

BEACON FREE PRESS

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Dutchess County's 2025 budget adopted with bipartisan support

By Kate Goldsmith

The Dutchess County Legislature approved the 2025 budget on Monday, Dec. 9, with a bipartisan vote of 23-2, adding several amendments to County Executive Sue Serino's budget proposal.

In a press release, county officials said, "The \$629.4 million spending plan builds a safer, stronger and brighter future for county residents maintaining and expanding the county's high-quality services and programs benefiting children, families, veterans, and seniors, while staying well below the New York State property tax cap."

Homeowners and businesses will see the county property tax rate decrease by 2.7 percent with the 2025 County Budget, dropping from \$2.23 in 2024 to \$2.17 in 2025, which is the 10th consecutive year of property tax rate cuts.

Serino said, "The 2025 County Budget is a careful, responsible plan that makes important investments in our community and provides essential services, while limiting the impact to taxpayers. Over the past year, I have been in every area of the county and I am proud that this budget addresses our neighbors' concerns, and funds critical initiatives including addressing the EMS crisis, affordable housing, and mental health services. I am grateful for the collaboration of the Dutchess County Legislature and thank them for their partnership in delivering a thoughtful 2025 budget that our residents can be proud of."

Dutchess County Legislature Chairman Will Truitt said, "The 2025 County Budget was a true collaborative process. County Executive Sue Serino provided a solid, realistic plan that addresses the needs of our residents, while accounting for real-world factors affecting expenditures. With some carefully considered legislative amendments, we have an adopted budget that expands services for those who need them most, while providing a 10th straight property tax rate reduction. I extend my gratitude to the entire Legislature for their diligence in the review process and to County Executive Serino and her administration for their continued collaboration."

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'The value of freedom'

Libby Funeral Home hosts Wreaths Across America ceremonies



The cremains of veterans Charles McKeever and Thomas B. Reynolds are carried during the Wreaths Across America ceremony at Fishkill Rural Cemetery.

-Photo by Kristine Coulter

By Kristine Coulter

Wreaths Across America's mission is to "Remember the fallen. Honor those who serve. Teach the next generation the value of freedom."

Representatives from Libby Funeral Home, in Beacon, held two ceremonies as part of Wreaths Across America this year. The first ceremony was held on Saturday, Dec. 14 at the Fishkill Rural Cemetery. On Sunday, Dec. 15, the ceremony, where wreaths are placed on Veterans' graves, took place at the Poughkeepsie Rural Cemetery.

"We're here to celebrate the mission of Wreaths Across America," said Joseph Schuka, a funeral director for Libby Funeral Home. Schuka noted this was the third year Libby has held a ceremony at Fishkill Rural Cemetery, 801 Route 9.

Across the country, "there are millions gathering for ceremonies," Schuka remarked.

The lives of two veterans were specifically remembered and highlighted.

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High school students take part in annual robotics tournament

By Kristine Coulter

Students from across New York state competed in the recent FIRST Tech Challenge Robotics Tournament Qualifier at John Jay High School in East Fishkill. More than two dozen teams were entered in the 2024-2025 season game, "Into the Deep." Throughout the day the tournament was held, spectators viewed the robot matches and were able to meet with team members in the pit. In the lobby of the high school, there were two teams presenting for the FIRST LEGO League.

According to James Amodio, Conceptual Physics and Regents Physics teacher, "The "Into the Deep" game involves teams simulating underwater exploration by programming robots to collect "samples" from different ocean zones on the field, including the ocean floor, an observation zone, and a submersible, with the goal of scoring the most points by strategically placing these samples in designated areas. 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."

Let's meet some of the students from John Jay who are in the club. John Jay's Jaybots hosted the event and the Phoenixes participated in the tournament.

Ava Davis joined the team "to explore my interests in robotics and thrive in atmospheres filled with collaboration, creativity, and competition." Davis said the tournaments are exciting environments rich with creativity. A great way to showcase your work and learn from others who share the same passion for robotics."

Ava said, "This team has taught me that teamwork fuels success, failure is a step in growth, and the real competition is



Judging taking place during the recent FIRST Tech Challenge Robotics Tournament Qualifier held at John Jay High School in East Fishkill.

-Courtesy photo

striving to improve yourself with each."

