. Bianka Velovic had 10 points and 14 rebounds.

Nia Rencher had 10 points and 14 rebounds, and Jaylyn Chorba and Caitlin Robertson each scored eight for Ketcham.

OLL will play a state semifinal game on Saturday at Hudson Valley Community College in Troy. The Warriors will bring a 23-1 record into the game.

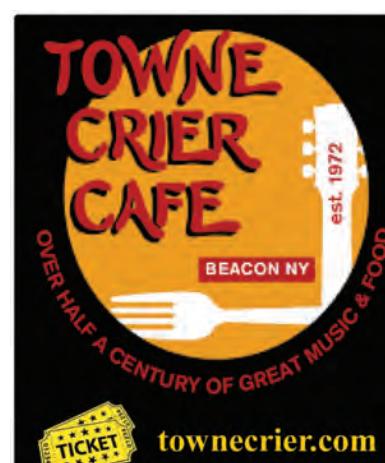
OLL boys top Peekskill

The Lourdes boys did their part in dra-

matic fashion. Tommy Simpson hit a shot with 2.2 seconds left on the clock to give the Warriors a 48-47 win over Peekskill in a Class AA New York State quarterfinal. The game was played at Mount St. Mary College.

It is the first time the OLL boys program has made it to Cool Insuring Arena in Glens Falls since losing in the state championship game seven years ago.

The Warriors were down by as many as nine points in the fourth quarter to Peekskill before rallying, culminating in the game-ending 3-point shot by Simpson. A last-second half-court shot by the Red Devils fell short.



The Jeremiahs

When: March 17, 2024
Time: 7:00 pm
Where: The Towne Crier

Live from Dublin
Get a taste of Old Ireland
"One of the freshest bands in Irish traditional music"
~ Irish Music Magazine

Cultúr Éireann Culture Ireland

Free prep course offered for HAM License Radio Exam

Amateur radio, or ham radio, operators can communicate across towns, around the world, or even into space without the internet or a cell phone and are essential resources during emergencies or during recovery efforts following natural disasters such as fires, floods, or hurricanes. For those wishing to obtain a license or upgrade their existing license, Dutchess County

Emergency Response, in partnership with the Mount Beacon Amateur Radio Club, will host an FCC licensing exam at 1 p.m. on Sunday, April 21st at the Emergency Response campus, located at 392 Creek Road, Poughkeepsie. The exam fee is \$15, and upon successful completion, a \$35 FCC licensing fee will be charged. Pre-registration is required by April 1st to take the exam.

There will be a free, three-day training course at Emergency Response to review the exam's material, which is from the ARRL Ham Radio License Manual 5th Edition, on Friday, April 19th from 6-9 p.m.; Saturday, April 20th from 8 a.m.-5 p.m.; and Sunday, April 21st from 8 a.m.-noon. The class is open to the public and free to attend, but registration is required in advance by April 1st. Participants

should obtain and review the manual prior to the first session. While attending the three-day training is recommended, it is not required to take the exam.

To register for the class and exam, or to learn more, call Adam Nowik Jr. at 845-849-3666 or email AE2AN@aol.com. To register to take the exam only, call Andrew Schmidt at 845-464-2676 or email W2BOS@arrl.net.

The Jeremiahs take the Towne Crier stage for St. Patrick's Day in Beacon

Continued from cover

and I wasn't very good at it, so my cover was blown," Gibney said. "It was about a week into [the band]. I was brought up in songs, so I approached the bodhran [frame drum] player [for advice]. He said, 'I've only been doing this for two weeks!' But I was good at picking up songs."

Gibney and the bodhran player soon formed a group on their own.

"We were playing most nights a week; that's how I learned how to do it," he said.

All members of The Jeremiahs absorbed the many styles and traditions of Irish music, and it shows in their original material.

"Years later we kind of drew on this well," said Gibney. "Everyone brings their own influences."

Asked about the band's songwriting style, Gibney said, "We write lyrics and then come up with a melody, maybe approach James to come up with some chords. It might take a couple of days."

He added, "During rehearsals we do come up with a lot of ideas; it's good when you have a couple of heads come together, when you have creative people. You work with them and encourage [each other] to come up with better ideas."

Sunday night's show at the Towne Crier will include original material from their recorded output, with an emphasis on their most recent release, along with some traditional material.

"We have an album that's just turned 1 year old, so we're still kind of dining out on that one," Gibney said. "We have three albums, so we draw on that for our show, plus some songs that we loved from growing up. Instrumentals and songs."

Audience participation at concerts is a

given, and this one will be no different – albeit with some tutelage from the band.

"We have some choruses that we'll have to teach on the night," Gibney said.

The Towne Crier audience can also expect stories to accompany the songs and tunes.

"We like to preface [them] with an explanation, it gives [the audience] a little bit of investment in it."

Given the significance of March 17, perhaps the most obvious question for Gibney was how the Irish celebrate St. Patrick's Day, which is a Christian religious holiday known as the Feast of St. Patrick as well as a day to celebrate Irish culture.

"St. Patrick's Day is a huge tourist time in Ireland," Gibney said. "It is still a religious day, but it's not celebrated as a religious day. We have a parade every year at the city center; that's where you wanted to be [as a teenager]."

And eating corned beef and cabbage on the day?

"I think in America you have special meals, but we don't have a special meal [on St. Patrick's Day], only on Christmas and Easter."

The Jeremiahs will bring a slice of Ireland to the Towne Crier stage this Sunday, March 17, at 7 p.m. Tickets are \$30 in advance and \$35 at the door. Go to www.townecrier.com or call (845) 855-1300 to make reservations.

"We offer a great range of emotionrousing material," Gibney said. "Our tunes and our songs are a great mixture, [they] cover all the bases and all tastes."

Visit www.thejeremiahs.ie for more information.

The Towne Crier Cafe is at 379 Main St. in Beacon.

Elks serve lunch to 65 veterans, guests



The Beacon Elks Lodge #1493 provided a free luncheon to 65 veterans and their guests on Feb. 24. The Elks National Foundation Freedom Grant provided the funds to sponsor this monthly event. Twelve members of the lodge volunteered to provide this event for the community Veterans.

This month's lunch will be held on March 22 at noon. Call 914-474-1891 to RSVP.

-Courtesy photo

Council passes resolution calling for cease-fire in Gaza

The Beacon City Council passed a resolution at its March 4th meeting, urging the Biden administration to call for and facilitate "an immediate and permanent negotiated multilateral ceasefire, towards a formal regional peace process, as well as normalized regional relations." The resolution also called for "the release of all hostages and those unjustly imprisoned, both Israeli and Palestinian" and "for the immediate increased flow of humanitarian aid into all of Gaza, facilitated by mutually-trusted third parties."

Abstentions on the vote were Mayor Lee Kyriacou and Ward 2 Council member Jeffrey Domanski. Council members Paloma Wake, Amber Grant, Molly Rhodes, Pam Wetherbee, and Dan Aymar-Blair voted 'yes.' The motion was carried.

The resolution states: "...on October 7th, 2023, 1,200 Israeli citizens were

killed and 240 taken hostage, and since then more than 30,000 Palestinian citizens have been killed and more than 1.5 million are at risk of starvation..."

The resolution also called for "continued open, honest, respectful, and tolerant conversation among our local community in support of our common humanity; and "[r]ecognizes the importance of addressing the root causes of crises to the development of a pathway to lasting peace and justice, and to educating the public on the interconnectedness of climate change, global conflicts, and fostering awareness and dialogues within the community."

A copy of the resolution is being sent to the offices of President Biden, Senate Majority Leader Chuck Schumer, Senator Kirsten Gillibrand, Representative Pat Ryan, Gov. Kathy Hochul, NYS Senator Rob Rolison, and Assemblyman Jonathan Jacobson.

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County Office for the Aging to expand 'GoGo' transportation option with grant funding

As the aging population continues to grow, across the nation and here in Dutchess County, having safe and accessible transportation is an important concern for seniors. Last year, to help address this concern, the Dutchess County Office for the Aging (OFA) launched a new transit solution, offered through GoGo Technologies, to help older adults get to non-emergency medical appointment with free on-demand rides. The program was an instant success and will now expand to serve even more seniors in 2024 with a \$25,000 grant from the Field Hall Foundation, as well as support from the New York State Office for the Aging.

The program provides a convenient and accessible transportation option for seniors, allowing them to attend medical appointments. It is available to Dutchess County older adults who do not have transportation to and from non-emergency appointments or outpatient procedures after which driving is not recommended. Launched in May 2023, more than 150 seniors have registered for the program and to date, and over 530 trips to medical appointments have been provided.

