

BEACON FREE PRESS

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Putnam Chorale performance set in Beacon

By Kristine Coulter

The Putnam Chorale will perform “Holiday Fanfares: Music of John Rutter, Daniel Pinkham and Gwyneth Walker” in Beacon and in Brewster, Putnam County. The concert, said organizers, will feature “Gloria” by John Rutter.

The performance in Beacon is set for December 1 at 7:30 p.m. at the Church of St. Joachim, 51 Leonard St. On December 3 at 3 p.m. the concert will take place at the First United Methodist Church, 83 Main St, Brewster. Tickets are \$25 for adults, \$20 for seniors, and free for children 12 and under.

Other pieces in the program, according to Chorale information, include Daniel Pinkham’s “Christmas Cantata” and Gwyneth Walker’s “A Star in the East.” The Chorale will be accompanied by the MidAtlantic Brass Ensemble and organ, said organizers.

Asked what it is like to be the new director, Jason Tramm replied by email, “It has been a pleasure to begin my tenure with the Putnam Chorale. I have very much enjoyed getting to know the members of the choir and the Putnam County communities that we serve.”

Nick Simonelli is the board president. He explained how Tramm was chosen for the director position saying he is “immensely talented” and well-connected to the choral community.

“Jason’s energy is infectious as he leads the choristers to explore their vocal technique and create wonderful music. His long-standing association with area opera companies and choruses, both amateur and professional, bring a wealth of experience and the opportunity for potential collaborations. We are quite pleased that we found him among the many candidates earlier this year,” remarked Simonelli.

Tramm explained how he became involved with Putnam Chorale. “I was selected as Music Director after a director search. I was continually impressed by the commitment and dedication of the search committee and was honored to be chosen to lead this fantastic ensemble,” he said.

As for what attendees can expect from the concert. Tramm replied, “Musical excellence in YOUR community! This upcoming concert will feature the Putnam Chorale and brass ensemble in some thrilling pieces by John Rutter and Daniel Pinkham.”

Simonelli said, “We take our singing seriously, but we take time to socialize as well. The Chorale is always looking for new singers, especially tenors and basses. The music is challenging, but extremely rewarding. Rehearsal aids are generally available to help guide amateurs to learn their parts. You have nothing to lose by checking it out and a tremendous amount to gain. More at PutnamChorale.org.”

Simonelli added, “Expect about 60 performers to simply wow you. The finale in Rutter’s “Gloria” will leave your heart pounding. Holiday Fanfares will not disappoint!”

Benefits being held for those affected by explosion, fires in Wappingers Falls

Wappingers Falls PBA members deliver holiday meals

By Kristine Coulter

The local community continues to offer support to families who were affected by recent catastrophic events. In mid-October there was a fire at a local apartment complex in Wappingers Falls. Earlier this month, a gas explosion and fire occurred on Brick Row in Wappingers Falls.

Brick Row fire benefit at AJ Café Dec. 1

There will be a benefit held on December 1, from 6 p.m. – midnight at AJ Café, 2557 South Ave., in Wappingers Falls to assist those families who were affected. There will be raffles, 50/50 and live performances by numerous musicians.

The benefit is being organized by Michael Robinson of Waverly Pest Control in the Village of Wappingers Falls.

Robinson stated in a Facebook post: “I will be cohosting this event with Jennifer Nevel for the victims of the fire and explosion that occurred here in Wappingers Falls a few weeks ago. There may be some special guests as well. We would love if you could attend and show your support for the community and these victims.”

One of the performers scheduled is Carrie Zazz of the Carrie Zazz Band.

“The band feels very strongly about supporting and giving back to our community. We make it a point to donate our time and talent a number of times throughout the year to causes we believe in. When we learned there were people in need, right here in our backyard, we



Wappingers Falls PBA members delivered holiday meals for Thanksgiving last week to families who are in hotels. The families were affected by an explosion on Brick Row earlier this month and a fire at an apartment complex that occurred in mid-October.

-Courtesy photo

reached out right away to ask how we could help. We consider ourselves blessed to be able to lend our support through music,” Zazz said in an email to Southern Dutchess News on Nov. 26.

What can people who attend expect?

Zazz replied, “Everyone attending will enjoy a powerful line-up of great music. The Carrie Zazz Band will be playing our classic rock and country favorites that

include everything from The Beatles, [Rolling] Stones, Linda Ronstadt, Elton John and more! We are well known for our three-part harmonies that are reminiscent of the 1960s and will be playing a selection from our show at Daryl’s House in January.”

Continued on page 2

Verplanck Garden Club members to host children’s workshop Dec. 9

By Kristine Coulter

The Verplanck Garden Club will sponsor a Children’s Holiday Workshop on December 9, from 9:30 a.m. – 12:30 p.m. The free event will take place at the Fishkill Town Hall, on the lower level, at 807 Route 52, in Fishkill.

VGC members Kathy Juhasz and Sue Pulcare are the new chairs of this annual workshop.

The garden club has run this event for 13 years as part of the club’s mission to serve the community, it was stated.

“We like to give back to the community,” said Juhasz.

Pulcare remarked, “It’s not only fun for the kids, but the garden club members, too.”

So, if one stops by the festive workshop, what crafts can the kids create?

Pulcare said there are five crafts. There will be an evergreen arrangement in a mug, a wooden snowman, a felt reindeer, a pinecone tree and a coloring sheet.



The Verplanck Garden Club members will host a Children’s Holiday Workshop on December 9th on the lower level of the Fishkill Town Hall in Fishkill.

-Courtesy photo

Continued on page 3

Benefits being held for fires, explosion victims



The Wappingers Falls PBA recently assisted local families who were affected by fires and an explosion in the Village of Wappingers Falls.

-Courtesy photo

Continued from cover

Asked what message the Carrie Zazz Band wants to send to those who were affected, Zazz said, “The message we would like to send to those affected by the Brick Row fire is that their community is here for them. It is at times like this that we realize just how deep that support reaches, and they are not alone as they face the rebuilding ahead of them.”

Other performers scheduled are Cher & Dr. Perkes, Jennifer Nevel, Macy’s Parade and The Mighty Remains.

Wappingers Falls PBA delivers meals to affected families
Members of the Wappingers Falls PBA

(Police Benevolent Association) delivered meals to local hotels. The meals were for those families who were affected by fires and an explosion.

“The PBA donated individual Thanksgiving dinners with desserts (pies and cookies) donated by a group of local women (who wish to remain anonymous),” explained Jenn Farrell via email. Farrell is the PBA Secretary/Treasurer. Turkeys and produce were donated that were given to the Knights of Columbus to give to families in need, she added.

“Our PBA members came up with an idea to cook the dinners (since these specific families do not have ovens in the hotels).

One of our members offered to cook and package all the food with his wife. The dinners included turkey, stuffing, potatoes, and a vegetable with gravy and cranberry sauce on the side,” stated Farrell.

Scott McHugh, who is the PBA president, stated in the email from Farrell: “It was a great time; makes you appreciate what Thanksgiving is all about.”

The Wappingers Falls PBA members all agreed, according to Farrell, “that giving back especially to these families on this grateful Thanksgiving morning was rewarding. The families were appreciative of our act of kindness.”

Geoff Weaver, vice president of the PBA,

stated in the email from Farrell, “Very much appreciated by the victim families. As the conversations, hugs and kindness expressed by them and the hotel guests present in the lobby area was all that [was] needed to be said.”

It was noted by Farrell that the PBA members have been in daily contact with most of them (the residents affected) to assist them with whatever they may need (clothing, food, toiletries, etc). The biggest challenge they have right now is finding local housing, she added. Many places have extensive waiting lists hindering their progress to get back to normalcy.

“Shortly after the explosion, we joined forces with the Wappingers Falls Business Association and started a fundraiser for the families. We have raised a significant amount of money for the families. The overwhelming support from residents, and businesses alike has been nothing shy of astounding,” said Farrell. She continued: “We are very community oriented, and we are very thankful that we are able to help others.”

Update on the investigation

Joseph Jenkins, who is the associate director for media relations for Central Hudson Gas & Electric, stated in an email to Beacon Free Press earlier this week: “We are cooperating with the Department of Public Service (DPS) and the Occupational Health and Safety Administration (OSHA) as they conduct their inquiries into the event that took place in Wappingers Falls on November 2. We do not have a timeline for when these investigations may be completed.

“Central Hudson continues to support the Wappingers Falls community by providing local hotel rooms and financial resources to help with incidental expenses for displaced residents and has contributed \$50,000 to the Wappingers Falls PBA in support of their effort to raise funds for those affected.”

Winter concerts set in Beacon City School District

The Beacon City School District is presenting Winter Concerts by students in all four elementary schools, Rombout Middle School and Beacon High School. All concerts will take place at the Pete and Toshi Seeger Theater at Beacon High School, Matteawan Rd. Performances start at 7 p.m. and are free and open to the public.

Concert dates are as follows:
Dec. 5 Beacon High School, 101 Matteawan Rd.

Dec. 7 Rombout Middle School, 84 Matteawan Rd.
Dec. 12 J.V. Forrestal Elementary School, 125 Liberty St.
Dec. 13 South Ave. Elementary School, 60 South Ave.
Dec. 14 Glenham Elementary School, 20 Chase Dr., Fishkill
Dec. 19 Sargent Elementary School, 29 Education Dr.
Dec. 20 Snow date.

Free Citizenship Workshop Dec. 2

A free Citizenship Workshop will be held at the Howland Public Library, on December 2nd, hosted by Citizenshipworks in partnership with the Office of New Americans and GMHC. If you're looking to become a U.S. citizen, this workshop is designed to assist you in completing the N-400 application and provide a free legal

review of your application. A team of experts will guide you through the process, answer your questions, and ensure that you have all the necessary information and documents.

Register at www.beaconlibrary.org/citizenshipworks and stop by the library anytime between 11 a.m. – 3 p.m. to receive assistance.

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Garden club to host annual workshop Dec. 9



The Verplanck Garden Club is hosting its annual Children's Holiday Workshop on Dec. 9th in Fishkill.

-*Courtesy photos*

Continued from cover

“Each table will be set up ahead of time,” noted Juhasz.