Hailey Kim, another team member, said, "I have learned that good teamwork where everyone is communicating with each other is the best way to ensure that everything runs smoothly. Organizing and preparing for the tournament has been a journey, but by working together with my friends and teammates, I think that we [were] very successful in getting things ready for [the tournament]."

Hailey said about joining the team, "I wanted to develop skills that are helpful to know in the STEM (Science, Technology, Engineering and Math) field, as well as learn how to make mistakes and improve from them. It was a place where I could

meet other students who were interested in engineering and technology, and where we could all grow in a fun, hands-on, competitive environment."

As for the tournament, "I think that the tournament will be a great way to see how teams from other schools have approached this year's game challenge and how successful they have been at designing their robot. I'm looking forward to meeting new people at the event, and seeing how these teams will face the problems that they might encounter in a competition," remarked Hailey before the tournament.

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Libby Funeral Home hosts Wreaths Across America ceremonies



Attendees carry and place wreaths on graves of veterans in Fishkill Rural Cemetery. The ceremony was part of Wreaths Across America, which is held at cemeteries throughout the country.

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Schuka said an account of unclaimed remains was done at the funeral home and two veterans' remains were found. One was a veteran from the United States Army, Charles McKeever, who served in World War I, said Schuka.

"Charles McKeever, World War I Army Veteran, died at the age of 90 on June 13th 1986 at the VA Castle Point Medical Center in Wappingers Falls, NY. He was divorced, and had one son who at the time lived in South Carolina. Charles served in the United States Army from September 10, 1917, and received an honorable discharge on July 11, 1919," stated Schuka.

"Freedom comes with a price," he said. Schuka added, "We thank those who gave their lives to keep us free."

Also remembered and honored was veteran Thomas B. Reynolds.

"Thomas B. Reynolds, World War II Navy Veteran, died at the age of 68 on December 5, 1989 at the VA Castle Point Medical Center in Wappingers Falls, NY. He was separated from a wife, who resided in New York City. Thomas served in the United States Navy from August 8, 1940, and received an honorable discharge on August 10, 1946," remarked Schuka.

Fishkill resident Jim Broughton, a U.S. Air Force veteran, attended the ceremony.



Wreaths were placed on veterans' graves in Fishkill Rural Cemetery as part of Wreaths Across America.

-Photos by Kristine Coulter

Ray Van Voorhis, a member of the Fishkill Rural Cemetery Board, remarked, "It's a really special day across the country." He said on a warmer day to walk around the cemetery and see the grounds.

Adam Roche, who is the Dutchess County Veterans Services Director, stated during his remarks, "It's so important to remember them and say those names aloud. Do not say it under your breath, say it out loud." Roche thanked parents for bringing their children to participate in the ceremony.

There were well over 600 wreaths placed in the Veterans Section of the cemetery.

Other organizers hosted volunteers and took part in ceremonies in East Fishkill and Wappingers Falls.



A bagpiper performs during the ceremony.

"I wanted to salute the veterans," he said.

High school students take part in annual robotics tournament

Continued from cover

"I joined the team in my freshman year after it piqued my interest at freshman orientation. I had already heard great things about the club from an upperclassman friend, and joining the club something about the building process and solving complex challenges clicked with me immediately. What started as a curiosity quickly became a passion that would shape my high school experience and I'm extremely glad that I decided to join the team," said team member Hiroyuki Sakuma.

"The tournament is a gateway to inspiration. By hosting a competition, we've been given the opportunity to invite our community to come and witness the incredible creativity and problem-solving skills of young engineers. I hope that at least one person in the audience will catch the same interest in robotics and come to discover the endless possibilities that

stem from technology and teamwork," said Hiroyuki.

What did Hiroyuki learn by taking part in this tournament?

"When I first joined, the technical aspects of robotics seemed like an impossible challenge, but the supportive environment quickly turned my intimidation to excitement. My mentors patiently guided me through concepts and technical skills. Over the years, I've learned more than engineering, I've developed teamwork, persistence, and the ability to turn my ideas into reality. Organizing the tournament has also been an eye-opening experience for event management. I've learned the difficulties of coordinating such a large-scale competition but as we approach tournament day, I'm excited for all the fun that awaits me."

Joanna George joined the Robotics Team initially because of friends, plus it combined an interest towards STEM and a curiosity towards robotics.