County Executive Sue Serino said, "I've heard from many seniors about how difficult it can be when they no longer drive, particularly getting rides to medical appointments. Our Office for the Aging's partnership with GoGo Technologies has been an invaluable resource for older adults, making it easy for them schedule reliable rides to and from doctor's appointments and ensuring they get the vital care they need. We are grateful to have additional funding from the Field House Foundation and the NYS Office for the Aging to further expand this wonderful program, enabling even more local seniors to access to this great service."

Seniors who register for the program through OFA can schedule a ride with GoGo Grandparent – either in advance or the day they need transportation – and an Uber or Lyft driver will pick them up and take them to their destination. The County's OFA reimburses GoGo Grandparent for each ride by a registered program participant; GoGo Grandparent also tracks the rides for safety purposes and screens drivers to suit their rider's possible additional needs. OFA staff follows up with registered seniors to gauge their satisfaction with their rides and the program. Local clients have lauded the program for its efficiency, reliability and commitment to improving the overall well-being of the County's aging population.

Thanks to a new \$25,000 grant from the Field Hall Foundation, as well as a \$20,000 grant from the New York State Office for the Aging, Dutchess County's GoGo Grandparents program will serve even more seniors in 2024. The additional grant funding will allow OFA to explore expanding the scope of the GoGo Grandparent partnership, including the possibility of offering rides to seniors to visit a loved one in a hospital or nursing home; OFA has received feedback from clients who do not currently have transportation for this type of visitation.

Field Hall Foundation Program Officer Patti Horvath said, "This is an excellent program, helping make vital transportation connections for older adults, which is such a critical need. The Field Hall Foundation is proud to support Dutchess County's Office for the Aging as they work to expand this resource."

The Field Hall Foundation is a private foundation whose primary mission is to improve the lives of older adults and their caregivers, supporting programs and proj-



Field Hall Foundation Program Officer Patti Horvath (center) presented County Executive Sue Serino and Office for the Aging Director Todd Tancredi with a \$25,000 grant to expand the OFA's GoGo Grandparent program.

-Courtesy photo

ects that directly impact low-income and vulnerable older adults and their caregivers in Dutchess, Putnam and Westchester counties, and address basic needs.

OFA Director Todd Tancredi said, "We have been thrilled to see so many older adults throughout Dutchess County utilize the GoGo Grandparent program to take rides to and from doctor's visits. Reliable transportation can often be challenging for seniors who have given up driving or live alone, and the Office for the Aging is proud to offer this option. Based on the program's early popularity and success, we look forward to signing up more residents for GoGo Grandparent and expanding its offerings and we appreciate the support from both the Field Hall Foundation and New York State Office for the Aging."

Additional information about the GoGo

Grandparent program is available on the OFA's website, and older adults can register for the program by calling the OFA at 845-486-2555. To register, seniors must provide OFA with their name; street address, including apartment number, if applicable; phone number; and contact information of a family member or caregiver who can be notified when the client utilizes GoGo Grandparent to schedule a ride. If special accommodations – wheelchair, walker, service animal, portable oxygen, etc. – are needed, the older adult should inform OFA when registering.

GoGo Grandparent is one of several transportation options the Dutchess County OFA offers local older adults. More information is available at dutchessny.gov/ofatransportation, by calling 845-486-2555 or emailing ofa@dutchessny.gov.

Elks recognize Students of the Month



The Beacon Elks Lodge #1493 recently recognized seventh and eighth grade Students of the Month for the month of January at Wappingers Junior High School, in the Wappingers Central School District. The students received a certificate and gift card for their accomplishments. Thanks is offered to Joe's Dairy Bar in East Fishkill for co-sponsoring this event with the Elks.

Pictured, (from left) Terrence Thompson, Wappingers Junior High School principal; Ryan Creeden, teacher; Jeanine McAuley, Beacon Elks Lodge #1493 Esteemed Loyal Knight; Holden Collins, 7th grade student; Sharon Haviland, Beacon Elks Lodge Chaplain; Cathy Oken, Beacon Elks Youth Activities Chair; Brady Garnot, 8th grade student and Sean Rowan, teacher.

-Courtesy photo

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Viewpoints

LETTERS TO THE EDITOR

Letters may be edited for legal considerations, reader interest and length. Please include a telephone number and address for verification purposes. Deadline for letters is Friday at noon. Letters must be submitted by e-mail to be considered for publication. Letters can be e-mailed to newsplace@aol.com, and the phrase "Letter to the Editor" should be included in the subject line of the e-mail.

Policy on letters:

- Letters that contain statements that are libelous or slanderous will not be published.
- Letters that include personal attacks will not be published.
- Letters written in response to other letter writers must address the issue at hand, rather than mentioning the writer by name and must refer to the headline and date the letter was published.
- Letters referring to news stories must mention the headline and date of publication.
- The Beacon Free Press will not be used as a vehicle to place misinformation.
- Information must be attributed to a specific individual or published item (ie- tell us where or from whom you obtained the information)
- All letters must contain a name, hometown and phone number for verification.
- Letters appearing on the Viewpoints page are the views of the writers alone and do not necessarily reflect the views of the Beacon Free Press.

I Am Beacon announces 'Making A Difference' scholarship

To the Editor:

I Am Beacon is excited to announce the expansion of our annual "Making A Difference" scholarship program for the academic year 2023-2024. This initiative aims to recognize and support outstanding students who have demonstrated a commitment to making a positive impact in their communities.

In addition to our existing 4-year college scholarship, which supports a graduating Beacon senior with a \$2,000 scholarship distributed throughout their undergraduate studies, we are introducing a new 2-year scholarship starting this year. The 2-year scholarship will also be awarded to a graduating senior, providing \$1,000 distributed throughout their undergraduate program.

The "Making A Difference" scholarship program serves as a beacon of hope for students who aspire to create meaningful change in their communities. By offering these scholarships, we aim to empower deserving individuals who embody the spirit of social responsibility and civic engagement.

Applications for both the 4-year and 2-year scholarships are now open and will be accepted until April 19th. Applicants must be graduating seniors within the Beacon community. The application deadline requires submissions to be postmarked or submitted electronically by 11:59 p.m. on April 19th.

We encourage all eligible seniors to apply for these prestigious scholarship opportunities.

For more information on the "Making A Difference" scholarship and to access the application portal, please visit www.iambeacon.org or contact the guidance office at Beacon High School.

Reuben Simmons
Beacon

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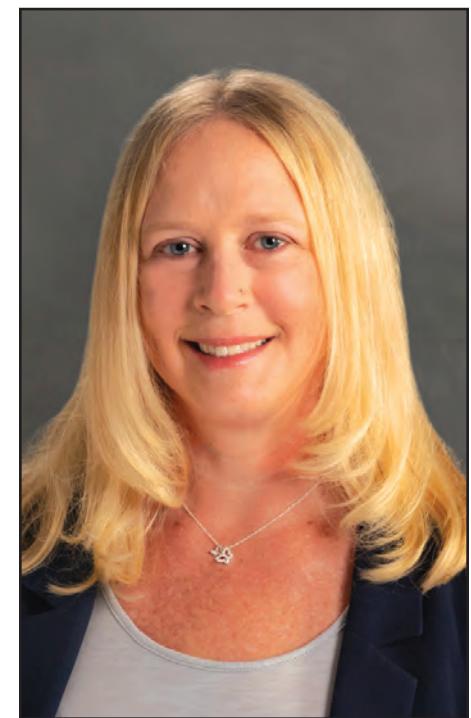
Anderson program director Schober named president of regional society

Anderson Center for Autism has announced that Tracy Schober, MPA, a resident of Austerlitz, has been named President of the Autism Society Greater Hudson Region.

Schober, the Director of New Program Development and ECHO Anderson Autism Lead at Anderson Center for Autism, currently manages the research and development of innovative and creative programs designed to help carry out Anderson's mission of "optimizing the quality of life for individuals with autism." Schober is also responsible for managing local and national outreach efforts for the nonprofit.

Patrick Paul, CEO/Executive Director of Anderson Center for Autism, said, "Tracy Schober is an effective leader who has been instrumental in our own organizational development at Anderson; I am confident that her skills and expertise will help advance the very important work of the Autism Society Greater Hudson Region."

Schober holds a Master's in Public Administration from Marist College, a Bachelor's degree in Physical Education from SUNY College at Brockport, and an Associate's degree in Recreation Leadership from Erie Community College. She is currently pursuing a Doctor of Public Administration at Capella University, along with a housing navigator certificate through the New York Housing Resource Center for People with Intellectual/Developmental Disabilities. Schober represents Anderson on the Accessible Residential Opportunities Committee of the Office for People with Developmental Disabilities regional offices and is also



Tracy Schober

President of the Association of Directors of Development, Admissions, and Marketing, along with holding membership in the American Society for Public Administration and the Pi Alpha Alpha Honor Society.