"The garden club gives back to the community," said Pulcare.

Juhasz and Pulcare mentioned some of the ways the VGC serves the community.

Club members build and maintain raised-garden beds for people with special needs to garden at Stony Kill Farm, 79 Farmstead Lane, in Fishkill.

The club members also “create” and “maintain” the gardens located at the Fishkill Town Hall complex.

There is a new pollinator garden at Carnwath Farms, Wheeler Hill Road, in Wappinger due to the work of the members.

Children who attend the summer camp are provided with a craft session during the summer.

Members attend and provide crafts during Butterfly and Blooms at Stony Kill Farm and the Fall Festival in Fishkill.

Two children are sent by the garden club to a weeklong overnight camp during the summer that is held by the Department of Conservation.

There is no sign-up or registration needed for the holiday craft workshop, said Pulcare.

"We just hope people come and enjoy it," said Pulcare.

For more information, visit The Verplanck Garden Club Facebook page.

Renegades' Rumfield a 2023 Rawlings Gold Glove Award-winner

Minor League Baseball (MiLB) and Rawlings, as synonymous a name for equipment companies with the game of baseball as there has ever been, announced the nine recipients of the 2023 Rawlings Gold Glove Award for defensive excellence. Hudson Valley Renegades infielder T.J. Rumfield was named the winner at first base, marking the first time ever that the Renegades have had a player win a Rawlings Gold Glove Award since the award was introduced in MiLB in 2011.

"We're thankful for our long-standing partnership with Minor League Baseball that enables us to recognize the deserving 2023 recipients of the Rawlings Gold Glove Award for their incomparable defensive ability," said Mike Thompson, Chief Marketing Officer for Rawlings, in a statement. "We congratulate this year's Rawlings Gold Glove Award class of Minor League players and look forward to seeing their future baseball careers develop."

"We are pleased to recognize these nine prospects with a Rawlings Gold Glove Award for their defensive excellence in 2023," said Peter Woodfork, Major League Baseball's Senior Vice President, Minor League Operations and Development. "On behalf of Major League Baseball, Minor League Baseball

and our great partners at Rawlings, I congratulate each of the winners for their outstanding seasons."

Rumfield, 23, spent parts of the last two seasons with the Renegades, playing 56 games. He impressed by making several highlight-reel catches while tumbling into the stands and dugout, as well as posting a .991 fielding percentage in 329 total chances.

Overall, during the 2023 season, he played in 78 games combined between the Renegades and Double-A Somerset Patriots, posting 562 putouts and 34 assists for a .997 fielding percentage. He was originally drafted by the Phillies in the 12th round of the 2021 First-Year Player Draft out of Virginia Tech and was acquired by the Yankees in November 2021 along with LHP Joel Valdez in exchange for RHP Nick Nelson and C Donny Sands.

Rumfield was one of three winners to have spent time in the South Atlantic League this season, joined by Trey Lipscomb of Wilmington and Kenedy Corona of Asheville. It marks the second straight season that a Yankees minor leaguer has won a Rawlings Gold Glove Award after Jesus Bastidas won at second base after spending the entire 2022 season with Somerset.

Remembering Pearl Harbor attack set Dec. 7 in Beacon

The attack on Pearl Harbor will be remembered during a ceremony on December 7 at 11 a.m. inside the Veterans

Memorial Bldg, 413 Main St, Beacon.

The public is cordially invited to attend the ceremony.

FREUD'S LAST SESSION

By Mark St. Germain

A passionate dialogue
between two great minds.

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THE HALF-LIFE OF MARIE CURIE

By Lauren Gunderson

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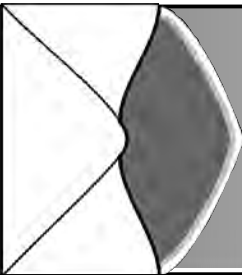
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Viewpoints



LETTERS
TO THE
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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 Southern Dutchess News 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 Southern Dutchess News.

Speak out for zero waste consultant at county budget hearing Dec. 4

To the Editor:

Remember the old Fram filter commercials — “pay me now or pay me later?” Dutchess taxpayers may well be forced to pay through the nose for incinerator upgrades (or an entirely new incinerator) if we don't wake up.

The recently approved county Solid Waste Management Plan (SWMP) states that the county’s “preferred option” for garbage management is burning it and “investment of millions of dollars” in the incinerator— “improving plant capacities,” which can be found from the end of the Executive Summary to the county’s recently approved Solid Waste Management Plan. One can find it at the bottom of page 11 of this document: <https://www.dutchessny.gov//ConCalAtt/2/2023159.pdf>.

We should be implementing cost-saving plans instead to ramp up recycling and composting towards zero waste.

As Clearwater, the Omega Institute, Mothers Out Front Dutchess, NYPIRG, et. al. pointed out in a 2021 letter: “Waste to energy facilities, particularly municipal solid waste incinerators are the dirtiest source of energy production on the grid today.”

A Zero-Waste-International-Alliance-certified zero waste consultant would only cost about \$30,000-- a miniscule amount compared to massive pay increases proposed for top county officials (68% higher pay for county legislators), \$72 million county fund balance (budget surplus) and \$600 million county budget.

Our County Legislature itself unanimously passed a resolution in March 2009 for the county to apply for federal funds for planning towards zero waste in Dutchess; it still has yet to follow up on this (that time is now).

Speak out for a ZWIA-certified zero waste consultant at the annual county budget hearing Monday, Dec. 4th at 7 p.m. on the sixth floor of the County Office Building at 22 Market Street in Poughkeepsie.

Join Zero Waste Dutchess on Facebook; email zerowastedutchess@gmail.com for more information.

Judy Malstrom
Staatsburg

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Beacon Police Blotter

The following is from the City of Beacon Police Department.		Newburgh, was charged with DWI & Miscellaneous V & T.	
Oct. 16	Harassment- Mason Circle- Caller reported being harassed by someone that she attempted to do business with. Report taken. Investigation conducted. Suspect was advised to cease contact.	Oct. 24	Traffic Stop- Talbot Avenue-Heather C. Cabrera, 24, of Campbell Hall, was charged with Aggravated Unlicensed Operation Motor Vehicle 2nd & Miscellaneous V & T.
Oct. 16	Traffic Stop-South Chestnut Street- Leandra G. Echi, 25, of Beacon was charged with Aggravated Unlicensed Operation Motor Vehicle 3rd & Miscellaneous V & T.	Oct. 25	Assisted Other Agency- Beacon- Officers were dispatched to assist another agency.
Oct. 16	Larceny- South Chestnut Street-Caller reported items taken from his home by an individual known to him. Report taken. Investigation conducted.	Oct. 25	Assisted Other Agency- Beacon- Officers were dispatched to assist another agency.
Oct. 18	Warrant-Municipal Plaza-Hector R. Colon III, 24, of Beacon, was processed on an open Probation Warrant.	Oct. 26	Auto Accident Matteawan Road- Caller reported damage to her car as a result of a Hit & Run Accident. Report taken. Investigation conducted. Suspect located and advised.
Oct. 19	Warrant-St Lukes Place- Emmanuel Ramos, 34, of Beacon, was processed on an open Bench Warrant and also charged with Obstructing Governmental Administration 2nd & Resisting Arrest.	Oct. 26	Larceny-Main Street- Caller reported packages taken from her property. Report taken. Investigation conducted.
Oct. 21	Auto Accident-Wolcott Avenue- Officers responded to a call for an Auto Accident. Report taken. Investigation conducted.	Oct. 27	Harassment- Main Street- Caller reported being harassed by an individual known to her. Report taken.
Oct. 22	Assault-Main Street- Officers responded to a call for an assault. Report taken. Investigation conducted.	Oct, 27	Fraud - Commerce Street- Caller reported that a new phone line was fraudulently added to his phone bill. Report taken. Investigation conducted.
Oct. 22	Trespass-Monell Place- Caller reported two individuals that mistakenly entered her home. Report taken.	Oct. 29	Parking- Main Street- A vehicle that was parked illegally was impounded. Report filed.
Oct. 23	Traffic Stop-Teller Avenue- Elsa E. Polanco-Laracuent, 33, of Beacon, was charged with Aggravated Unlicensed Operation 2nd & Miscellaneous V & T.	Oct, 30	Unattended Death- Beacon- Officers responded to a call for an unattended Death. Report taken. Investigation conducted.
Oct. 24	Traffic Stop-Route 9D- Kathleen M. McDowell, 47, of	Oct. 31	Fraud- East Main Street- Caller reported being a victim of a Facebook scam. Report taken. Investigation conducted.
		Number of Calls - 371 Auto Accidents - 19 Domestics - 2	

Beacon police investigate Nov. 20 shooting

The Beacon Police Department responded to the area of Washington Avenue and Depuyster Avenue for a report of gunshots at approximately 6:30 p.m. on November 20. According to a press release from Det. Jason Johnson, with the City of Beacon Police Department, “Upon arrival, officers located a crime scene which the Detective Division began processing. A short time later, a local hospital received a male victim with a non-life-threatening gunshot wound. He was treated and later released.”

The department is continuing to investigate and due to the nature of the incident further details are not being released at this time, stated Johnson.

Beacon Police are asking anyone who witnessed the incident or has information that would further the investigation is encouraged to contact the Beacon Police Department Detective Division by calling 845-831-4111.

Schedule family photo session at Stony Kill Farm

Need a family portrait for holiday cards? A friend-group photo to frame as a gift? Or a headshot set in a scenic locale? Sign-up for a mini-session with professional photographer Sean Hemmerle with Stony Kill Farm’s seasonal photo-shoot fundraiser!

Each 20-minute mini session includes your choice of one of three picturesque farm backdrops, 4 edited digital images, a high quality 8.5 x 11" photo print, and the option to purchase additional prints as desired.

Stony Kill is at 79 Farmstead Lane in Wappingers Falls. For more information, visit <https://stonykill.org>.