More than two dozen teams competed in the recent FIRST Tech Challenge Robotics Tournament Qualifier at John Jay High School in East Fishkill.

-Courtesy photo

"I think the tournament has an electric atmosphere. It's so fascinating to see all the different teams come together and compete after bringing everything they have to the table wanting to be the best, while also being completely respectful and helpful to other teams," said Joanna.

Team member Joell Thomas said, "I think we will be able to win the tournament, but it will be very hard." Joell added: "I learned that it takes teamwork and dedication to be able to get ready for the tournament."

"At first, I wasn't sure if I would join the team. I was unsure how the time commitment would impact my schedule, but a friend continually nudged me to participate since he and a few other friends were joining. What really kept me in the club was the positive attitude of the older members who taught me everything I could've wanted to learn and created an environment where I was able to thrive and pursue all the kinds of robotics-related things I wanted to," said Joseph Marra, a member of the team.

Joseph remarked, "As a member of this team, I have learned more than just the technical robotics skills. While my knowledge of engineering, programming, and design has been greatly increased during my time in the club, the greatest asset I have

gained from this club is collaboration. This collaboration started with my immediate team members, and we had to work together to combine all of our knowledge into an operating robot and club. Not only this, but it expands out into the larger community, working with other teams at competitions and during workshops to learn from them, grow together, and build friendships throughout the community. This growth is catalyzed by preparing and helping run the tournament."

Randolph Soogrim, another member of the team, stated, "I joined the team because I have always been in love with working with mechanical parts and assembling electronics." Randolph noted before the tournament that it would be stressful but looked forward to seeing how other teams did things.

The Mohawk Valley Community College Utica Championship, in Utica, is slated for March 2025.

Amodio noted that the 4 teams advancing are: Suffern Robotics from Suffern, Rockland County, and Red Hook RoboRaiders for the 1st and 2nd place INSPIRE Award. Scarsdale Robo Raiders, from Scarsdale in Westchester County, and Mechanical Operations Bureau, from Cross River, Westchester County, for Winning Alliance Captain and Partner.

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James's WARR;ORS Receives Over \$18,000 to Support Mental Health Awareness, Suicide Prevention Programs



Dutchess County DA highlights success of program with Drug Task Force and Intelligence-Based Policing



Operation Fast and Furious participating law enforcement officials held a press conference on Wednesday, Dec. 11 to announce a 50% reduction in overdose deaths in 2024.

-Courtesy photo, image submitted by Dutchess County District Attorney's Office

Dutchess County District Attorney Anthony Parisi announced the successful completion of Operation Fast and Furious conducted by Dutchess County District Attorney's Drug Task Force on Wednesday, Dec. 11.

Parisi said, "The drug overdose crisis touches every family, every neighborhood, and every corner of our community. We, in law enforcement, are committed to do our part to fight it. The success of Operation Fast and Furious is a direct result of the tremendous collaboration between our dedicated Drug Task Force and my team of Assistant District Attorneys in the Violent Crime and Dangerous Drug Unit. Together, we are not just enforcing the law, but working together to take those who peddle poison off our streets. This collective effort ensures that we address the immediate dangers these dangerous drugs cause in our community, and it strengthens our resolve to create a safer, healthier future for everyone."

Unfortunately, Dutchess County has been among the leaders in New York State in overdose deaths related to narcotics and dangerous drugs (cocaine,

fentanyl, methenamines, and opioids) for several years. In 2020, Dutchess County led the State in drug overdose deaths per capita exceeding the statewide average by 18 deaths per 100,000 population. Between 2019 and 2023, approximately 550 people died of a drug overdose in Dutchess County compared to 39 homicides during that same period. In 2023, Dutchess County had 97 deaths related to narcotics and dangerous drugs.

Parisi said, "This is not a challenge that law enforcement can tackle alone. The fight against drug addiction and overdose deaths requires a collaborative, multifaceted approach. It involves law enforcement, healthcare providers, community organizations, and our legal system working together. I thank every partner who helps in this fight against addiction and assists with prevention and education in our community. Your work does not go unnoticed or unappreciated, but today I want to highlight the exceptional work of our Drug Task Force."

Parisi is a proponent for intelligence-led policing and smart prosecution. In

today's evolving landscape of crime, law enforcement and criminal justice, the integration of intelligence led

policing and smart prosecution is critical in building safer communities.