Schober said, "Serving as Autism Society Greater Hudson Region's Board President will provide me with a wonderful chance to grow personally."

County to offer mental health training for first responders

It is estimated that 30% of first responders develop behavioral health conditions due to the challenging, dangerous, and traumatic situations they encounter in their service. To ensure the mental wellness of local first responders and help them in their tireless efforts to serve, Dutchess County Departments of Emergency Response (DER) and Behavioral & Community Health (DBCH) are hosting a free Mental Health Training for First Responders on Saturday, March 23rd from 9 a.m. to 1 p.m. at the Department of Emergency Response campus located at 392 Creek Road, Poughkeepsie. The training is open to law enforcement officers, firefighters, emergency medical technicians and security guards to learn essential mental health resources for themselves as well as those they serve. Registration is required and is available online at dutchessny.gov/respondertraining.

County Executive Sue Serino said, "Protecting the mental health of our first responders is vital. These dedicated men and women are out there protecting our community and deserve our respect and assistance to ensure they have the tools and resources to handle the stresses of their roles. I hope through this training, our first responders find support and a sense of camaraderie as they learn ways to not only enhance their ability to do their jobs effectively and compassionately, but also how to best protect their own mental wellbeing."

The training will feature speakers from both departments covering topics such as:

- The Brain and Addiction. The science behind addiction and its impact on the brain as well as conversation to break the stigma behind mental health. Individuals with lived experience of struggling with mental health and substance abuse will share their stories.
- Improving Response. A mental health overview including signs someone may be in distress. Attendees will learn response

strategies such as patient advocacy, motivational interviewing, and the benefits of "leave behind kits" that include harm reduction supplies.

• First Responder Resilience. Tools to help first responders advocate for their own mental wellbeing, suicide prevention, and available health resources for responders.

• Available Mental Health Resources. Overview of the County's mental health resources including Dutchess County's 988 HELPLINE, substance use recovery coaches, mobile crisis team, and more.

The lecture portion of the training will conclude with a question-and-answer period that will allow time for attendees to have an open dialogue with speakers. County mental health staff and community partners will also provide tabling to give first responders information on resources before and after the training.

DBCH Deputy Commissioner Jean-Marie Niebuhr said, "The statistics don't tell the full story of what first responders face. Every person who serves on the frontlines is impacted by what they've seen each day and is so important these individuals be cognizant of the toll it can take and the strategies they can use to protect and enhance their mental wellness. We're grateful to partner with Emergency Response Commissioner Dana Smith and his team to provide this training. By giving first responders the tools and strategies necessary to effectively deal with this complex topic, we can have a real impact on improving the quality of life for these dedicated individuals as well as the people they serve."

Dutchess County offers a wide range of mental health resources. To learn more, visit dutchessny.gov/behavioral-health. To learn more about Emergency Response trainings, visit dutchessny.gov/Departments/Emergency-Response/Emergency-Response.

Beacon Elks #1493 recognizes RMS students and teachers



Pictured: front row - Teachers Laura Briehof and Kristen Simms, and Kyran Patino (6th Grade, Dec. 2023); DeJuan Rigby (7th Grade, Dec. 2023); Victoria Maruggi (8th Grade, Dec. 2023); Qahtan Murshed (6th Grade Jan.); Pixie Kimberg (7th Grade, Jan.); Kaylyn Adusei (8th Grade, Jan.); Zachary Joyce, teacher, Dec. 2023); Ainsa Alzate, teacher (Jan.); back row: Sharon Haviland, Beacon Elks Lodge Chaplain; Cathy Oken, Beacon Elks Lodge Youth Activities Chair and Jeanine McAuley, Beacon Elks Lodge Esteemed Loyal Knight.

-Courtesy photo

The Beacon Elks Lodge #1493 recognized sixth, seventh, and eighth grade Students of the Month and Teachers of the Month for the months of December 2023 and January 2024 at Rombout Middle School on February 21.

The students received a certificate

and gift card for their accomplishments. The teachers were selected by their students in recognition of encouragement and for making education fun. Teachers received a certificate.

Thanks was offered to Glazed Over Donuts for co-sponsoring this event with the Elks.

Green Teen continues visits across Beacon



Club Green Teen poses outside Barb's Butchery in Beacon. From left to right: Program Manager Samantha Brittain, Saoirse Fehilly, Sadie Vasquez, Thalia Rodriguez, Barb Fisher, Messiah Gardner, Desirae Smith, Kaylee Ortiz, Luna Yawman, and Chanel Dickey. In front: Jude Williams and Antonio See.

-Courtesy photo

Club Green Teen, the after school offshoot of Cornell Cooperative Extension's Green Teen Beacon Program, was invited for a tour of Barb's Butchery on March 1st. Participants included eight youth, ages 12-13, led by Crew Leaders Desirae Smith and Messiah Gardner, age 16. The Club was introduced to the world of the local sustainable meat market by Barb Fisher, owner of the butcher shop, who also gave a Q+A about her no-waste approach to business. Highlights included

a demonstration of how a pig is processed into different cuts of meat. Fisher made a donation of a batch of fries, made especially for the Club by Barb's staff.

This visit is the final in a series of field trips for Club Green Teen's winter session, which focused on civic engagement and building community.

For more information and pictures of the visit, and updates about future activities, follow Green Teen Beacon on Facebook and Instagram.

988 SUICIDE & CRISIS LIFELINE IS LIVE

The first nationwide three-digit mental health crisis hotline is up and running. It is designed to be as easy to remember as 911, but when you dial 988, a dispatcher will connect callers with trained mental health counselors.

Dialing 988:

- Is a direct connection to compassionate, accessible support for anyone experiencing mental health related distress.
- Provides support: People may dial 988 if they are worried about a loved one who may need crisis support.
- Help for VETERANS: Veterans can press "1" after dialing 988 and be connected directly to the Veterans Crisis Lifeline.

County to offer new spring, summer programs

Dutchess County Parks continues its wide array of popular programming this spring and summer season. From weekend archery to adult park palette art sessions, eaglet nature programs, summer camps, pickleball and a new disc golf league, there are exciting and educational offerings for residents of all ages looking to explore the outdoors in fun and unique ways. Spring and summer program registration will open on March 12 at www.DutchessNY.gov/ParksEducation.

Dutchess County Executive Sue Serino said, "As the weather warms up, we are excited to look ahead to our Parks' popular programming! This year we have exciting new programs as well as the return of popular favorites. These programs, especially the summer sessions, fill up fast, so be sure to register quickly and don't miss these great opportunities to get outside and maybe even learn a new skill with our great Parks programs."

Spring Naturalist Program Schedule

Friday Night Pickleball Under the Lights will return to the pickleball courts at Quiet Cove Riverfront Park in Poughkeepsie on April 5th and April 19th from 6-10:30pm. All courts will be temporarily illuminated for play, and firepits will be lit nearby for attendees to enjoy. Registration is required and is available at playtimescheduler.com. Sessions will be cancelled in the event of inclement weather.

In partnership with the Office for the Aging (OFA), Parks will host a free, three-week Learn to Pickleball Clinic for residents aged 60 and older. Sessions will be held from 9-11 a.m. at Quiet Cove Riverfront Park, Poughkeepsie on Thursdays, May 2nd, May 9th and May 16th. Each week will be led by a USA Pickleball ambassador and local volunteers and will focus on a fundamental component of the game. Registration is limited and is required by calling OFA at (845) 486-2555 and includes all three sessions as each builds upon skills from the previous class.

May 2 - Introduction to the game

May 9 - Beginner skills

May 16 - Trial games

Weekend Public Archery sessions begin Saturday, April 13 at Bowdoin Park. The archery program consists of five classes, held on Saturdays, with various time slots offered. The sessions, each an hour long, are designed for children ages 8 and up, and adults with any level of archery experience. Basic hands-on archery skills will be taught, as well as bow and arrow safety. Cost is \$70 per person and includes all five classes and equipment. Each time slot is limited to 20 participants.

Saturday, April 13

Saturday, April 27

Saturday, May 4

Saturday, May 11

Saturday, June 8

Time Slots

8:30-9:30 a.m.

10-11 a.m.

11:30 a.m.-12:30 p.m.

2-3 p.m.

3:30-4:30 p.m.

Park Palette Art Series for Adults will be held at Quiet Cove Riverfront Park from 6-7:30pm outside on the lawn. These workshops are a step-by-step class to create nature-themed paintings. Cost is \$12 and includes all supplies. Sessions are limited to 12 participants each.