Dutchess Tourism celebrates 10th anniversary of Awards of Distinction

Dutchess Tourism, Inc. (DTI) announced the recipients of the 2023 Dutchess Tourism Awards of Distinction, on Wednesday, November 1, 2023, at The Henry A. Wallace Center at the FDR Presidential Library and Home in Hyde Park, N.Y. Twenty-one finalists in each of seven categories and the Mary Kay Vrba Spirit Award were highlighted for demonstrating industry excellence. In honor of the 10th Anniversary, current and former board chairs Kevin Allan, David Bova, Judy D'Alessandro, Denise VanBuren, Andrea Reynolds, DTI President & CEO Melaine Rottkamp, retired DTI President & CEO Mary Kay Vrba, and Dutchess County Executive Bill O'Neil announced the winners.

WINNERS

The Dutchess County Executive's Award for Overall: Franklin D. Roosevelt Presidential Library and Museum, Hyde Park
Finalists included: Brinckerhoff Inn, Fishkill and Four Brothers Drive-In, Amenia

Newcomer Award of Distinction: Tenmile Distillery, Wassaic
Finalists included: Foxtrot Farm & Flowers, Stanfordville and The Reclaimed Motel, Red Hook

Event Award of Distinction: The Bannerman Castle Trust, Inc., Beacon
Finalists included: Boutique Wines, Spirits and Ciders LLC, Fishkill and Kaatsbaan Cultural Park, Tivoli

Collaboration Award of Distinction: Innisfree Garden, Millbrook
Finalists included: Denning's Point Distillery, Beacon and King's Court Brewing Company, Poughkeepsie

Storytelling Award of Distinction: The Art Effect at the Trolley Barn Gallery, Poughkeepsie
Finalists included: Clermont State Historic Site, Tivoli/Germantown and Old Rhinebeck Aerodrome, Red Hook

Accessible Hospitality Award of Distinction: Bardavon 1869 Opera House, Poughkeepsie
Finalists included: Hudson Valley Renegades @ Heritage Financial Park, Wappingers Falls and Mid-Hudson

Discovery Museum, Poughkeepsie
Hospitality Service Award of Distinction: Valerie Barone, Bartender & Social Host, Joseph's Italian Steakhouse, Hyde Park
Finalists included: Julio Rojas-Sacasa, Reception/Concierge at Troutbeck, Amenia and Sandy Tompkins, Front Desk Agent at Hampton Inn, Fishkill

Mary Kay Vrba Spirit Award Honoree: Judy Hannon, general manager of Revel 32°, Poughkeepsie
Vrba presented the award bearing her name to Hannon for demonstrating selflessness, service, inclusiveness and leadership. Hannon, a veteran in the hospitality industry, is known for her tremendous work ethic, unwavering dedication, and providing exceptional customer service. Vrba praised her for her commitment to collaboration and relationship building between her partners, colleagues and the community through her work at Revel 32°.

In her remarks, Rottkamp highlighted the growth and success of DTI's role as Dutchess County's designated destination marketing organization (DMO) over the past ten years. Visitor spending increased 46.6% from \$481 million to \$706 million with the average breaking down to \$1.9 million spent by visitors per day on food and beverages, recreation, accommodations, retail and transportation. Occupancy tax collected by the county has more than doubled to \$4.2 million. State and local taxes collected from visitors increased 45% to \$88 million in net new money now coming into our county and state governments. Without that spending by visitors, Dutchess County residents would need to pay almost \$800 more per household in taxes to make up the difference that funds things like improvements to roads and bridges, public safety, parks, youth programing and other services.
"Dutchess County needs to compete with every other destination for its fair share of visitor spending, investment and talent and the excellent work done by our team to leverage the power of destination development and promotion has become a catalyst for our community's vitality," said Rottkamp. "Investment in Dutchess Tourism by County government and the



Winners of the 2023 Dutchess Tourism Awards of Distinction. -Courtesy photo

Dutchess County IDA continues to fuel the work we do and our vision to make Dutchess County the destination of choice for travelers from all over the world. With that investment, we have seen the powerhouse for economic development that tourism has become."
Rottkamp also noted that the collective income of Dutchess employees working in the hospitality and tourism sector has grown 55%. Those wages also contribute to the local economy when those workers spend money on housing, groceries, clothing, transportation and services.
"We have highlighted twenty-one attractions and individuals across eight different categories who all deserve our appreciation for their dedication, spirit and commitment to making Dutchess the world-class destination it has become," said Dutchess County Executive William F.X. O'Neil. "Dutchess County's tourism industry collectively is a community col-

laboration of more than 1,200 businesses and organizations, and more than 9,000 of our friends and neighbors working in the hospitality field. It's a vital driver of our economy, and the County's investment in Dutchess Tourism is an investment in our community's economic growth and success, ultimately enriching the quality of life for those who call this place home.
Attendees enjoyed a gourmet breakfast catered by Simply Gourmet featuring donated and locally sourced ingredients, including maple syrup from Soukup Farms, coffee from North River Roasters, tea from Harney & Sons Fine Teas and dairy products from Hudson Valley Fresh. The Awards of Distinction event was supported by diamond sponsors Changing Our World, iHeart Media of the Hudson Valley and Inn at Bellefield and platinum sponsors Central Hudson, Homewood Suites by Hilton, Millbrook Vineyards & Winery, and NuVance Health.

FIRST Tech Challenge at John Jay High School December 2

John Jay Senior High School will be hosting a FIRST Tech Challenge robotics tournament on December 2. The tournament brings together high school teams from across the state to compete in the 2023-2024 season game, "Centerstage." The event will take place at John Jay Sr. High School, 2012 Route 52, in East Fishkill. The Opening Ceremony starts at 10 a.m. The Awards Ceremony will take place around 6 p.m.
Throughout the day, spectators will be able to view robot matches and meet teams in the pits, according to organizers. Two different FIRST LEGO League teams will be presenting in the lobby, as well as University Partners. Matches will be played throughout. All FIRST Competitions are free to the public; however, it is recommended that money be brought for food.
According to the site, "FIRST LEGO League: Using LEGO as a medium, teams

explore basic robotics and other STEM concepts while coming up with solutions to problems in our everyday lives."
The "Centerstage" game involves robots stacking hexagon shaped pieces on a slanted board, propelling a paper airplane, and hanging the robot from the metal truss at the end of the match. Teams at the competition will be focused on both winning their matches and judging well in the areas of robot design, community outreach, and FIRST involvement, with excelling in both of these fields allowing teams to win the competition.
One may volunteer to assist with the event. For more information, visit <https://sites.google.com/wcsdny.org/john-jay-high-school-robotics2/volunteer-information>.
For further information on the event, go to <https://sites.google.com/wcsdny.org/john-jay-high-school-robotics2/home>.

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Rhinebeck Bank names Rosie Giammatteo Assistant VP, Arlington Branch Manager

Rosie Giammatteo has been named Rhinebeck Bank’s new assistant vice president, branch manager at its 708 Dutchess Turnpike, Poughkeepsie (Arlington) location.

Giammatteo brings more than 20 years of branch management, business development and commercial and residential mortgage lending experience to her new role at Rhinebeck Bank. She will provide oversight of branch operations and staff training at the Arlington branch and lead business development, small business lending, and residential mortgage efforts in the Arlington area and surrounding communities.

"We're excited to have Rosie join our team in Arlington. She has an excellent understanding of the area, including the business climate and housing market, and will be very well equipped to meet the banking and lending needs of our customers," said Brooke O'Connell, vice president, area retail leader at Rhinebeck Bank.

Giammatteo is a Marist College alumna and a graduate of The Chamber Foundation's Leadership Dutchess program. When not working, she enjoys



Rosie Giammatteo

watching her kids’ various sporting events, theatre and spending time with family and friends.

Giammatteo resides in Dutchess County with her family.

Red Cross: Donation appointments critical in coming weeks

The American Red Cross, Eastern New York Region, urges blood and platelet donors to make and keep donation appointments now to help hospitals restock blood products for patients ahead of the holiday season. Donors of all blood types are needed, especially type O blood donors and those giving platelets to help recover from a significant shortfall in donations throughout late summer and fall.

Patients are counting on lifesaving care now and all season long. Those ready to help can schedule an appointment now by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

As a thank-you, and to celebrate the 20th anniversary of the film “Elf” and create holiday cheer, all who come to give Nov. 10-30 will receive an exclusive pair of Elf + Red Cross socks, while supplies last. Visit RedCrossBlood.org/Elf for details.

A blood donor card or driver’s license

or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Another way to support the lifesaving mission of the Red Cross is to become a volunteer blood donor ambassador at Red Cross blood drives. Blood donor ambassadors help greet, check-in and thank blood donors to ensure they have a positive donation experience.

Volunteers can also serve as transportation specialists, playing a vital role in ensuring lifesaving blood products are delivered to nearby hospitals.

For more information and to apply for either position, contact Volunteer Services at joineny@redcross.org or 518-387-9441 or visit redcross.org/volunteertoday.

Fishkill Tire makes donation to ARF and food pantry



Fishkill Tire, a family-run business that is owned by Bill Ross, Dan Ross, and Dyane Miles, has been serving the local community for 54 years. This year they designed a t-shirt and sold it as a fundraiser to support two local charities. The proceeds benefitted the Fishkill Food Pantry in Fishkill and Animal Rescue Foundation (ARF) in Beacon.

Pictured, from left, are Edwin Colon, a volunteer, Dutchess County Legislator Doug McHoul, Bill Ross, Dan Ross, Dyane Miles, Mayor Kathy Martin, and Deputy Mayor Nick Forlano.

-Courtesy photo

Women’s Parish Club to host annual Christmas Fair Dec. 2, 3

The Women’s Parish Club of St. Joachim-St. John the Evangelist Parish will be holding its Annual Christmas Fair on Saturday, Dec. 2nd from 9 a.m. to 3 p.m. and Sunday, Dec. 3rd from 8:30 a.m. to 2 p.m.

The fair will be held in the gymnasium on Leonard Street in Beacon.

Start one’s Christmas shopping at the “famous” jewelry counter. Also check out the new Christmas items, tasty treats, raffles and much more! Breakfast and lunch will also be available. Outside vendors are not used at this event.

New this year will be face painting and crafts for children.