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Viewpoints

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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:

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- All letters must contain a name, hometown and phone number for verification.
- Letters appearing on the Viewpoints page are the views of the writers alone and do not necessarily reflect the views of the Beacon Free Press.

NOTICE OF EARLY DEADLINE

Due to holiday press schedules for the Dec. 25, and Jan. 1, 2025 issues, the Beacon Free Press has early deadlines for both papers.

For the Dec. 25 issue: Advertising is due by Thursday, Dec. 19. Editorial submissions must be received by Wednesday, Dec. 18.

For the Jan. 1 issue: Editorial submissions must be received by Monday, Dec. 23. Advertising is due by Thursday, Dec. 26.

Please contact cschmidt@sdutchessnews.com for more information

The Mount is a community pillar

To the Editor:

This year marks the beginning of Mount Saint Mary College's 65th anniversary, a time for celebrating the past and planning for the future. As Chair of the college's Board of Trustees and a Mount alumnus, I'm extremely proud of our institution and looking forward to doing what the Mount does best: Educating accountants, nurses, teachers, etc., for many more years.

We have talented professors, staff, and administrators who work tirelessly for the success of our students. And those students, many of whom are the first in their families to attend college, are devoted to academics, service, and our community. I have no doubt that we will be in good hands with these up-and-coming leaders of the Hudson Valley.

The college continues to be an economic engine for Orange County and beyond, employing about 500 people and supplying businesses with a pool of highly qualified job candidates. This, paired with our ever-increasing emphasis on providing scholarships to exceptional students who might not have attended college otherwise, means more professionals with a love of the Hudson Valley – and more professionals who choose to stay local.

This summer, we welcomed our new president, a focused, dedicated leader, Dr. Robert Gervasi. With him at the helm, the Mount's connection to the community will continue to grow. We are focusing on growing our student enrollment, operating more efficiently, improving on the programs that are most in-demand, and strengthening our graduate and adult degree offerings. With Dr. Gervasi's guidance leading the way, the Mount is looking forward to an exciting future.

Lou Bach '82
Chair, Mount Saint Mary College Board of Trustees

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Voice support for LCAT credential in enrollment of Medicaid

To the Editor:

I am a licensed creative arts therapist (LCAT) working with adult individuals in private practice in Beacon. Creative arts therapists are trained Masters' level clinicians qualified to provide psychotherapy and counseling to patients. We utilize creative modalities - drama, music, art, dance/movement - as both tools and a lens through which to guide our patients to better mental health and wellness. With my specialty in drama therapy, I have utilized embodied techniques that can enhance, supplement, and even go farther and deeper than talk therapy alone, and sometimes with a more immediate impact. I have helped people with relationships, body image, life transitions, and grief, to name a few, as they navigate their struggles and find peace of mind and better versions of themselves.

Creative arts therapists are licensed by New York State through the Office of Professions, just like social workers, mental health counselors, and family therapists. Yet the LCAT credential is currently excluded from enrollment with Medicaid. This means that, even if a licensed provider accepts insurance for mental health care, we cannot accept any Medicaid plans to help lower-income individuals.

It can be very challenging to find a provider who is both accepting new patients and takes one's insurance. There are already few and far between insurance companies that credential LCATs (Cigna and MVP both do, and I have recently credentialed with both), limiting patient access to covered care. To exclude LCATs from seeing Medicaid patients then just limits access even more. Just in the past few months I have had to turn down a number of prospective patients because of this loophole.

Currently there is a bill going before Governor Kathy Hochul, which if signed, would rectify this exclusion, grant LCAT practitioners eligibility to apply for a government ID, and give us the ability to accept Medicaid plans under any insurance provider with which we are enrolled as a provider. I encourage you to voice your support to Gov. Hochul for our inclusion. It could mean the difference in getting access and coverage for the mental health care you need.