Wednesday, May 22

Wednesday, June 5

Eaglet Nature Program is for youth ages 5 to 7, along with their parents or caregivers, at Bowdoin Park's Nature Education Center. Through interactive exploration and play, children will have the opportunity to take a closer look at the unique natural habitats, with each week focusing on a different topic with a craft being made at the end of the class. All classes will be held 4-5 p.m. Registration is \$5 per child and is limited to 12 participants.

April 25 - Finding Footprints (Intro to Tracking)

May 9 - Identifying Skulls and Scat

May 23 - Pond Study

The new Wilcox Disc Golf League will host weekly meet ups to play at 10:30am on Sundays from April 21st through May 19th at Wilcox Memorial Park's Disc Golf course, which has been ranked among the top 100 courses in the world by UDisc, a popular disc golf app. All skill levels are welcome. This league is not directly affiliated with Dutchess County Parks; for more information and to register, email Savanna Burke at burkesavanna@gmail.com.

Summer Program Schedule

Dutchess County Parks' popular Adventure and Survival summer programs for youth ages 9-17 at Bowdoin Park in the Town of Poughkeepsie and Wilcox Memorial Park in the Town of Milan, reconnect youth with nature and feature hands-on activities such as hiking, shelter making, fire building, tracking, and other survival skills, as well as building on role play and group problem-solving skills. Sessions are held Monday-Thursday, from 9:30 a.m. to 4 p.m., with early drop-off and late-pick up options available.

The Adventure Program and Survival Program, for ages 9-11, will be held July 8-11 or July 22-25. The Adventure Program, for ages 12-15, will be held July 15-18 or August 5-8. The Survival Intensive Program, for ages 12-15, will be held July 15-18. These programs will be at Bowdoin Park.

Additional programs include Complete Survival at Wilcox Park for ages 12-15 on July 29-August 1 and Living Adventure at Bowdoin Park for ages 16-17 on August 12-15. These sessions will mimic a real survival situation framed in the context of a story that changes every year. Complete Survival requires students to have participated in Survival Intensive and ends with an optional overnight stay.

Sessions cost \$200 per student, per session. Due to the popularity of the programs, there is a limit of one session per student.

Eaglet Adventures returns this summer for ages 6-8 from August 5-8. These sessions will be from 10am-2pm and will give children a chance to become better explorers and scientists. Children will develop skills to identify animal tracks, discover pond life and begin to see the interconnection that keeps the natural world in balance. This session is limited to 12 children plus one caregiver and costs \$150 per student.

Other naturalist programming, including group weekday Archery, Junior Survival, Scout Programs and School Field Trips are available by appointment and reservations can be made by calling the Parks office at 845-298-4602.

For registration and programming information, visit DutchessNY.gov/Parks. or www.dutchessNY.gov.

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Homespun Hangout members learn patience, demonstrate caring

On March 19th the members of Homespun Hangout 4-H Club went to Friends and Family, an organization that helps individuals with dementia.

The members played bingo with some of the people there, talked to them and enjoyed hot chocolate together. Bingo winners were rewarded with a bag of cookies.

Caitlin Kuciembra reported on this great community service activity: "When we were talking to the people with dementia, I realized that some did not like loud noises and would often repeat things they said. We were patient and did not point out when they repeated things. When playing bingo, we used blocks instead of markers or chips because it was easier for them to use. It was fun and the people at Friends and Family were very nice."

Animal Science in the classroom

Many pupils at Wingdale Elementary School have never had the chance to interact with live animals!

So, for the latest 4-H after-school sessions, Educator Savanna Burke introduced animals to the classroom! 4-H'ers volunteered as junior instructors, taking their own animals into the school and teaching topics such as animal health, nutrition and care. The excitement was tangible as kids got to meet and pat the animals, which included rabbits and chickens, with goats and sheep coming later in the spring. It is heartwarming to see kids from all backgrounds so engaged in learning about their world.



Making healthy treats for rabbits ready to meet and treat the bunnies!

-Courtesy photo

SPORTS REPORT

HV Renegades hope to repeat successes from 2023 season

By Rich Thomaselli

A successful repeat?

With the start of the baseball season less than a month away and the future Hudson Valley Renegades toiling away at minor league camp in Tampa, the team can only hope to match its success both on and off the field from last year.

The 2023 season was a successful one by all accounts. Ten Renegades alumni made their Major League Baseball debuts, and former player Stephen Vogt was named the new Manager of the Cleveland Guardians.

The team captured the South Atlantic League North Division championship and advanced to the SAL championship series; debuted a new alternate food identity, the Cider Donuts; hosted the cast of

MTV's Jersey Shore: Family Reunion at a game; and commenced the landmark naming rights deal with Heritage Financial Credit Union.

The 2024 season will begin on the road on Friday, April 5 with a nine-game road trip against the Bowling Green Hot Rods and Rome Emperors. The team returns home for a 12-game homestand beginning on Tuesday, April 16. The upcoming season is the third time that the Renegades will play a full 132-game schedule in the South Atlantic League.

Hudson Valley, now in its fourth season as an affiliate of the Yankees, will once again play the majority of their schedule within the SAL North Division. The Renegades will face Aberdeen, Brooklyn, Greensboro, Jersey Shore and

Wilmington within the division, comprising 102 of the 132 games on the schedule. In addition, the Renegades will host the Asheville Tourists

for the first time ever, and will also host Bowling Green, Rome, and Hickory, while traveling to Bowling Green and Rome.

Red Hook girls fall in playoffs

By Rich Thomaselli

Sofia Tavares scored her 1,000th career point to lead the Walter Panas High School girls basketball team to a 63-30 win over Red Hook in a Class A first round New York State playoff game over the weekend.

Red Hook had just won its third consecutive Section 9 championship less than

two weeks ago.

Tavares had a game-high 21 points. The game was played at Yorktown High School, in Westchester County.

Panas is the defending state champion.

Red Hook could only get as close as 12-12 and trailed by 13 at the half. It finished the season 16-7. The Raiders were led by Emily Kent with 11 points.

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Tompkins Community Bank promotes Rivera to branch manager

In a celebration of professional growth, Tompkins Community Bank has promoted Lisa Rivera to branch manager. Rivera will oversee Tompkins' Red Mills branch, cultivating relationships with other businesses in the community and ensuring that customers' needs are met.

"Since joining our team in 2015, Lisa has consistently demonstrated her attention to detail, particularly when it comes to customer experience," said Carol Schmitz, community banking manager at Tompkins. "We look forward to seeing Lisa grow in this new role and are confident that all of our clients, and team members, throughout the Hudson Valley will benefit from working with her."

Rivera brings 22 years of banking and financial industry expertise to her new role; after beginning her career as a bank teller, Rivera continually advanced her positions, enabling her to understand the intricacies of financial institutions. Previously, Rivera served as an assistant branch manager and branch operations specialist trainer for Tompkins.

Founded in 1836, Tompkins Community Bank serves the Central, Western, and Hudson Valley regions of New York, and the Southeastern region of Pennsylvania. Through their unique local decision-making model, the bank offers personalized service and exceptional responsiveness, while delivering a broad range of products and services for consumers and businesses. Insurance services are offered through Tompkins



Lisa Rivera

-Courtesy photo

Insurance Agencies, and wealth management services are available through Tompkins Financial Advisors. Further information is available at www.tompkinsbank.com.

Sounds of New Orleans come to Beacon on March 23



A midwinter trip to New Orleans would be nice, right?

Soggy Po Boys will warm attendees up with that NOLA jazz sound at the Howland Cultural Center, 477 Main St., on Saturday, March 23 at 8 p.m. The ticket link is howlandculturalcenterix.com.

-Courtesy photo


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New York Senate Bill 1854 designates *Lactarius peckii* as the official fungus of New York State. The bill was introduced last year by our state senator Michelle Hinchey. I found this out while I was preparing for the annual Farm Bureau Albany trip where a bunch of farmers try to talk legislators into keeping local farms in business. As chair of the N.Y. Senate Committee on Agriculture, Hinchey has an outsize role in protecting our battered (by worldwide competition) ag industry.

New York has a state bird, the eastern bluebird, a state flower, the rose, an insect, the nine spotted ladybug (which is extinct), a state snack, yogurt, a state animal, the beaver, a fish – striped bass for salt water and brook trout for fresh water – and of course the apple is the state fruit.

Bill 1854 describes *Lactarius peckii* as “a common beautiful mushroom that can be found in wooded areas throughout the state.” It is neither edible nor poisonous, and is noteworthy because it serves a vital role in maintaining a healthy and vibrant forest ecosystem.