USB to hold free Homebuyer Seminar set for December 6

Ulster Savings Bank will present a free Homebuyer Seminar on Wednesday, December 6, at 5:30 p.m. Learn about the many critical steps to owning your own home. This seminar will be offered in-person as well as a live Zoom meeting. Seating in-person is limited. Reserve a spot ASAP.

One may be eligible for a \$750 Home Buyer Credit* just for attending. Sign up: https://www.ulstersavings.com/why-us/seminars/#section_HomebuyerSeminars

*Certain conditions apply.

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Learn about the steps to owning your own home. Sign up at: https://www.ulstersavings.com/why-us/seminars/#section_HomebuyerSeminars.

Pets photos with Santa to benefit ARF set Dec. 2

Animal Rescue Foundation’s Second Annual Pet Photos with Santa holiday fundraiser will be held on December 2, from noon – 3 p.m. A festive picture of Santa and one’s pets will be captured, perfect to share on social media or your annual holiday card.

The photos will be taken at Happy Valley Arcade Bar Courtyard, 296 Main St, Beacon. There is a suggested \$10. Plus, don't miss the chance to grab a holiday print dog bandana or an ARF t-shirt!

Key details:
This event takes place outside.

Please keep all pets on a leash. The courtyard is unenclosed and safety is the first priority. (Even cats and smaller species who should also arrive in a carrier.)

Owners are welcome to be in the picture. Kids are welcome!

Photo delivery will be digital, you may provide your email or we can take photos on your phone.

Cash, credit/debit, and tap-to-pay will be accepted.

First come, first serve. No appointment needed.

Photos with Santa Dec. 10 in Beacon

The Sons & Daughters of Italy lodge in Beacon will be hosting Photos with Santa on Dec. 10, from 2-4 p.m. at St. Joachim’s Catholic Church gymnasium, 51 Leonard St., in Beacon. There will be a chance to win prizes. Dogs are welcome too.

Tickets are \$10 each and include picture with Santa, snacks, drinks and crafts. Raffles are from local businesses.

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Adams Fairacre Farms earns Think Jobs Business Award



Think Jobs "Spotlight Award" Recipients. From left, Richard Fishwick of Adams, Red Hook School District Director of Food Service Larry Anthony and employee Tristen Truitt and Employee Christina Gagliardo, her mother Irene, and Bryan Marquardt from Doyle Security.



Think Jobs Business Award Winner Adams Fairacre Farms representatives HR Director Sarah MacKay and employee Richard Fishwick.

-Courtesy photos

Dutchess County gathered dozens of local businesses, civic groups and individuals for the County’s seventh annual “Think Jobs” round table discussion, which highlighted the advantages of local businesses hiring residents of all abilities and honored community partners which employ those of every ability. The event, which aligns with the County’s popular “ThinkDIFFERENTLY” initiative, held in coordination with the County’s Department of Community and Family Services, the Dutchess County Workforce Investment Board (DCWIB) and the Dutchess One Stop Career Center, was hosted at the Franklin D. Roosevelt Presidential Library and Museum in Hyde Park.

County Executive William F.X. O’Neil said, “At a time when so many businesses have open positions and are looking to hire, it is important to spread the message that many residents of all abilities are searching for employment and may be a great fit for these organizations. This round table event is an opportunity for businesses to learn about hiring neurodiverse employees and hear success stories from businesses who have already done so. We are thrilled to celebrate the success of businesses, and the employees they hire.”

The event also includes the presentation of the annual “Think Jobs” awards. ThinkDIFFERENTLY and neurodiversity advocates Paul Austin of IBM and Mark McFadden of SUNY New Paltz presented the awards, recognizing the “ThinkDIFFERENTLY” spirit embodied by local employers and employees.

Those chosen to be inclusive and Think Differently were:

“Think Jobs” Business Award recognizes

local businesses which have opened their hiring practices to provide vocational training and/or employment opportunities for people of all abilities. The award was presented to Adams Fairacre Farms due to its standing commitment to hiring people of all abilities and giving them the opportunity to be successful employees. Adams has built relationships with agencies throughout the Hudson Valley to identify potential employees and enable them to succeed. One of these employees has worked for Adams for over 13 years and has grown to take on additional responsibilities over time. Adams has worked with numerous participants in the “School to Work” program and invested time and energy to find the right place for the employee to succeed and the business to benefit. Adams has also supported community events to include people of all abilities.

“Think Jobs” Spotlight Award celebrates the success of residents with disabilities who embody the spirit of “ThinkDIFFERENTLY” and the successes of “Think Jobs” through their employment. This award was presented to four individuals following their participation in the “School to Work Program” and include:

Richard Fishwick started working at Adams Fairacres Farm as a dishwasher and was promoted several times within Adams’ kitchen, where he continues to work today. Richie is proud of his work at Adams, where he has not only continued to grow and advance as an employee, but also to build friendships and be a contributor to the community. Richie survived a battle with cancer while working at Adams and was praised by his manager for his courage and the example he set for everyone as he faced this challenge.

Tristen Truitt, a Red Hook Central School District employee, has not just shown commitment and capability in her job but also her maturity and independence in securing a position. Kristen is a graduate of the “Think Ahead” program, a collaboration between Dutchess County Government and Dutchess Community College, which led to her current position. She was offered a position in food services, where she performs a variety of tasks preparing and serving food as part of the cafeteria staff. She has won praise and support from her management on her professionalism and diligence in her work.

Christina Gagliardo, a Doyle Security Systems employee, secured her first position with MTM Pharmacy creating customized blister packs, but that company soon relocated, and she lost her job. She did not get discouraged, quickly obtaining a new part-time position doing a similar job for Baby Vision. Soon after this, Christina decided to take another position with then-CIA Security and was invited to stay on when the company became Doyle Security, and she now works on customer data entry, regularly uploading and updating data in customer account files. Between both jobs, she works 40 hours per week and has blossomed, continuing to grow in her various work environments.

DCWIB Executive Director Dr. Louise McLoughlin led today’s attendees in a roundtable discussion, which allowed for open dialogue between businesses, service providers and individuals with disabilities. Ms. McLoughlin and Mr. Austin discussed the creation of the Hudson Valley Neurodiverse Hub, a website

expected to be online by year’s end as a quality resource for both businesses open to hiring people with disabilities and those seeking employment.

The conference included speakers who offered attendees the different perspectives in hiring those of all abilities. Among the speakers included:

Kelly Caldwell of Visions Humans Resources Services, who shared the Human Resources perspective when hiring individuals with disabilities and how it rarely differs from traditional hiring practices.

Dana Jones, President and CEO of accessibility mobile application Accessadoor, who discussed reasonable accommodations in public spaces and how her app can help those with disabilities stay informed.

Paul Austin gave the perspective of the neurodiverse job candidate, what these individuals can offer and ways to interpret neurodiverse individuals when interviewing for a position.

Frank Falatyn, President of FALA Technology, discussed the benefits of hiring people of all abilities and the positive effects on businesses.

Established in 2015, the ThinkDIFFERENTLY initiative seeks to change the way individuals, businesses, organizations, and communities relate to individuals with disabilities.

Local businesses seeking more information about the County’s “Think Jobs” efforts, including the benefits of hiring disabled individuals and other resources, can contact Tashena Dixon at the Dutchess One Stop Career Center at tashena@dutchessonestop.org or 845-249-4653.

‘No-hush’ performance of ‘The Nutcracker’ at The Bardavon set for December 8

Dutchess County invites residents of all abilities and their families to a free, sensory sensitive performance of the holiday classic ballet, “The Nutcracker,” presented by the New Paltz Ballet Theatre. The show will take place at the Bardavon 1869 Opera House in Poughkeepsie on December 8, starting at 6 p.m. Seating is limited, and reservations are required online at dutchessny.gov/nutcracker.

County William F.X. O’Neil said, “The holiday season is a beautiful time of year and should be enjoyed by all. We thank the Bardavon for partnering with us to offer this inclusive sensory friendly event and once again be able to bring joy and entertainment to families and residents of all abilities.”

The show will be a “no-hush” performance meant to foster an informal, non-

judgmental atmosphere where audience members can experience and respond to the performance in their own way. The Bardavon will adjust both the lighting and sound to make the experience more enjoyable for those on the autism spectrum or who experience sensory concerns.

For additional details, residents can view the event flyer online.

The Nutcracker performance is the third sensory sensitive event the county has held in partnership with the Bardavon this year. In March, storyteller David Gonzalez put on a live storytelling performance of “Cuentos” which introduced the audience to the world of Latino literature and culture and in October, the audience enjoyed a screening of Halloween movie classic Hocus Pocus.

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GENERAC

‘Trees for Troops’ volunteers get big boost from Williams Lumber

By Curtis Schmidt

With a big “helping hand” from Williams Lumber and Home Centers, the local “Trees for Troops” volunteers loaded 500 trees on a chilly Saturday morning (Nov. 25) and sent them on their way to military families around the country.

The annual gathering of trees is held at the Hahn Farm on the Salt Point Turnpike with members of the Salt Point Fire Company leading the way with assistance from several area volunteer fire departments and volunteers who just want to help out.

Volunteer coordinator Jeff Cady said earlier this year he “contacted Kim Williams from William’s Lumber and asked her if she could get us 300 trees and if she could sell them to us at her cost.

“She ordered us the trees, then her employees unloaded the trees from the tractor trailer and reloaded them on one the Williams trucks. She had her driver deliver them to us this morning. She also came down here early and loaded the first tree on the FedEx truck. She told us that Williams Lumber would donate half of the trees to us for our troops. She also told me that she will continue to help us for years to come.”



Over 100 volunteers came to help out with the annual “Trees for Troops” effort on Nov. 25 at the Hahn Farm in Salt Point. The trees will be sent to military families around the country.

-Photo by Curtis Schmidt

“Trees for Troops” provides free, farm-grown Christmas Trees to U.S. armed forces members in all branches of the military and their families through donations,

sponsorships, grants and the work of many volunteers. November is the busy month when farmer Tom Hahn, the local “Trees for Troops” founder, and Cady gather volunteers together, raise funds and load trees for shipment.