Alexandra Devin, LCAT, RDT
MA Drama Therapy

A.G.'s office: Case of trooper's car causing pedestrian's death, 'insufficient evidence to pursue criminal charges'

New York Attorney General Letitia James' Office of Special Investigation (OSI) on Dec. 13 released its report on the death of Luis Morocho, who died on August 8, 2023 following an encounter with an off-duty member of the New York State Police (NYSP) in Wappingers Falls. Following what the A.G.'s office called "a thorough investigation," which included interviews with civilian witnesses, review of body-worn camera footage and nearby security camera footage, and comprehensive legal analysis, OSI concluded that a prosecutor would not be able to prove beyond a reasonable doubt that the involved NYSP trooper committed a crime, and therefore criminal charges are not warranted in this case.

"In this case, although the collision with the trooper's car caused Mr. Morocho's death, the evidence does not establish beyond a reasonable doubt that the trooper's conduct was a gross deviation from the standard that would have been observed by a reasonable officer in the same circumstances, or that the trooper consciously disregarded a substantial and unjustifiable risk of death. The trooper took precautions before the collision by engaging his brakes and swerving to the right in an attempt to avoid striking Mr. Morocho. Therefore, OSI concluded that there was insufficient evidence to pursue criminal charges," according to the A.G.'s office.

According to a release from James' office, "On August 8, 2023 at 9:02 p.m., an off-duty NYSP trooper was driving his personal vehicle heading north on State Route 9 in Wappingers Falls. State Route 9 has two southbound lanes and four northbound lanes, consisting of three lanes for through traffic and a left-turn-only lane. The northbound

and southbound lanes are separated by a raised median and the posted speed limit is 40 MPH."

The document continued: "As the trooper approached the intersection of State Route 9 and New Hackensack Road, he was traveling in the middle through lane and had a green light. Shortly before the trooper reached the intersection, Mr. Morocho began walking west to east across State Route 9, against the crosswalk signal. Morocho crossed the two southbound lanes and then paused near the median before suddenly quickening his pace and jogging across the northbound lanes, directly into the trooper's path. The trooper's vehicle struck Morocho and he was transported to a local hospital, where he was pronounced dead."

In New York, proving criminally negligent homicide requires proving beyond a reasonable doubt that a person failed to perceive a substantial and unjustifiable risk that death would occur; that the failure to perceive the risk was a gross deviation from a reasonable person's standard of care; and that the person engaged in blameworthy conduct, according to the A.G.'s office. "In this case, the trooper was driving in the correct lane and had a green light as he approached the intersection of State Route 9 and New Hackensack Road. The trooper's vehicle was moving with the flow of traffic, and there is no evidence that he was exceeding the posted speed limit of 40 MPH," reads the release.

The trooper was administered a preliminary breath test (PBT) within an hour of the collision, and there is no evidence to suggest that he was impaired by drugs or alcohol or that he was otherwise distracted at the time of the crash, states the A.G.'s office.

Board of Health Meeting set for Dec. 19

The Dutchess County Board of Health will be holding their regularly scheduled meeting on Thursday, Dec. 19, at 4 p.m. at the Dutchess County Department of Behavioral & Community Health located at 85 Civic Center Plaza – Suite 106 in the City of Poughkeepsie or one may participate via Microsoft Teams by

calling 1-516-268-4602 and enter the Conference ID number: 263 004 685#.

The Dutchess County Board of Health meets on the 3rd Thursday of each month except for the month of July.

The public is welcome to attend. For more information, contact 845-486-3432.

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Dutchess County DA highlights success of program with Drug Task Force and Intelligence-Based Policing

Continued from page 3

This approach focuses on data-driven strategies that enable law enforcement to proactively identify and prevent crime before it occurs while smart prosecution ensures that resources are directed toward cases that have the greatest potential to positively impact public safety.

To combat this epidemic, the Dutchess County Drug Task Force took a thorough look at how drug investigations were approached from 2019 to 2022 and examined the data relating to overdose deaths to proactively see what could be done differently. As a result of this review, the Drug Task Force implemented an Intelligence Based Policing Approach to narcotic and dangerous drug investigations and enforcement. This new approach involved a 7-point plan which was implemented from April 2023 to October 31.

- Analyze demographical data to identify "Hot Spots" where dangerous drug dealers are known to operate. "Hot Spots" are identified by reviewing arrest data of drug users for minor offenses, overdose death data, confidential source data, and patrol level law enforcement source data.

- Identify the Narcotic and Dangerous Drug Dealers and begin an investigation immediately. This included ALL dealers from street level dealers to those dealers distributing large quantities of Narcotics and Dangerous Drugs throughout Dutchess County.