But the farmers on our visit had more important issues to discuss during our meeting with Senator Hinchey:

• **Extended Producer Responsibility** – This pending legislation would shift the cost of recycling from municipalities to the producers or packagers of boxes, bottles and plastic pots. Dairy farmers, apple growers and greenhouse operators (me!) would bear the costs. Farm Bureau policy states, “the program’s fee structure is inconsistent, com-

plicated, and subjective, not allowing a producer to estimate how much the cost would be to maintain compliance. Farmers are entirely unprepared to take on the EPR program both financially and managerially.” The bill was aimed at big companies like Amazon and Pepsico, which generate an enormous amount of recyclable waste. For farmers, who’ve been swept up in the legislation, it’s one more nail in the coffin.

- **Direct to Consumer Shipping** – Currently there are three bills introduced that would allow craft spirits – vodka and whiskey, for example – to be shipped directly to consumers, the way wine is legally shipped now. Local distilleries are still suffering from the pandemic, when their tasting rooms were closed. They generate mailing lists for tourists, but cannot follow up.

- **Free school meals to all students** – Senator Hinchey is sponsoring Bill 1678 which would “require all public school districts, charter schools and non-public schools in the state that participate in the national school lunch or school breakfast programs to serve breakfast and lunch at no cost to the student.” Farmers are hoping that this will lead to more students benefiting from fresh, healthy local food. Another bill encourages schools to purchase local farm products with monetary incentives.

- **Nourish NY Program** – N.Y. farmers donate millions of pounds of food to food banks. Nourish N.Y. provides 50 million dollars for purchases of additional food, as part of the governor’s current budget proposal. Farmers are asking the legislators to increase

The Farm Bureau goes to Albany to advocate for NYS agriculture.



Mark Adams with Assemblyman Anil (A.J.) Beephan, and Mandy Dykeman

-Photo by Sue Adams

this amount.

- **SITED Act** – We thanked Senator Hinchey and Assemblymember Didi Barrett for their support of the Smart Integrative Tools for Energy Development Act, which was signed into law last month. This important law empowers local governments to prevent solar energy companies from pressuring farmers to lease valuable farmland for solar farms. These companies are targeting easy to develop farmland, the same way housing developers gobbled up farmland in the 1960s. We need farms!

I never did get a chance to question Senator Hinchey about the pending state

fungus bill. But later in the day, I met with Assemblyman Karl Brabenec, who is sponsoring legislation to create an official state soil. That would be the black dirt from the onion farms in his Orange County district. It’s a real battle, he confessed. Seems there’s a lot of competition from other parts of the state for a state soil. Dutchess County, for example. How about “rocky, stony, gravelly silt loam?”

Mark Adams is an agricultural advisor to the Dutchess County Executive, Dutchess County B.O.C.E.S. and Cornell University.



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Ryan gains \$17M in funding for Dutchess County projects

Congressman Pat Ryan announced last week he has secured nearly \$17 million in federal funding for community projects that will benefit communities across NY-18 district with the House passage of fiscal year 2024 appropriations bills.

Among the projects receiving funding are the Dutchess County Youth Opportunity Union (YOU), Family Services, Inc. of Poughkeepsie, the Tivoli Volunteer Fire Department, the Town of Wappinger and the Village of Millerton. Full descriptions of the Community Funded Projects are below.

• Dutchess County "Youth Opportunity Union"(YOU): \$1,050,000.

"The federal funds will support critical infrastructure throughout our community, including the countywide Youth Opportunity Union we've long envisioned, in turn benefiting countless Dutchess County residents," said Dutchess County Executive Sue Serino. "Each of these projects highlights a specific priority for our county – whether it's youth and family development, public safety or clean water – and we thank Rep. Ryan for his efforts to secure these funds."

The Youth Opportunity Union will redevelop the approximately 3.35-acre site of the former Dutchess YMCA in the City of Poughkeepsie — which has been vacant and became increasingly deteriorated since the YMCA's closing in 2009 — into the Youth Opportunity Union ("The YOU"), a youth-focused community center designed via an intensive community-outreach process to feature an innovative cradle-to-career spectrum of recreational; early childcare and learning; enrichment; and health and wellness facilities and programs, as well as serving as the hub of Dutchess County's Path to Promise cradle-to-career system of youth and family services. The funding from the CFP will specifically go towards funding a multipurpose community center at the YMCA to ensure that kids will have a space to gather in this city where many community spaces have been shuttered in the past decade.

• Family Services, Inc.: \$1,000,000

"We are so thankful to Congressman

Ryan for supporting the work of Family Services Family Partnership Center which is integral to the safety and well-being of the community," said Leah Feldman, CEO of Family Services, Inc. "Asbestos abatement is a critical component of environmental justice, ensuring the protection of both human health and the environment. Communities, such as the City of Poughkeepsie often bear a disproportionate burden of environmental hazards, including asbestos-related illnesses. This funding will contribute to the broader goal of rectifying environmental injustices, promoting health equity, and safeguarding vulnerable populations."

With this funding, Family Services, Inc. will conduct critical facility improvements at the Family Partnership Center in Poughkeepsie, New York, in order to increase the safety, accessibility, and long-term sustainability of its services and programs as well as those of the 20 human services organizations located in the building, providing critical behavioral services and other services. Family Services Inc., a 501 (c)(3) nonprofit, has embarked on a multi-faceted capital project in order to increase the safety, accessibility, and long-term sustainability of the Family Partnership Center (FPC), located in the heart of Poughkeepsie. Project components include: 1) asbestos encapsulation in the main building and adjacent annex; 2) floor and ceiling replacements in both buildings; and 3) renovations of currently inaccessible bathrooms in the main building.

• Tivoli Volunteer Fire Department: \$500,000

"Since the Tivoli Firehouse endured a devastating fire years back we have been dedicated to rebuilding both in growing our volunteer department to now one of the largest in the region and expanding our training and mutual aid," said Marc Hildenbrand, Assistant Fire Chief of Tivoli Fire Department. "The commitment that our Congressman Pat Ryan has made by prioritizing the firehouse in his Community Funded Projects is one more essential step forward in realizing our

expansion to not only support our entire service area but to invest back in these incredible volunteers donating countless hours that our families, neighbors and friends rely on each and everyday."

The Tivoli Volunteer Fire Department is the primary source of emergency services for the Village of Tivoli and several surrounding communities making it a high interest and priority for local taxpayers. With over 100 years in service, the Tivoli Firehouse serves as a vital regional Fire Department to communities that include Tivoli, Red Hook and all of Bard College along with mutual aid into Clermont and Germantown. Since the pandemic the Tivoli Firehouse has more than doubled in size providing essential rescue, fire, medical and mutual aid support to thousands of residents making this expansion critical in not only serving the community but to expand its community service. These tireless volunteers are on a call 365 days a year and participate in over 7,000 hours annual in emergency, rescue and medical. The Tivoli Firehouse also provides the interior fire training for all of upper Dutchess County neighboring fire houses. This expansion will ensure continued access to emergency, medical and fire services in this rural community. This project will support essential community infrastructure for a rural community.

• Village of Millerton: \$959,752

"Better Together: Congressman Ryan's vital support of a shared wastewater system has helped fuel the collaborative effort between the Village of Millerton and the Town of North East, exemplifying the transformative power of partnership," said Millerton Mayor Jenn Najdek. "This crucial funding not only addresses immediate environmental concerns but also paves the way for economic growth, improved public health and making sure our communities thrive for years to come."

This project will construct a new wastewater system. The new wastewater system will consist of an alternative type collection system called a septic tank effluent pumped (STEP) system and an innovative packed bed media filter water resource

recovery system. This new wastewater system will replace failing on-site wastewater systems including cesspools and leach fields. The age and condition of existing systems present a serious environmental challenge to the ground water and surface water of the Housatonic Watershed. The proposed district encompasses the Village General Business District, commercial areas along Route 22, the Town of North East Boulevard District along Route 44, and surrounding residential parcels in the Village. The new wastewater system will provide businesses and potential residential development the wastewater management capacity for expansion, ensuring the communities' sustainable economic growth. This project will ensure that the town can improve water quality in compliance with the Clean Water Act.