Cady said 140 trees will be delivered to Camp Lejeune in New River North Carolina, 300 trees will be sent to Fort Eisenhower in Georgia and 60 trees will be sent to the Naval Station in Great Lakes, Illinois.

Special trees were loaded in memory of individuals who passed during the past year. One was in memory of Carl Sardaro Sr. from the Milan Fire Department, who passed on Friday evening. “His sons have helped us for years with loading trees,” said Cady.

The volunteers also loaded three trees in memory of Ethan Tarantino, the very young son of one of the Salt Point Fire Company members. The last three trees loaded were in memory of Past District Chief Donny Howe.

This is the 12th year that volunteers have been loading trees for shipment and raising funds for “Trees for Troops.”

Cady said, “Tom Hahn asked me about 12 years ago if I wanted to help him with this project because I know so many people around the county with my many years in the fire service. We started out taking around 75 trees to Cornwall, NY and from there they would go to the troops. And here we are today with FedEx coming to us with two trailers.”

Cady also recognized “Uncle Mike, a long time family friend and came on board around 10 years ago and with his help on the radio, we really started getting the word out.”

He added that members from several fire companies worked hard to raise funds during two “coin drops” held this year.

A full list of donors will be printed in the Northern and Southern Dutchess News in early December.



Volunteer coordinator Jeff Cady, right, stands with current District Fire Chief Mike Cosenza on Saturday, Nov. 25 after 500 trees were loaded onto FedEx trucks for shipment to military families stationed around the country.

-Photo by Curtis Schmidt

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EXTENDING LOCAL ORDERS 1, 2 & 3 OF E X E C U T I V E ORDER 5/2023 EXTENSION TO DECLARATION OF LOCAL EMERGENCY ORDERS DECLARED BY D U T C H E S S COUNTY EXECUTIVE: Please take notice that on November 24, 2023 at 12:00 am., pursuant to Article 2B of the New York State Executive Law, Article III of the Dutchess County Charter and Adminis-

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trative Code Section 3.05, Acting Dutchess County Executive William F. X. O’Neil extended Local Emergency Order #1, Local Emergency Order #2, and Local Emergency Order #3 in furtherance of Executive Or-

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der No. 5 of 2023, dated May 18, 2023. The text of the declaration of state of emergency and local emergency orders is available at www.dutchessny.gov.

Legal Notices

NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that the County Legislature of Dutchess County will meet on the 4th day of December at 7:00 pm, in the Legislative Chambers, 22 Market Street, 6th Floor, Poughkeepsie, New York for the purpose of holding a Public Hearing on the Tentative Budget of said county for the fiscal year beginning January 1, 2024, and on the Capital Improvement Program of said county for the years 2024 through 2028.
FURTHER NOTICE is hereby given that copies of said Tentative Budget and Capital Improvement Program are available at the Office of the Budget Director, Sixth Floor, County Office Building, Poughkeepsie, where they may be inspected or procured by interested persons during regular business hours. Pursuant to Section 359 of the County Law, the maximum salaries that may be fixed and payable during said fiscal year to the members of the Legislature and to the Chairman thereof respectively are hereby specified:
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MAJORITY/MINORITY LEADER, COUNTY LEGISLATURE \$45,500
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Rombout Middle School students present donation to veterans



Local veterans receive a donation from Rombout Middle School students on November 20 at the VFW Building on Main St. in Beacon.



Rombout Middle School students (from left) Yuna Lawman, Leela Ramdeen and Natalie Allen, hold a fundraising check for local veterans.



Accepting the award was Post Commander Harold Delamater (left) with students and Rombout Middle School Assistant Principal Mike Carofano.

-Courtesy photos

Recently the 8th-grade students at Rombout Junior High School in Beacon conducted a fund-raiser for Veterans by offering banners of Veterans' pictures similar to those on the street poles in Beacon. Their efforts resulted in raising \$1,000 which was donated to the Veterans of Foreign Wars (VFW) Post 666.

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Healthy Lifestyles

Signs and symptoms: When should you consider seeing a neurologist?

By Premier Medical Group
Our bodies are incredibly complex, and sometimes, they send us signals that something might not be quite right. When it comes to your nervous system, these signals can manifest in a variety of ways. Neurologists are medical professionals who specialize in diagnosing and treating conditions that affect the nervous system. But how do you know when it's time to consider seeing a neurologist? Here are some common signs and symptoms that may indicate a need for neurological evaluation from a specialist.

1. Frequent Headaches or Migraines - While occasional headaches are a normal part of life, frequent or severe headaches could be a sign of an underlying neurological issue. Migraines, tension headaches, and cluster headaches are all conditions that may warrant a visit to a neurologist. Severe headaches or severe symptoms associated with headaches are also indicators that a neurologist can help, as they can help identify the cause of your headaches and develop a treatment plan to alleviate your pain.

2. Persistent Dizziness, Vertigo, or Balance Issues - If you frequently experience dizziness, spinning sensations, or a feeling of unsteadiness, it's essential to consult a neurologist. Your primary care provider may be able to uncover the cause of your symptoms, but a neurologist can diagnose and treat the root cause of these symptoms. These symptoms may be related to disorders of the inner ear or the central nervous system, and a neurologist can perform tests to pinpoint the cause and recommend appropriate treatment.

3. Memory Problems and Cognitive Changes - Memory lapses and cognitive changes can be a natural part of aging, but they can also be indicative of neurological conditions such as Alzheimer's disease or dementia. It can be difficult to tell whether memory or cognitive changes are occurring due to aging or a more serious underlying issue. If you or a loved one are experiencing noticeable changes in memory or cognitive function, it's crucial to seek a neurological evaluation for an accurate diagnosis and potential interventions.



Talk to a neurologist about cognitive changes if the patient:

- Repeats the same questions over again and again.
- Gets lost in places that you or the affected person knows well.
- Has difficulty following recipes or directions.
- Is confused about time, places, and people.
- Is not taking care of themselves— poor eating, hygiene, and/or behavior.

Memory loss is one of the first signs of dementia. Dementia is not one single disease, rather it is a group of symptoms that affect memory, reasoning, judgment, language, and other important thinking skills.

There are cases where cognitive changes or memory problems don't indicate a more severe circumstance such as dementia. Mild Cognitive Impairment is diagnosed using multiple tests and a set of criteria developed by a panel of international experts. Neurological exams, lab blood tests, brain imaging, and testing of mental status are combined to determine whether a patient has MCI. Individuals with mild cognitive impairment experience memory and decision-making problems, as well declined mental function over time. However, symptoms are not severe enough to impact daily activities, nor have the issues the patient experiences been diagnosed as a form of dementia.

4. Numbness, Tingling, Weakness, or Tremors - Persistent numbness, tingling (paresthesia), or weakness in your limbs or other parts of your body may be a sign of a neurological condition such as multiple sclerosis (MS), peripheral neuropathy, or a herniated disc. Neurologists can perform tests, such as electromyography (EMG) and nerve conduction studies, to assess nerve function and determine the underlying cause.

Muscle weakness, tremors, or

uncontrolled movements can be signs of various neurological conditions, including Parkinson's disease, amyotrophic lateral sclerosis (ALS), or other movement disorders. A neurologist can conduct a thorough assessment, including neurological exams and imaging studies, to determine the cause and develop a personalized treatment plan.

If you've been consistently experiencing numbness and/or tingling, whether it occurs frequently or infrequently, you should make time to talk to a neurologist to determine the underlying cause of these sensations.

5. Seizures - Seizures are a hallmark symptom of epilepsy, a neurological disorder that affects the brain's electrical activity. Many seizures and associated symptoms can be managed by a neurologist. If you or someone you know experiences unexplained seizures or episodes of altered consciousness, it's essential to consult a neurologist for proper evaluation, diagnosis, and seizure management.

6. Chronic Pain - Chronic pain conditions, such as neuropathic pain, complex regional pain syndrome (CRPS), or chronic migraines, often have neurological components. Pain is considered chronic if it is persistent, recurring, and caused by a medical condition. Neurologists can help diagnose the underlying causes of chronic pain and recommend treatments that target the source of the pain. Nerve blocks can provide temporary relief of localized pain as well as allow your neurologist to pinpoint where the pain is coming from. There are also neurostimulant implant devices available that can help treat chronic pain and migraines.

7. Changes in Vision - Any sudden or unexplained changes in vision, including double vision, loss of vision, or difficulty with eye movements, should be evaluated by a neurologist. These symptoms

may indicate issues with the optic nerves or other neurological conditions that affect vision.

Consulting with a neurologist for vision issues, such as optic nerve disorders, eye movement disorders, auras, double vision, thyroid eye disease, or eyelid abnormalities, can help determine the underlying cause of the vision issues and determine the best path of treatment or correction. Your primary care provider or neurologist may refer you to a neuro-ophthalmologist, who can diagnose and treat neurological and systemic diseases that affect your sight and the movement of your eyes. Common neurological disorders that can affect vision or cause vision loss include nerve damage, Multiple Sclerosis (MS), stroke, and Alzheimer's.

8. New or Persistent Sleep Issues - Neurologists can play a crucial role in addressing a wide range of sleep issues that are typically associated with neurological causes. Conditions such as central sleep apnea, narcolepsy, insomnia, and restless leg syndrome fall under their expertise. A neurologist can employ a comprehensive approach to diagnose and treat these conditions, utilizing their in-depth knowledge of the nervous system to develop personalized treatment plans that aim to improve sleep quality and overall well-being.

Is it Time to See a Neurologist?
- Your nervous system plays a vital role in controlling every aspect of your body, so it's essential to pay attention to any signs or symptoms that may suggest a neurological issue. If you or someone you know experiences any of the symptoms mentioned above, consider consulting a neurologist for a thorough evaluation and diagnosis. Early detection and treatment can make a significant difference in managing neurological conditions and improving your quality of life. Don't hesitate to seek help when you suspect that something might be amiss with your nervous system; your health and well-being are worth it.