- Utilize technology and cutting-edge investigative techniques to capture evidence the District Attorney's Office can use to prosecute and convict a Narcotic and Dangerous Drug Dealer. This technology has significantly improved officer safety for Agents in the field and allows for the collection of a significant amount of evidence against narcotic and dangerous drug dealers.

- Change from long-term investigations to rapid short-term investigations to get the dealers in custody as fast as possible while simultaneously building an ironclad case against the defendant. The investigations changed from months and sometimes years to be concluded within weeks of being initiated. This was accomplished by approaching each investigation with all members of the Drug Task Force assigned different tasks. Instead of one lead investigator being assigned, all seven are assigned to the investigation and the Assistant Coordinator and Coordinator are tasked with the coordination and oversight of the investigation until it is closed.

- Expedite search warrant applications and the execution of those warrants. Search Warrants are acted upon by the DTF rapidly allowing for the collection of evidence, seizure of narcotics and the arrests of drug dealers. Once a case is built against an individual or individuals the Drug Task Force acts immediately.

- Enhance public notifications off all Narcotic Drug Dealers apprehended by the Drug Task Force to develop new information on the cases being investigated and to be transparent with the public regarding what dealers are being arrested.

- Review and evaluate this approach after 18 months to determine what changes are needed if any to improve operations.

"Public safety has been one of my top priorities, and over the past year, we have worked

hard to ensure the Drug Task Force has the tools they need to succeed and prioritized giving them every possible advantage in this fight," said Dutchess County Executive Sue Serino. "Between the heroic actions of the Task Force, and the work of our Department of Mental Health and the many community agencies who are working together to address this epidemic, we have created a system that not only addresses the immediate crisis, but also provides lasting support for those on the road to recovery. I commend the work of Detective Sergeant Adam Harris and the entire DTF, as well as the leadership of District Attorney Parisi and Sheriff Kirk Imperati for their tireless efforts that have resulted in this incredible achievement."

The Dutchess County District Attorney's Drug Task Force Operation was successful and resulted in 76 arrests relating to drugs and guns, 301 purchases of dangerous drugs by the DTF, the seizure of 15 illegal handguns, 1500 pieces of evidence secured, 40 Search Warrants executed through the county but this operation has helped a significant milestone in our fight against violent crime and dangerous drugs, resulting in a 50% reduction in overdose deaths in our county.

Sheriff Imperati said, "Our Dutchess County Drug Task Force is the best of the best in regard to narcotics investigators in the Hudson Valley and Operation Fast and Furious is just an example of their relentless pursuit of holding drug dealers accountable."

The Dutchess County Drug Task Force is tasked with investigating those individuals who choose to sell narcotics and dangerous drugs in Dutchess County. The unit is made up of highly trained, dedicated and talented narcotic investigators that work as a team full-time to identify and hold drug dealers responsible for their actions. The unit has two supervisors (Coordinator and Assistant Coordinator) and seven investigators from different Dutchess County law enforcement agencies, as well as an investigator, crime analyst and legal secretary from the District Attorney's Office.

The Drug Task Force is made up of personnel from the following agencies:

- Dutchess County Sheriff's Office Law Enforcement Division (Coordinator and 3 Investigators)
- City of Beacon Police (Assistant Coordinator)
- Town of East Fishkill Police (1 Investigator)
- Town of Hyde Park Police (1 Investigator)
- Town of Poughkeepsie Police (1 Investigator)
- City of Poughkeepsie Police (1 Investigator)
- District Attorney's Office (Investigator, Legal Secretary, Crime Analyst)

Drug Task Force Coordinator Adam Harris said, "The Dutchess County Drug Task Force is one of the most exceptional units in the region. This operation highlights my team's work to rapidly identify and target narcotic and dangerous drug dealers. The Drug Task Force's aggressive approach is based on credible and actionable intelligence. The success of Operation Fast and Furious is rooted in the collaboration of local law enforcement assigned to this task force and the dealers being prosecuted by the Dutchess County District Attorney's Office."



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VETERANS NEWS WITH ADAM ROCHE

Holiday enjoyment often eludes those dealing with PTSD

It's well known to those struggling with post-traumatic stress disorder (PTSD) — or, as those who know me know I prefer to call it, post-traumatic stress (PTS) — that the holiday season is one of most difficult times for individuals and their loved ones to deal with the effects of this trauma- and stress-related condition.