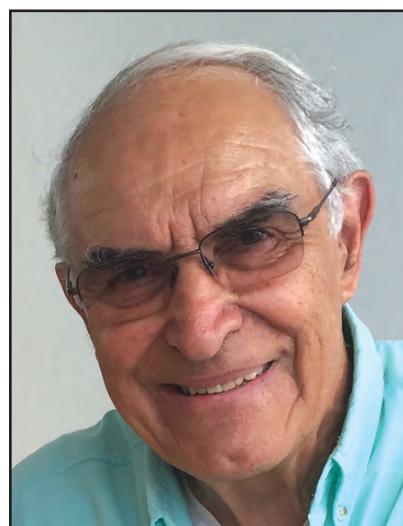
• Town of Wappinger Safe Drinking Water Project: \$959,752

"Offering clean, safe, and reliable drinking water to our residents is a top priority to our Town government," said Wappinger Town Supervisor Joseph D. Cavaccini. "In working with Congressman Ryan to obtain this crucial funding, the Town of Wappinger will focus our efforts to not only sustain, but strengthen our water supply to those who live here, first and foremost. On behalf of all in our community who will benefit from this funding, we are grateful for this commitment and eager to see its lasting benefits for generations to come."

The Town of Wappinger requires federal funding to deploy 5,300 linear feet of eight inch water main and 6,300 linear feet of ten inch water main along town and state roads in the Route 9 corridor. This project will establish critical redundancies in the existing United Wappinger Water District, provide safe and clean municipally-sourced water to residential & commercial properties, and provide critical inter-connections in the event of current source water failure. This project will ensure that the town can provide Clean Drinking Water compliant water source.

Obituaries

Edmund L. Frappier, Jr.



Edmund L. Frappier, Jr. passed away on February 24th, after a short illness. Born in Watertown, NY, on October 15, 1935, to Edmund L. Frappier, Sr. & Mary (Cross) Frappier, he graduated from High School and enlisted in the 24th Infantry Army Division & was stationed in Germany. Upon being Honorably Discharged, he attended SUNY-Oswego where he graduated in 1961. While at Oswego, he met the love of his life, Wanda (Molinelli). They married on June 27, 1957, and were married for 63 years! They welcomed two children into their family, Tina Simone (Ross) Baldwin & Todd (Darcy) Frappier, who live in FL. Ed was a High School Earth Science Teacher for 30 years, ending his career in the Wappingers Central School District. As an active volunteer member of the New Hackensack Fire Company/District, he advanced from Asst.

Chief to Chief & ultimately Fire Commissioner during his 22 years of active service. Upon retiring in 1991 from teaching, Ed & Wanda built a home in The Villages, FL, where they were very active in the "Way, Way, Way Off Broadway Players" for over 15 years. They spent their summer months at their cottage in Knobby Knoll, Sackets Harbor, NY. Ed was a much loved "Baba" to his 5 grandchildren, Amber Evans, Justin Steakley (Jaime), Fallon (Frappier) Whitacre (Joseph), Payton (Frappier) MacLatchie (Andrew) & Jessie Baldwin (Rich Labombard) & his 3 great-grandchildren, Jude & Jett Steakley & Sonny Whitacre. Ed was the oldest of his 7 siblings, Louie (Helen) Frappier, Phyllis Levee, Sargent (Judy) Frappier, Mary (Charlie) Ortner, Cherrye Dunaway, Albert (Bev) Frappier & Debra Frappier. Ed was predeceased by his parents, his wife, Wanda & 2 of his brothers-in-law, David Levee & Jon Kloetzli. Ed will forever be remembered for his story-telling skills, comedic timing & ability to make students enthusiastic about the wonders of our planet!

A Memorial Mass will be held at St. Timothy Catholic Church, The Villages, FL, on March 23rd at 10am. Burial will be held this summer in Mannsville, NY.

In lieu of flowers, you may make a contribution to the New Hackensack Fire Company, RCK Scholarship Fund, 217 Myers Corners Road, Wappingers Falls, NY 12590



Joan Hinderer

WAPPINGERS FALLS - Joan Hinderer, 85, an area resident for over 58 years, passed away peacefully at home surrounded by her family on March 5, 2024. Born in the Bronx on January 30, 1939, Joan was the daughter of the late Richard and Margaret (Mrsich) Robben.

On June 1, 1963, at St. Raymond's Church in the Bronx, Joan married Joseph John Hinderer. She is survived by her husband of 60 years, Joseph, and her children: Marguerite Stein (William) of East Fishkill, Joseph Hinderer (Amy) of Omaha, NE and Thomas Hinderer; her grandchildren, Margaret, Rachel, and Joan Stein, Katelyn Wallace (Nathan), and Eric Hinderer; her sister, Jeanne Homan (Wayne); and her sister-in-law, Betty Coccaro.

Joan retired from a successful career in real estate that spanned over four decades. She had a love of music and was a masterful accordionist. Joan also enjoyed camping, scouting,

ing, cruising, being a part of Home Dem, and spending time at the ocean. She had a caring heart as she welcomed several foster children into her home.

Calling hours were held at the McHoul Funeral Home, Inc., 895 Route 82, Hopewell Junction. A Mass of Christian Burial was offered at St. Kateri Church, 1925 Route 82, LaGrangeville followed by burial at Ballard-Barrett Cemetery in Mahopac.

Donations may be made in memory of Joan to Hudson Valley Hospice and St. Jude Children's Research Hospital. Please visit her Book of Memories at www.mchoulnfuneral-home.com.



Clark Josephs

EAST FISHKILL - Clark Josephs of Hopewell Junction died unexpectedly of heart disease on March 3, 2024, one day before his 87th birthday. He is survived by his beloved wife of 61 years, Emmy Josephs, his two daughters, Karen Josephs and Debbie Barish, grandchildren Eli, Noah, and Sasha, and his sister Carole Josephs.

Clark was born and raised in Brooklyn. He most recently worked at IBM until retirement. He was a devoted friend and inspired many. He went back to college at age 60 and received his bachelor's degree from Pace University, graduating summa cum laude.

He loved chess, hunting, fishing, shooting pool, being a good neighbor, grilling and playing guitar and piano. He enjoyed learning about history, particularly WWII. He loved steam trains and sushi. His sense of humor will be missed by many.

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140 Nursery Schools	226 Travel & Services	408 Houses for Rent	702 Lost & Found Pets	800 Boats
141 Child Care	227 Bridal Services	420 Commercial Rentals	703 Pets for Adoption	801 Campers & Trailers
142 Day Care	295 Financial	500 Musical Merchandise	710 Garage & Yard Sale	802 Motor Homes
143 Baby-sitting	296 Mortgages	501 Kid Stuff	711 Tag Sale	803 Recreational Vehicles
145 Adult Care	300 Real Estate	502 Clothing	712 Moving sale	900 Autos for Sale
150 Announcements	301 Townhouses & Condos	503 Furniture	713 Rummage Sale	901 Vans/SUV's
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152 Novenas	304 Mobile Homes	505 Free Items	715 Craft Corner	903 Motorcycles
154 Lost & Found	305 Lots & Acreage	506 Computers	716 Barn Sale	904 Auto Parts & Tires
155 Personal	400 Townhomes & Condos for rent	507 Sports Equipment	717 Estate Sale	905 Autos Wanted
200 Services	508 Exercise Equipment	718 Auctions	719 Antiques	

Classified Index

721 Wanted to Buy	722 Bazaar	723 Consignments
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725 Collectibles	800 Boats	801 Campers & Trailers
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800 Boats	900 Autos for Sale	901 Vans/SUV's
801 Campers & Trailers	902 Trucks	902 Trucks
802 Motor Homes	903 Motorcycles	903 Motorcycles
803 Recreational Vehicles	904 Auto Parts & Tires	904 Auto Parts & Tires
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love to cook

by vicki frank day



I promised an article on the sweet side this go-round but it's been surprisingly challenging to deliver. Lately I've been all-in preparing savory suppers and, while it's fun to get back into the swing of cooking every day, I've admittedly been neglecting the baking I once did with (almost) as frequent dedication. When I have been baking it's been the many old go-to recipes that are favorites in my house.

That, and the fact that it's Lent when some of you may not be indulging, well, coming up with some new sweet treat just hasn't been in the recipe cards.

Then again, sweet doesn't necessarily mean dessert. Recently I'm on a self-improvement kick so I'm slowly adopting new, healthier habits and it was while starting my day that it hit me. It was one of those smack-your-forehead moments that made me feel silly because the answer was right in front of me. We're making smoothies!

I wrote about smoothies before, many years ago, but it feels right to revisit it with some fresh ideas. In 2012 I had an issue with high cholesterol and was put on a strict diet to try to correct it without medication (spoiler – it worked!!! My doctor was impressed!). It was a produce-heavy diet made easy to stick to because it was summer with lots of fresh, local options. I remember being pretty amazed at how much better I felt, and a big reason why was that I started each day with a fresh, fruit and vegetable-rich smoothie. It made perfect sense, then, to once again add that routine to my day.