Premier Medical Group's Neurology Division is conveniently located at 243 North Road in Poughkeepsie and offers same and/or next-day appointments. To schedule an appointment, please call # 845-454-0728

Balancing indulgence with wellness during the holidays

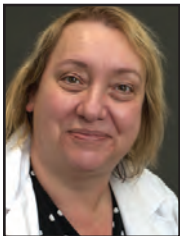
By Brookmeade Community

As we gear up for the holiday festivities, it's time to reconsider our approach to our annual festivities.

For example, did you know that approximately 50 million pumpkin pies are consumed each Thanksgiving?

That's a staggering 400 million slices, even surpassing the total U.S. population. Fortunately, it's one of the healthier pie options. However, the average person still manages to consume a hefty 3,000 calories during their Thanksgiving meal.

On the topic of abundance, Americans devour a colossal 736 million pounds of turkey on Thanksgiving Day alone, equivalent to the weight of the iconic Empire State Building. And let's debunk the tryptophan myth – blame your post-feast lethargy on the combination of amino acids, not just the turkey.



Michelle Opromolla

BROOKMEADE SENIOR CONCEPTS

Ever wondered about record-breaking Thanksgiving treats? The Guinness World Records boasts a pumpkin pie weighing over 2,000 pounds, comprising 900 pounds of pumpkin, 62 gallons of evaporated milk, 155 dozen eggs, and a medley of other ingredients.

Surprisingly, the pecan pie takes the crown as the most calorific item on the menu, with around 503 calories per slice, rivaling a McDonald's Big Mac. This high-calorie count can be attributed to copious amounts of sugar and corn syrup used in its creation.

As we revel in the tradition of Thanksgiving, it's worth acknowledging its history. Abraham Lincoln declared it a national holiday in 1863, fixing it to the fourth Thursday of November. Franklin D. Roosevelt briefly shifted the date in 1939 to boost holiday shopping, only to revert to the current celebration day in 1941.

The Pilgrims, however, had a minimalist Thanksgiving, foregoing forks in favor of spoons, knives, and hands. And for those planning to burn off those Thanksgiving calories, a 150-pound person would need to run approximately 29 miles.

When it comes to turkey production, Minnesota leads the pack with around 46 million birds, followed by North Carolina at 32 million and Arkansas at 30.5 million.

On a lighter note, impress your guests by tossing cranberries on the floor – if they bounce, they're ripe and ready to eat. If not, they've seen better days.

In a nod to Thanksgiving ingenuity, Swanson's frozen dinner meals were born in 1953 when an excess of turkey led to the creation of

convenient, packaged meals.

As we delve into the nutritional side of Thanksgiving, Michelle Opromolla provides a breakdown of common meal items, including their estimated nutrition profiles and recommended portion sizes. These statistics were sourced from the Healthy Eating Publication by Lauren Brown West-Rosenthal, published on November 8, 2016.

Calorie Totals: White Meat Meal – 1,205 calories. Dark Meat Meal – 1,255 calories

In conclusion, Michelle Opromolla advises a balanced Thanksgiving and holiday strategy: start with veggies, maintain proper portion sizes, employ the three-bite rule, chew slowly, and learn to say no. By embracing sensibility, indulge wisely, and savor the holiday season.

Michelle Opromolla, RD, at Brookmeade Community, encourages everyone to celebrate Thanksgiving and the additional holiday festivities mindfully. As a premier senior healthcare facility, Brookmeade Community offers a wide array of services to ensure the well-being and happiness of its residents.



How to host the holidays affordably

From getting your home ready for guests and finding the perfect gifts to preparing a delicious meal, the holidays can seem overwhelming and expensive – but they don't have to be. Take the following steps to save time and money on seasonal essentials.

Prepping Your Home - To get your home ready for holiday hosting, begin by de-cluttering surface areas such as tables and kitchen counters. Next, take an inventory and purchase any additional cleaning supplies you'll need for a deep clean. Remember, air care products like festive candles or sprays can freshen cleaned spaces. Next, decorate by sprinkling different holiday décor pieces in the rooms' focal points. For example, add themed table settings in the dining room and wrap holiday garland around fixtures such as the fireplace mantle or staircase.

Making the Menu - Food is a unifying component of any holiday celebration. To get started, set a menu that consists of a variety of appetizers, light snacks, side dishes, entrees and desserts to accommodate guests' cravings and preferences.

Gift Guide - Shopping for the perfect gift for everyone on your list can be easy when using DG's holiday gift guide found at dollargeneral.com. Consider placing three self-care products such as soap, a face mask and a bath bomb into a decorative basket with tissue paper to shine on presentation. To have children of all ages jumping for joy, save on national toy brands at your local Dollar General such as Melissa & Doug, LEGO, Fisher-Price, Play Doh, Barbie, Pokémon, L.O.L. Surprise!, ZURU 5 Surprise and more.

For additional savings, use DG's app for digital coupons and weekly ads with new sales and promotions.

By planning ahead, you can celebrate this season in style and within budget, giving you more time to create lasting memories with friends and family!

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Finding the true magic of the holiday season

They say that the holiday season is the happiest time of the year. It certainly looks and sounds like it is with the beautiful decorations all over the place, joyful, hopeful music, holiday parties, and of course, Santa Claus and all his reindeer.

But for many, particularly for children, this can be a stressful, difficult, and difficult time. We must be attentive to their needs.

Children may have just lost loved ones. Their families may be struggling and cannot afford all the extra things they see constantly on television. While they are surrounded by the external signs of happiness, these children may be struggling with their own personal sadness. Their parents may be overwhelmed. Be vigilant. Be responsive. Be patient. Be kind.

Look for the signs. If children are unable to concentrate on their assignments, we must be willing to modify their work, both in school and at home. In the classroom, create a quiet place, away from distraction, to help these children complete assignments. This is particularly important if the rest of the class is now involved with holiday activities.

Spend a few moments with them checking their work. Ask them how they are feeling and offer words of encouragement. These few moments can make a world of difference in a child's life. You can see it in their eyes

MAKING EDUCATION WORK with Diane Fulves

and in their grateful smiles. Remember, they have only been on this earth a few years and they are still learning how to cope with stress. Be kind to them. Show them that you care. Share your understanding and your time.

Children in my class became very sensitive to the needs of their classmates. There were times when I observed some children go over to a classmate and put an arm around that child to comfort him. Sometimes this is all we can do, but this gesture of caring and love is a true gift.

Parents, try not to overwhelm your children with holiday shopping and activities each day. In December they need the same amount of structure as they do at other times, maybe more. Make sure that they are getting sufficient sleep to help them through the school days and all the excitement that envelops them during the next few weeks.

Parents, if your children need special modifications during this busy time, be sure to alert the teachers. This is a reasonable request. Sometimes two or more tests may be scheduled on one day. If your child needs more time to

prepare for these tests, let the teacher know this and request another day to study and prepare. This is an appropriate request and it makes sense, even if your children do not have an I. E. P. or other special accommodations. The extra day will give your child time to learn and master the material.

At home, keep a schedule to help your children know what is expected of them. During the week they still need time to complete homework and study for tests. If something unexpected happens which interferes with homework completion, send a note to the teacher to let her know the situation and assure her that the work will be completed the following day.

Keep a consistent bedtime. Amid all the excitement, it may be hard for children to get to bed but they need enough sleep, particularly when there is so much going on in their lives.

Watch some of the holiday programs with your children. "Rudolph, the Red Nosed Reindeer" has always been a favorite of mine and I still watch it each year. The music is lovely and the story of this young deer who is different and

his friend, Hermey, the elf, who wants to be a dentist, has a message for all. It is a story of friendship, love, kindness, perseverance, and victory. Rudolph and Hermey were different and misunderstood so they run away. But on their journey they meet Yukon Cornelius and find the island of misfit toys. They promise not to forget them. They meet Bumble, the abominable snow monster, and Hermey, with his unusual talent, extracts the monster's teeth But it is Rudolph who saves the day. His different nose lights the way for Santa's Christmas Eve trip and the rest is history! Being different can be a very good thing!

Take time to listen to the music, not only the commercial holiday songs, but the age old Christmas carols. Listen to the words, "peace on earth, goodwill to men." Listen to the beauty of the music and let it seep into your spirit.

Amid all the hustle and bustle of the season, may you find peace, comfort and joy.

Diane Fulves is an educator and advocate for children and parents who is located in Millbrook. She is director of Empowering Our Parents, which offers information and support to parents. She is the director of Nurture the Spirit and Shakespeare Odyssey, programs that enrich children with the magic of the arts. For more information, please contact her at dee076@verizon.net.

Memorable decorating and entertaining with candlelight



When I was a kid, my parents would take my brother and I on nighttime drives through the back roads of the Hudson Valley to check out the Christmas trees in the windows and the outdoor lights of homes. To me, they all seem to give off a warm glow that could be seen from the outdoors.

For many, this time of the year can be hectic as we plan the holiday meals and decorate our homes. When decorating, do not limit your holiday decor to just the living room. Why not add a touch of holiday decor where you would least expect to find it.

Consider the following when decorating and setting the dinner table for the holidays:

LIFE IS BETTER WITH CANDLES With Sonya, the Candle Lady

- Line your windowsills with flameless candles or lanterns to create that glow that can be seen from the outdoors.
- If you have a large entrance or front porch, make the most of it by decorating it with mini trees with string lights that turn on and off on their own.
- For a rustic feel, use birch wood candle holders on your fireplace mantel and then drape a garland to add a more dimensional feel.
- If you have a dark corner or a pass-through space, find a table you no longer use and place those old holiday candle holders and figurines you had completely forgotten about.
- Bring an empty hallway to life with mini trees and use real gifts as decor, or simply wrap up some spare boxes with leftover wrapping paper and ribbon.

- Don't forget the guest bathroom! Place a holiday scented melt in the plug-in candle warmer and include holiday themed disposable napkins or towels for an extra touch.
- Candles are an elegant yet simple way to highlight your floral centerpieces, wine glasses and those plates that are only utilized for special occasions. If possible, include candle holders, drink glasses and vases with gold accents or rims, it will add a touch of richness to the simplest table arrangement.
- Keep the centerpieces low so that guests do not have to stretch to see or speak to the person across the table. Most important, avoid scented candles and instead use unscented candles for the seated dinner. If you want to show off your tall candles and floral arrangements, place them at buffet tables or side tables.