For those who are not fully aware of what post-traumatic stress is, simply stated, PTS is an anxiety-associated condition that can develop after someone experiences or witnesses a traumatic event. It can cause a variety of symptoms, including recurring flashbacks or nightmares, feelings of worry or guilt, feelings of depression or sadness, trouble concentrating or sleeping, loss of interest in activities, a feeling of detachment from others, angry outbursts or extreme reactions. PTS is almost always caused by personal exposure to, or witnessing harrowing life events, such as assault, physical or sexual abuse, terrorist attacks and, of course for veterans, engaging in the theatre of combat.

U.S. Department of Veterans Affairs statistics indicate about 6 percent of the nation's general population suffer from PTS at some point in their lifetime, and it is higher for veterans, with seven out of every 100 veterans (or 7 percent) experiencing acute PTS. The study also showed PTS is even more common among female veterans, with 13 percent dealing with stress-related incidences.

Furthermore, a recent survey from the National Center for PTSD found that nearly 30 percent of veterans who served in Operations Iraqi Freedom and Enduring Freedom, and over 20 percent of veterans who served in the Persian Gulf War (Desert Storm), have suffered from some form of PTS after returning home. With over 13,000 veterans in Dutchess County, it is likely many peo-

ple reading this article know a veteran who's coping with mild to severe PTS behavior in their daily interactions.

For those who may not be aware, when returning to civilian life, I had my own journey dealing with PTS; and if I'm to be honest with you, those feelings will sometimes resurface unexpectedly. If it were not for the coping strategies I have learned and have taught to my fellow vets over the years and the ongoing support of my peers, I, too, might be struggling a lot more with the effects of PTS.

When the holiday season approaches, characteristics associated with PTS are heightened. Dr. Jessica Grogan, an experienced psychologist at the VA Texas Valley Coastal Bend Health Care System, however, says there are coping tips that help many struggling with PTS move through their symptoms during this holiday season:

Identify your triggers

Identifying what your triggers are is the first step to avoiding them. While that may sound simple, sometimes you don't know something is a trigger until you experience it. Focus on the ones you know, write them down and identify how they make you feel: angry, anxious, panicked, fearful, etc.

Set boundaries and communicate them

If there are places or situations around the holidays that brings up negative thoughts and emotions, try avoiding them.

It's not selfish to avoid going to a particular Christmas party or not seeing an old friend when you're back in town.

Be kind but keep in mind you don't owe anyone an explanation.

Do things that make you happy

Focus on the things that make you

content this holiday season.

Look for opportunities to calm yourself and ground yourself in the present. Watch a movie; phone a safe friend; take a day trip; or just drive around and look at holiday lights.

Get moving

The weather is often colder during the holiday season, leading to seasonal depression from lack of sunlight and activity.

One of the best things you can do for your mind and body is get moving. It doesn't have to be an intense workout. Walking or exercising for 10 minutes a day can help regulate your body and keep your mind from wandering into dangerous territory.

Create new traditions

When you're battling PTS, old traditions can be triggers instead of the positive memories they once were.

Don't be afraid to create new traditions that better serve you. If holiday crowds make you nervous or cause panic attacks, try meeting with a trusted friend for dinner or take a solo vacation to somewhere that you love that is calming. It doesn't have to make sense to anyone else but can be a wonderful self-care moment to you.

Avoid unhealthy coping mechanisms

Not all coping mechanisms are healthy. Avoid anything that could make your PTS symptoms worse, such as alcohol and substance abuse.

While alcohol may seem like a great way to escape, it can aggravate your trauma-related symptoms and make matters worse. Focus on eating foods with the vitamins and minerals your body needs to function at its best.

Drugs, including marijuana, can depress your nervous system, but they don't address the root cause of your symptoms. Instead of depressing your



body's systems, look for healthy ways to boost endorphins and regulate your hormones, like exercise and getting enough sleep.

I hope some of these strategies are helpful starting points. Those dealing with the seriousness of PTS, however, understand much of what they are facing cannot be alleviated by simple coping tips, because the trauma many veterans have experienced during their service is often dark, painful and real. In fact, brain scans have shown that PTS and C-PTS symptoms and behaviors are caused by biological changes in the brain, not by some personal failure.