There's no denying smoothies are a trend, but one that's been around a while. I'm not usually a fan of trendy eating but I already know this one works. You can spend a ton of money going to shops specializing in them or invest in the latest mixes available, which are often very pricey. I don't have that kind of money,

but that's just fine. I use fresh produce and whip them up in my own kitchen for a fraction of what they charge and I still feel great. I'm not saying they aren't worth it, just that money's tight and there are options that will keep you in the green. Oh, and back to the original intent here – they can even be sweet!

For best results I freeze most of the fruit I use, like berries and (peeled) bananas. You can certainly buy them already frozen but often fresh are cheaper, so I'll rinse and freeze them portioned out. This eliminates the need to add ice so you get a nice, thick texture and lots of undiluted flavor. I also use almond or oat milk for the extra nutritional boost, and because cow's milk can limit absorption of things like calcium and iron and reduce the effectiveness of antioxidants. Now you know!

One thing I love about these homemade concoctions is the many combinations you can come up with. Not only that but, when you whirl all those good ingredients up in a blender, you can "sneak" in some you wouldn't necessarily think could work without detection. I'm talking things like kale and spinach with fruit without it tasting like some weird salad, and that's pretty great! You get all the benefits of raw fruits and vegetables plus flavor that is actually tempting and even indulgent. Don't believe me? Try this one on for size!

GREEN SNICKERDODLE SMOOTHIE

I promise I'm not sugar-coating this one! It tastes like snickerdoodles! I know! I was skeptical at first, too. But it's creamy and luscious with that kiss of cinnamon and just the right sweetness to fool your taste buds, plus it gives you vitamins and minerals you need to feel great! You get vitamins A, B6, C and K, iron, magne-

Smoothie operator

There's no deception here, just healthy and delicious blends that are simply sweet.



A Green Snickerdoodle Smoothie.

-Photo by Vicki Frank Day

BERRY BOOST SMOOTHIE

For those of you who aren't snickerdoodle fans, don't despair. A healthy mix of berries and other fruits get a boost from something unexpected that you'll never know is there, but your body sure will. I'm talkin' kale, folks, but stay with me! If I handed you a glass you'd be none the wiser. This is the one I sometimes start my day with instead of coffee and I'll be blending it up as soon as I finish this article. It gives me so much energy and I can drink it every day.

INGREDIENTS

1 cup almond or oat milk
1-2 handfuls chopped fresh kale
1/2 cup frozen blueberries
1/2 cup frozen strawberries
1 orange, peeled and chopped
1/2 a frozen (peeled) banana
2 teaspoons honey
Blend it all together until smooth and sip indulgently with a straw.

Makes 2

With the loveliness of spring about to grace us, wouldn't it be good to have a little more energy to enjoy the simple pleasures it will bring? And simple is what it's all about, so why wouldn't you blend up a sweet, cold, creamy, fun and easy beverage loaded with fresh fruits and vegetables, especially when it will make you feel great inside and out? I think you'll feel even more beautiful than you already are. Enjoy!

INGREDIENTS

2 handfuls fresh spinach
2 frozen bananas
1 ripe avocado
1 cup almond or oat milk
1 teaspoon pure vanilla
1 teaspoon cinnamon
Blend until well mixed, creamy and smooth.
Makes 2

Vicki Frank Day's background includes over two decades in various aspects of the food service industry. In addition, she has over 27 years' experience in marketing, graphic design, copy writing, food styling and research. She believes cooking should be a fun adventure, that food should be an experience and that every day can be a special occasion. Email her at vickiloves2cook@gmail.com.

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NOTICE TO BIDDERS

RFB-DCB-04-24
NAME OF PROJECT:
Dutchess County Public Transit Facility Renovations Phase II. Multiple Prime Bids shall be received for the following classes of work: General Construction, Electrical, HVAC, and Plumbing. Project Description: This project consists of a new building addition, and both building and site alterations to the existing Public Transit Facility at 14 Commerce Street, Poughkeepsie, NY 12603. The County of Dutchess official bid documents for this project are obtained from the Empire State Purchasing Group's Regional Bid Notification System at www.bidnetdirect.com/new-york/county-of-dutchess or by using the link provided at www.dutchessny.gov, selecting "Government" then selecting "Bidding and RFP Opportunities." For those without Internet access, you may obtain an electronic copy of bidding documents by contacting the

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Dutchess County Department of Public Works at d p w c o n t r a c t s @dutchessny.gov, or in person, Monday through Friday, 8 am to 4 pm: Dutchess County DPW, Business Office, 1st Floor, 626 Dutchess Turnpike, Poughkeepsie, NY 12603. Upon request, all interested parties may review the hard copy of the Bid Specifications and Drawings by visiting the above referenced address. All Addenda will be posted on Bid-Net Direct (aka Empire State Purchasing Group) site. Bids due on or before 11:00 a.m. on Friday, April 12, 2024, and at that time opened and read aloud. Bids received after that time will not be accepted. Bids for

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the above project will be received by: Renée Osterhoudt, Contract Specialist, Dutchess County Department of Public Works (DPW), 626 Dutchess Turnpike-1st Floor, Poughkeepsie, NY 12603. All interested parties are invited to attend. The bid opening for this solicitation may also be attended through Microsoft Teams Audio Conferencing. Anyone who wishes to hear bids read aloud via Teams, will need to call into the phone number listed below. We ask that you call in at least three minutes prior to bid due/time to ensure you are connected properly. All call-ins will be asked to identify themselves by name and organization. Join Microsoft

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Teams Meeting +1 516-268-4602 United States, Hempstead (Toll) Conference ID: 324 878 048# Each bid shall be submitted as one paper original and one electronic copy on USB flash drive and be accompanied by Bid Security (bid bond, certified check, official bank check made payable to the Dutchess County Commissioner of Finance) or an Irrevocable Letter of Credit (in a form agreeable to Dutchess County) in the amount of 10% of the bid amount. Bidders' security will be retained until the successful bidder has signed the Owner-Contractor Agreement and the County has finalized the Agreement. Each bid

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with Bid Security shall be enclosed in a sealed envelope bearing the name of the Project, Name of the Bidder, and the date and hour of the bid opening, which must be visible upon delivery. A pre-bid walk-thru meeting will begin at the Dutchess County Public Transit Facility, 14 Commerce Street, Poughkeepsie, NY 12603 on Wednesday March 27, 2024, at 11:00 a.m. to review the scope of the work. It is strongly recommended that all prospective bidders attend this meeting. Please meet inside the front entrance lobby. All participants must wear reflective vests on Public Transit property. Questions will be accepted by 5:00 p.m. on

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Wednesday, April 3, 2024 and emailed to Renée Osterhoudt at dpwcontracts@dutchessny.gov with the County's response published in Addenda prior to 48 hours before the bid opening date. The anticipated start of construction is July 1, 2024; the anticipated completion date is December 31, 2024. This project may be subject to NYS Department of Labor Prevailing Wage Rates PRC #: 2024000646. View Bid Specifications regarding APPRENTICESHIP PROGRAM. The County reserves the right to waive irregularities in bids and in bidding and to reject any or all proposals.

Diversions

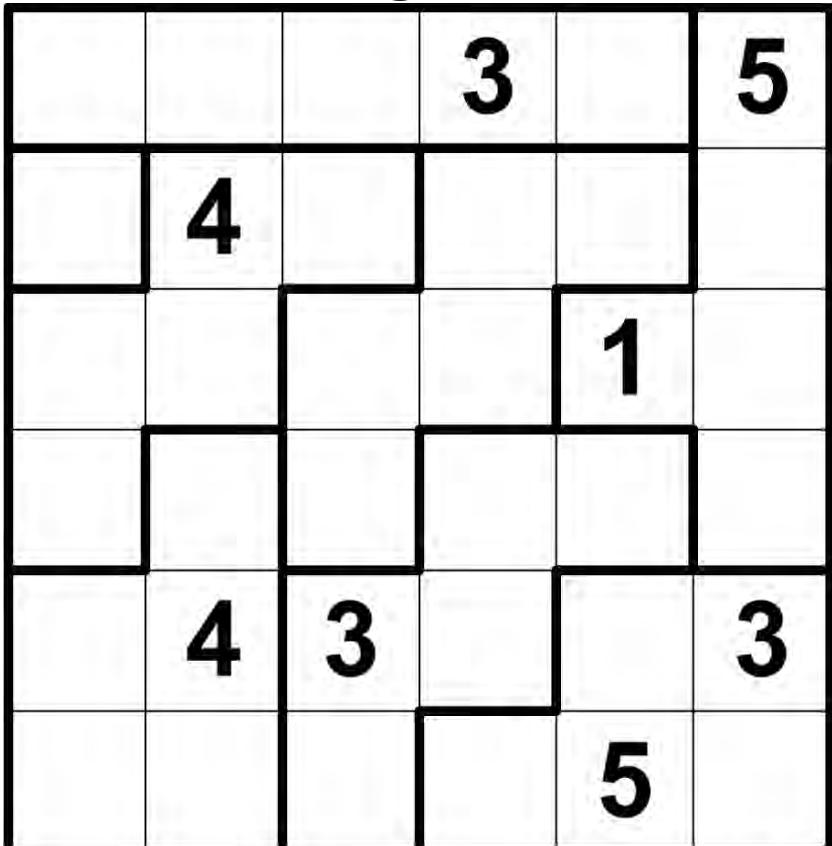
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Suguru



The heavy lines indicate areas, called cages, from one to five squares in size. Fill each cage with unique digits, counting up from 1. So for example a 2-square cage contains the numbers 1 and 2; and a 5-square cage contains the numbers from 1 to 5. Adjacent (touching) squares, even ones that touch diagonally, may never contain the same number.