Chances are that there is probably some parent driving around at night with their kids sitting in the backseat checking out your home tonight just like I used to do, make it a memorable drive!

Practice safety when burning candles, never leave them unattended and keep away from children and pets. Never burn a candle for more than 4 hours, trim the wick to ¼ inch each time it is re-lit.

Sonya, the Candle Lady has established herself as a trusted source for soy and beeswax candles including wedding ceremony and reception candles when she opened Ye Olde Candle & Gift Shoppe in 2015. She was featured in The Hudson Valley Magazine's Face of Soy & Beeswax Candles for 2022 and was selected as an artist to participate in Dutchess Homemade for Arts Mid-Hudson. She believes that candles provide comfort in times of sadness; are the perfect complement in celebrations; scent your space and enable you to relax. Sonya offers weekly candle making classes at her shop and local schools. You may e-mail her at sonya@yeoldecandlehousegiftshoppe.com



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'Get moving' during the holidays – exercise counts!

By Christian Campilii PT, DPT



Most Americans don't move enough despite proven benefits, such as reduced risk of cancer and chronic diseases, and improved bone health, cognitive function, weight control and overall quality of life.

The second edition of the "Physical Activity Guidelines for Americans," reports that approximately 80 percent of U.S. adults and adolescents are insufficiently active. As a result, many Americans currently have or are likely to experience chronic diseases, including heart disease, diabetes, obesity, and depression.

The good news is that regular physical activity can prevent and

BODY KNOWLEDGE

improve many chronic conditions. America, it's time to get moving!

According to the guidelines, the following is recommended:

- **Preschool-aged children** (ages 3 through 5 years) should be physically active at least for three hours, if not more. Adult caregivers should encourage active play that includes a variety of activity types and limits sitting-around time, such as screen time.
- **Children and adolescents** (ages 6 through 17 years) need at least 60 minutes or more of activity a day. This includes activities to strengthen bones, build muscles, and get the heart beating faster.
- **Adults** should do at least 150 minutes of moderate-intensity aerobic activity a week, and at least two days for muscle-strengthening activities. Adding more time provides further benefits.
- **Older adults (ages 65 and older)** should do at least 150 minutes of aerobic activity a week and include muscle-strengthening activities 2 days a week. You should also add components, such as balance training as well. If you have limitations due to preexisting conditions, consult with a health care provider and be as physically active as your abilities allow.
- **Pregnant and postpartum women** who were physically active before pregnancy can continue these activities during pregnancy and in the

postpartum period, but they should consult their health care provider about any necessary adjustments.

- **Adults** with chronic health conditions and disabilities, who are able, should do at least 150 minutes of moderate-intensity activity a week. You should consult with a healthcare provider about the types and amounts that are appropriate for you.

Physical therapists are movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education.

You can contact a physical therapist directly for an evaluation. You do not need a physician referral.

*Adapted from APTA and U.S. Department of Health and Human Services

For more information, visit centerforphysicaltherapy.com or call 845-297-4789.

The connection between anxiety and the heart

By Charles Herrick, MD



Anxiety is a common human experience, and in moderate amounts, it can be a natural and even adaptive response to stress. However, when anxiety becomes chronic and overwhelming, it can take a toll on the body,

PATIENT FIRST

particularly on the heart.

Anxiety's impact on the cardiovascular system is a growing concern in the medical field as it can contribute to the development of heart problems and exacerbate existing conditions.

Let's explore how anxiety affects the heart and what individuals can do to protect their cardiovascular health.

Learn more about Behavioral and Mental Health care at Nuvance Health.

How AnxietyAffects the Heart - Anxiety is not solely a mental health issue. It has physical manifestations that can profoundly affect the heart. When anxiety arises, the body goes into "fight or flight" mode, releasing stress hormones like adrenaline and cortisol. This physiological response is designed to prepare the body to face a threat by increasing your heart rate and redirecting blood flow to vital organs and muscles. While this response can be lifesaving in a true emergency, chronic anxiety can cause it to be constantly triggered, leading to negative consequences for the heart, including:

crucial step in maintaining overall well-being. Here are some strategies to help manage anxiety and protect your heart:

Lifestyle Changes: Adopt a heart-healthy lifestyle that includes regular exercise, a balanced diet and adequate sleep. These habits can improve heart health and also help alleviate anxiety symptoms.

Stress Management Techniques: Practice stress-reduction techniques such as mindfulness, meditation, yoga and deep breathing exercises. These methods can help you better control your body's response to anxiety triggers.

Limit Caffeine and Alcohol: Caffeine and alcohol can exacerbate anxiety symptoms and strain the heart. Reducing or eliminating these substances from your diet may help improve both mental and cardiovascular health.

Connect: Engage with friends and family and share your concerns and feelings. Social support is a powerful tool in managing anxiety and reducing the burden on the heart.

Medication When Necessary: In some cases, medication may be necessary to control anxiety. Consult with a healthcare professional to determine if this is an appropriate option for you.

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Increased Heart Rate: One of the most immediate effects of anxiety on the heart is an elevated heart rate. This increased workload can lead to palpitations, arrhythmias and potentially overwork the heart muscle.

High Blood Pressure: Anxiety can also lead to high blood pressure. Persistent hypertension is a significant risk factor for heart disease, as it can damage blood vessels, contribute to atherosclerosis, and increase the likelihood of heart attacks and strokes.

Inflammation: Chronic anxiety may also contribute to chronic inflammation, a known factor in the development of cardiovascular diseases. Inflammation can cause plaque buildup in the arteries, leading to atherosclerosis, which can narrow the blood vessels and reduce blood flow to the heart.

Cardiac Events: Studies have shown that individuals with high levels of anxiety have an increased risk of developing heart disease and experiencing cardiac events like heart attacks. Anxiety can trigger spasms in the coronary arteries, potentially leading to myocardial ischemia, which reduces blood flow to the heart, preventing the heart muscle from receiving enough oxygen.

Learn more about the Heart and Vascular Institute at Nuvance Health.

Managing Anxiety to Protect the Heart

Recognizing the connection between anxiety and heart health is a

Dr. Charles Herrick is chair of psychiatry at Nuvance Health.

Obituaries

Arlene G. Lee



POUGHKEEPSIE –Arlene G. Lee, a resident of Poughkeepsie and formerly of Beacon, entered into rest on November 23, 2023 at her home surrounded by her loving family. She was 72 years old.

Arlene was born on June 18, 1951 in Callicoon, New York the daughter of the late Charles and Mary (Sinrod) Brodsky. She married Robert J. Lee, on October 30, 1969, who survives her at home.

Arlene had retired from the local Meat Cutters and Wrappers Union and throughout her career she worked at several local Grand Unions and also owned Butcher Bob’s Meat Market. Arlene was a licensed real estate broker. She was a member of the Beacon Elks Club Lodge #1493 and a former member of the Loyal Order of the Moose in Hopewell Junction, and she was

also a member of the New Hamburg Yacht Club. Arlene was known as a vacation specialist, who loved traveling the world and taking cruises. She also had a passion for dance, was an avid ballroom dancer and an instructor with the local dance group, Love to Dance.

In addition to her husband, Arlene is survived by her children; her son, Charles Lee, her daughter, Catherine Lee Ramos, and her husband, John, and her son, Michael Lee, and his wife, Maria; her grandchildren, Ashley, Kevin, Michael, Alexander, Andrew, Isabella and Gabrielle; her brothers, Ted and Herbert Brodsky; her sister, Judy Golden; her in-laws, Eva, Roland, Emma, Edward, Richard, Elizabeth, John and Donnah; and several nieces and nephews.

In addition to her parents, Arlene was predeceased by her son, Robert E. Lee.

Family and friends gathered on Sunday, November 26 at Riverview Funeral Home by Halvey, 2 Beekman Street, Beacon. A funeral service was held at the funeral home on Monday, November 27. The burial followed at Fairview Cemetery, Beacon.

To send a personal condolence please visit www.riverviewbyhalvey.com.

Funeral arrangements are under the care of Patrick J. Halvey of Riverview Funeral Home by Halvey, LLC.

Br. Julius Tkaczyk, OFM Cap.

BEACON - Br. Julius Tkaczyk, OFM Cap., was born in Jersey City, NJ on February 16, 1942 the son of the late Nellie Skowronski and John Tkaczyk.

Br. Julius entered the Capuchin Franciscans and made his First Profession on August 19, 1972. He was stationed at St. Francis Seminary in Lafayette, NJ before volunteering for the foreign missions where he served for twelve years in Zambia, Africa. The last twenty-four years of his life were spent at St. Lawrence Friary doing building maintenance and grounds keeping.

After a long illness, Br. Julius was called to eternal life on November 19, 2023 at St. Lawrence Friary in Beacon, NY. In addition to his parents, Br. Julius was predeceased by his brother, Bobby. He is survived by his brother, John and sisters, JoAnne and Patricia.

Calling hours were held on Tuesday, November 28 with a wake service at St. Lawrence Friary, 180 Sargent Avenue, Beacon, NY. A Mass of Christian Burial will be held on Wednesday, November 29, at 11:00 a.m. in the chapel of St. Lawrence Friary. Burial will follow at St. Lawrence Friary Cemetery, Beacon, NY.

To send a personal condolence please visit www.riverviewbyhalvey.com.

Funeral arrangements are under the care of Patrick J. Halvey of Riverview Funeral Home by Halvey, LLC.

Robert (Bob) Shafer

FORMERLY OF POUGHKEEPSIE - It is with deep sorrow that we announce the passing of Robert (Bob) Shafer at the age of 84, on November 20, 2023.

Bob is survived by his daughters Trina (Tom) Carricart, Sue (Mike) Curley, Kate (Gene) Porto and stepdaughters Sharon (William) Struth and Deborah Johnson, his 11 grandchildren; Mitchel Carricart, Leah Faucher, Jacob Gaona, Calli Gaona, Kelsey Brodbine, Kylee Emery, Nicole Struth, Katie Struth, Mustafa Ghasia, Hana Brogan, and Nadira Ghasia, and five great-grandchildren.