THEME: ICONIC FASHION MOMENTS

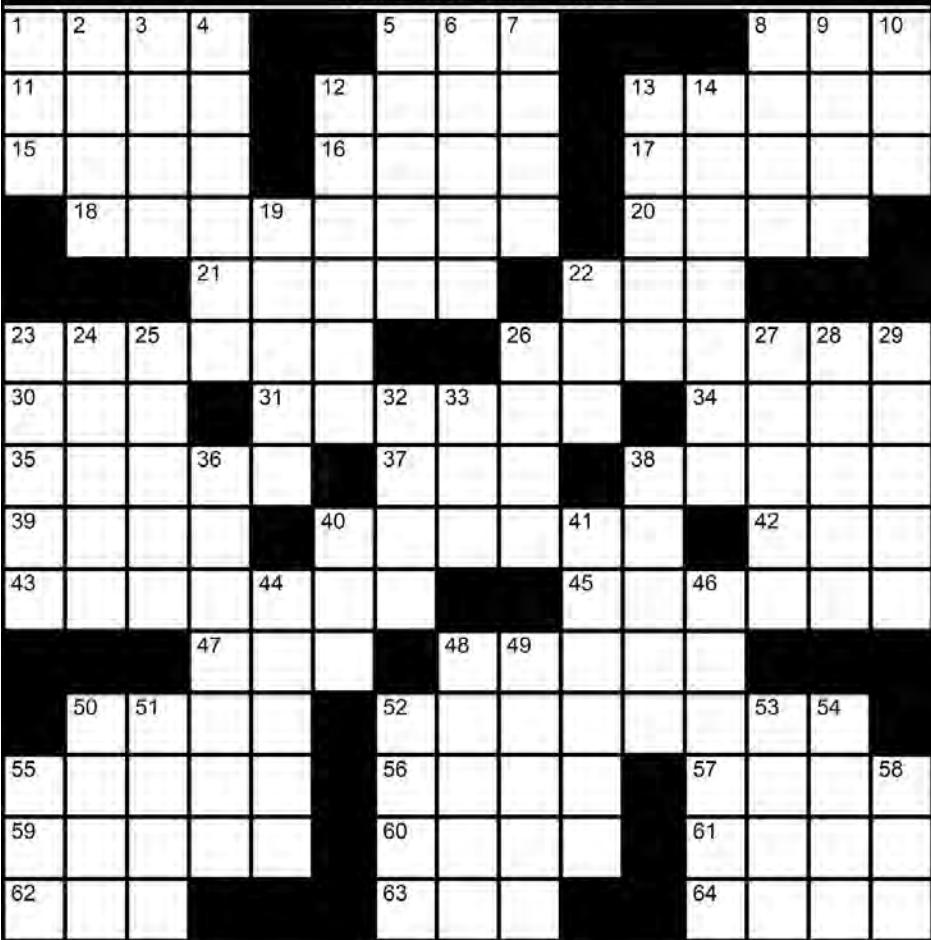
ACROSS

- Aggressive remark
- Pampering spot
- Wharton degree
- Light bulb, in comic book
- Burn to a crisp
- Size option
- Cameron of "There's Something About Mary"
- Fabled racer
- Take care of debt (2 words)
- *He wore a white leisure suit on the dance floor
- It can be pleasant or unpleasant
- Buenos ____
- Dove's sound
- *She wore a white dress above a subway grate
- Get house ready for living
- Rap sheet acr.
- Famous fictional canine
- Brussels org.
- Not Astroturf
- Take the gold
- Certain cigarette
- Speed of object divided by speed of sound
- Lord's subordinate
- Ann Patchett's novel "____ Canto"
- Made by Bayer
- Friskily
- Long period of time
- Repeat, in music
- Cough syrup balsam
- *She wore a meat dress
- What cobbler does
- Good's foe?
- Muddy road grooves
- Waltz, in France
- White House "sub"
- Red light action
- Layer
- Marching insect
- Sports award

DOWN

- Ebay click
- Miners' passage
- *Kim Kardashian exposed it on the cover of Paper in 2014
- *Harper's ___, famous fashion magazine, launched in 1867
- Fossil fuel rock deposit
- Fractions
- Atlas stat
- Egg salad ingredient
- View from high-speed train?
- High mountain
- Uncontrollable movement disorder
- Animal trail
- *Singer who sported a cone bra
- Viola da Gamba, pl.
- Pool tool
- Molten rock
- Southern cuisine pods
- Civil rights org.
- Jimmy Buffet: "You got ____ to the left..."
- Many iambs
- Iron/carbon alloy
- *Golightly of little black dress and sunglasses fame
- Tchaikovsky's fowl
- Bro's sib
- *Nothing came between her and her Calvins
- Loud noise
- Car's unique identifier, acr.
- Diamond on a sweater
- Awaken
- Rough
- Type of juniper
- Proclamation
- Bluish green
- Billy Joel's "____ the Good Die Young"
- Bulgarian money
- Glory prerequisite
- Above
- NFL's Lamar Jackson in 1923, e.g.
- Done with "my little eye"?

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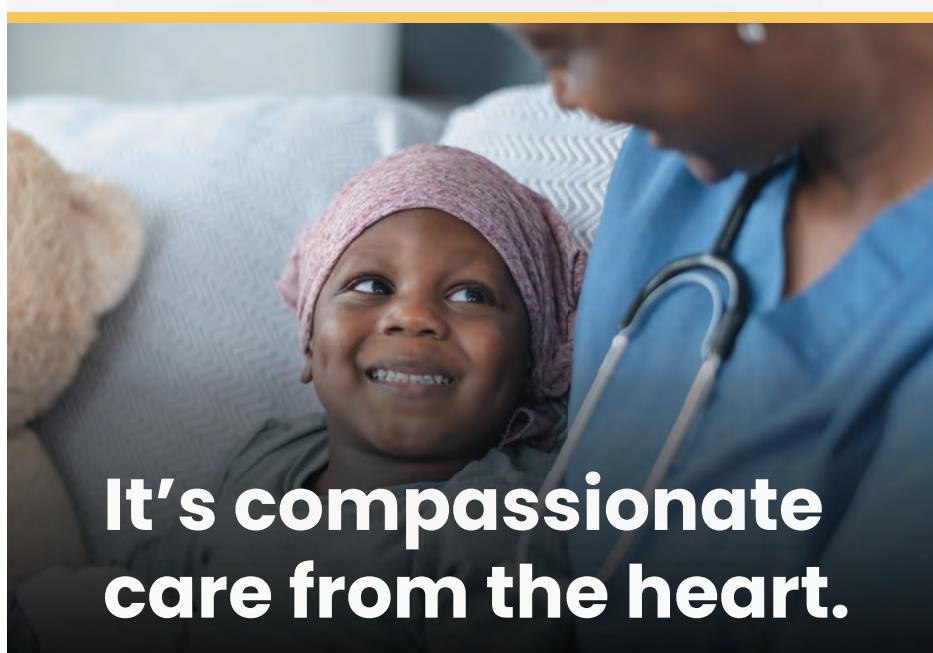
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The solutions to the Sudoku, Crossword puzzle and Suguru can be found on page 6.

Parade of Green brings 'Irish smiles' to community



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(Clockwise from top left) The City of Beacon St. Patrick's Day Parade of Green took place on March 9th on Main St. in Beacon.

Beacon City School District students play their instruments while walking the parade route.

Members of the Beacon Elks ride on one of the parade floats.

Key Food takes part in the annual event.

Dance students from Yanarella School of Dance participate in the parade.

-Photos by Kristine Coulter