He was married to the late Joyce L. Shafer for 46 years. They shared a home in Poughkeepsie, NY. Bob served in the United States Air Force and was stationed at Eglin AFB in Florida. Shortly after leaving the military, he went to work for IBM. He retired after a long career with them. He enjoyed many years as a member of the Whortlekill Rod and Gun club in Hopewell Junction, New York. For many years, Bob was an avid golfer. He belonged to the New Hackensack Reformed Church. In his retirement, he wrote a book about his adventures as a younger man called “Opportunities of a Lifetime,” an accomplishment that gave him great pride.

A service will be held for family and close friends.

Arrangements are under the direction of the Wm. G. Miller & Son FH, Inc. If you wish to send an online condolence, please visit our website at www.wmgmillerfuneralhome.com.

Senator Rob Rolison inducts Peter Maraday into Veterans Hall of Fame



Sen. Rob Rolison (39th District) presents Air Force veteran Peter Maraday with an official Hall of Fame plaque.

-Courtesy photo

State Senator Rob Rolison (39th District) recently welcomed his first Veterans' Hall of Fame selection to his Town of Poughkeepsie district office and presented him with an official Senate commendation. Master Sergeant Peter "Pete" Maraday is a 24-year Air Force and New York Air National Guard veteran and lifelong Orange County resident who resides in the Town of Montgomery with his wife Barbara, with whom he raised three children.

The Veterans' Hall of Fame is an annual program administered by the New York State Senate "to honor and recognize outstanding veterans from the Empire State who have distinguished themselves both in military and civilian life," according to the Senate website. Maraday was selected for his considerable military background and depth of experience as well as his work supporting other veterans and their families as Hudson Valley peer-support manager for Clear Path for Veterans, a statewide nonprofit that provides programs and services to returning service members.

"Pete Maraday served his country with bravery and honor before turning his focus

to serving fellow veterans. Clear Path and its membership understand that the battle is not won just because a war ends: they continue to provide services and programs to transition veterans successfully back into civilian life. Pete has been an integral part of this network as Hudson Valley peer-support manager, helping those who have sacrificed for their country and working closely with our district office team to identify regional veteran needs as a member of my Veterans Advisory Board. I am proud to award him a place in the state's Veterans' Hall of Fame," said Sen. Rolison.

"I am grateful to Senator Rolison for this tremendous honor," said Maraday. "Military service taught me the value of hard work and dedication to the mission. Clear Path for Veterans continues to assist fellow veterans, military members, and their families by connecting them with programs and services that enhance their quality of life and well-being. It's a fundamental belief at Clear Path that when our veterans thrive our communities thrive. It's reassuring to know veterans have allies like Senator Rolison there to support them at the state level."

Eight-hundred pounds of food collected, donated to Castle Point Food Pantry



The Beacon Elks Lodge #1493 delivered 35 Thanksgiving Dinner packages to Castle Point VA Food Pantry. The members of the lodge supplied the \$1,000 food donation through personal donations as well as the Lodge’s purchase of turkeys. Eight-hundred pounds of food was collected and donated.

Pictured are Elk members Bob Haight, Bill Henderson, Carl Oken, Lodge Veterans Chair, Nicole Embry, VA Volunteer Services Chief, Jeanine McAuley, Lodge Loyal Knight, Cathy Oken, Lodge member and John Schmit, Castle Point Food Pantry volunteer.

-Courtesy photo

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CP2 Series at County Players in Wappingers Falls on December 1-3

County Players, one of the longest-running community theatre companies in the area, will present the popular CP2 Series Readers Theatre Mini-Festival #2 on December 1 to 3 at County Players Falls Theatre located at 2681 W. Main, Wappingers Falls.

Reading #1- "Freud's Last Session," by Mark St. Germain, directed by James Steinmeyer

Friday, Dec 1 at 8 p.m., Saturday, Dec 2 matinee at 2 p.m.

The first of September 1939. Sigmund Freud, the world-renowned psychoanalyst awaits the visit of soon-to-be legendary author C.S. Lewis on the day World War II is declared. The impending war and Freud's failing health catalyzes a far deeper conversation as they clash about the existence of God, love, sex, and the meaning of life. The cast includes local regional performers Dylan Parkin, and Douglas Woolley.

Reading #2- "The Half-Life of Marie Curie," by Lauren Gunderson, directed by Michael J. Frohnhoefer

Saturday, Dec 2 at 8 p.m., Sunday, Dec 3 matinee at 2 p.m.

In 1912, scientist Marie Curie spent two months on the British seaside at the home of Hertha Ayrton, an accomplished mathematician, inventor, and suffragette. At the time, Curie was in the throes of a scandal in France over her affair with Paul Langevin, which threatened to overshadow the accom-

Dec 1 & 2, 2023

FREUD'S LAST SESSION

By Mark St. Germain

Dec 2 & 3, 2023

THE HALF-LIFE OF MARIE CURIE

By Lauren Gunderson

CP2 SERIES

MINI FESTIVAL

County Players CP2 Series will begin on December 1 in the Village of Wappingers Falls.

-Courtesy image

plishment of her second Nobel Prize. The talented cast features Catherine Rush and Julie Seltzer.

CP2 Readers Theatre: is an exciting series at County Players that offers an opportunity for actors, directors, and audience members to experience theater in a fresh way: selected plays presented as full dramatic readings, no costumes, no sets, no props, and the actors perform with scripts in hand. These shows are an incredible opportunity to experience great theater stripped to its essence: the playwright's words.

Tickets: Reserved seating is \$15/reading, \$20 to attend both readings on the same weekend, and are available online or in advance at the door. Visit countyplayers.org and at the top of the main page select BUY TICKETS. Ticket options are limited to mobile/digital or print-at-home only, as no printed tickets will be available for "will call" until further notice.

Protocols regarding Covid: Please be advised that currently proof of vaccination is no longer required for audience members. Masks are optional, but are strongly encouraged. Visit countyplayers.org/covid-19-policy/

The next CP2 Series Readers Theatre in March, as well as the remaining Main Stage Productions for 2023-2024 are listed on the CP theatre website at countyplayers.org/season-66/

CP2 Readers Theatre Series is supported by Stewart's Shops, and Powerhouse Theater at Vassar College. "Freud's Last Session" and "The Half-Life of Marie Curie" are presented by special arrangement with Broadway Licensing, LLC, servicing the Dramatists Play Service collection. dramatists.com.

County Players 66th Season is Sponsored by Hudson Valley Credit Union.

Accessibility: If you require wheelchair accessibility, please contact our Box Office at 845-298-1491.

this week's puzzle solutions

2 6 9 1 8 6 3 4 7

1 9 4 3 9 2 5 8

3 8 7 4 2 5 1 6 9

4 2 3 6 7 8 5 9 1

7 9 2 5 3 6 8 4

8 6 9 1 4 7 3 2

9 3 8 5 1 2 4 7 6

6 3 8 1 5 2 9 7 4

5 2 4 3 6 9 8 1 7

3 1 8 9 6 7 2 4 5

DEAD

EMIR

DOLF

INTIN

CE

DO

WNER

KE

ROM

LEV

RED

PO

AF

IR

MA

GA

1 3 1 5 4 2

5 2 4 2 1 3

4 3 5 3 4 2

2 1 2 1 5 3

4 3 5 3 2 1

2 1 4 1 5 4

5ugun solution

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		8		6			4	5
	2		4				7	
9								6
			1				5	
		9	3		2	6		
	6				9			
6								3
	5				3		6	
7	4			8		5		

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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

4				1	
1		3			
	5		2		
			5		
					5

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: CATS & DOGS

ACROSS

1. Baby powder
5. Hundredweight, acr.
8. Same as gauge
12. S squared, e.g.
13. Actor Wyle
14. Undergraduate's field of study
15. J. Edgar Hoover's man
16. Norse capital
17. Extremely angry
18. *Tweety chaser
20. Bob Ross' do
21. Not quite right
22. Hawaiian dish
23. Directed
26. Brought down
30. Deed
31. Rifle's backward move
34. Denim innovator
35. Like salad greens
37. Greek R
38. Read-only memory device
39. Western Samoan money
40. Oklahoma athlete
42. Tiny guitar
43. Relating to dreams
45. Like certain Debbie?
47. U.S. Marine Corps gift recipient
48. Gin mixer
50. Title for Turkish leader
52. *1929 Best Actor Oscar nominee
56. Lallygags
57. Medley
58. Pineapple producer
59. Suggestions
60. *Lassie's mark in Hollywood side-walk
61. Arabian bigwig
62. Banana leftover
63. New York time
64. "Wanted!" state

DOWN

1. Labels with a name, on Facebook
2. Major or general employer
3. Same as #36 Down, archaically speaking
4. Painter's surface
5. Receipt listings
6. *Corgi's homeland
7. Marvel Comics hammer wielder
8. *Jon Arbuckle, Odie and ____
9. A bit cracked
10. Kind of move, 2 words
11. Bard's before
13. End of rugby match
14. *Cat sound
19. Manicurist's file
22. Neighbor of Ger.
23. *Nome, AK hero
24. Continental divide
25. Like old cracker
26. *Rhodesian Ridgeback's target
27. *Old episodes of Eddie Crane's TV show
28. Call forth
29. Two identical molecules put together
32. Rubber sandal
33. Exclamation of surprise
36. *Fido, in Latin
38. More than one crocus
40. *Canine command
41. Newspaper VIP
44. ____ beef
46. Meandered
48. Leaves at the alter, e.g.
49. Uniate church member
50. Of the highest quality
51. Open-mouthed astonishment
52. Thorny gift
53. Large book
54. Pelvic parts
55. Smart but awkward one
56. "A stiff upper ____"

CROSSWORD

CROSSWORD

1	2	3	4			5	6	7			8	9	10	11	
12					13					14					
15					16					17					
18					19					20					
			21						22						
23	24	25						26					27	28	29
30					31		32	33				34			
35				36			37				38				
39						40				41				42	
43					44					45		46			
				47				48	49						
	50	51					52						53	54	55
56							57					58			
59							60					61			
62							63					64			

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The solutions to the Sudoku, Crossword puzzle and Suguru can be found on page 17.



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