As Director of the Dutchess County Office of Veterans Affairs, my goal is to provide our vets struggling with PTS full access to the treatment and benefits available to them, encouraging them to seek confidential support and counsel at one of the many resources throughout Dutchess County that help those struggling with the disability.

I've said this before: The men and women who have served our country did so under some of the most dangerous conditions one could imagine. Let's help them not to lose this battle taking place for many as they are now home and are an important part of the communities they live in. We at the Dutchess County Office of Veterans Affairs and at Mental Health of America (MHA) Dutchess County want all our vets to know they are not alone.

If any veteran finds themselves experiencing PTS symptoms closing-in, call me on my cell phone at 845-453-5842. I would be glad to talk with you.

Of course, you can always call us during work hours, Monday through Friday, at 845-486-2060 for an appointment or get more information any time, day or night, at dutchessny.gov/veterans.

Serino begins 'Housing Listening Tour' at FDR historic site in Hyde Park

Joined by nearly a dozen housing developers and service providers, Dutchess County Executive Sue Serino kicked off her "Housing Listening Tour" last month at the Henry A. Wallace Center at the FDR Presidential Library and Museum in Hyde Park to learn more about how the County can be a supportive partner in efforts to build more affordable housing to meet the growing needs of the community.

"This conversation was just the beginning," continued Serino. "We are committed to working with developers, service providers and community leaders to create practical, innovative solutions to meet the diverse housing needs across Dutchess County."

The roundtable was attended by representatives from numerous organizations, includ-

ing the James J. Sullivan Corporation, Community Housing Innovations, RUPCO, Dakota Partners Mental Health America (MHA) Dutchess, Empyrean Fields Corporation and Hudson Todd.

Discussions centered on overcoming barriers to housing development and identifying actionable solutions to support residents and expand affordable housing options.

Key issues highlighted included:

- Land and Infrastructure Costs: Participants cited high land prices and inadequate water and sewer infrastructure as significant hurdles.

- Regulatory and Financial Barriers: Developers emphasized the need for streamlined approval processes at the local level, tax incentives and financial models that reduce pre-development risks.



Dutchess County Executive Sue Serino began her "Housing Listening Tour" last month. The first roundtable discussion was held at the Henry A. Wallace Center at the FDR Presidential Library and Museum in Hyde Park.

Serino is pictured with, from left, Sabrina Marzouka, Commissioner of Dutchess County Department of Community and Family Services, Paul Hesse, Community Development Coordinator, Gail Padalino, Community Development Administrator, and Eoin Wrafter, Commissioner of Dutchess County Department of Planning & Development.

-Courtesy photo by Dutchess County Government

Housing Trust Fund for affordable housing and will use feedback from the round-table discussions to support developers and service providers.

Serino first announced the start of a 'Housing Listening Tour' in her 2025 Executive Budget Address in November, when she noted the County's plan to meet with housing developers and stakeholders, major employers, municipal leaders, school superintendents and others.

"Ensuring everyone has access to safe, affordable housing is a priority for Dutchess County, but we know we can't do it alone," said Serino. "This roundtable gave us an opportunity to listen, collaborate and begin identifying solutions that meet the unique needs of our residents and communities. There's no one-size-fits-all solution when it comes to building affordable housing, and we know that every community is different when it comes to its housing needs."

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- Public Perception: Stakeholders discussed the importance of educating communities about the distinctions between affordable housing, supportive housing and market-rate housing to combat stigma and garner public support.

- Workforce and Innovation: The need for workforce development and innovative construction methods was a recurring theme. The discussion included how to leverage the County's Housing Trust Fund to support smaller developers.

"We appreciate the feedback we received from developers, which reinforced our understanding of the challenges around developing affordable housing. We look forward to continued collaboration with developers, fellow funders, and municipalities" said Commissioner of Planning & Development Eoin Wrafter.

The County plans to open a new round of funding applications through the

Serino appoints Pulver as assistant county executive

Dutchess County Executive Sue Serino has announced her appointment of A. Gregg Pulver to serve as Assistant County Executive. Pulver, a lifelong Dutchess County resident and experienced public servant and agricultural professional, brings decades of expertise and passion for community service to the position.

"Gregg's decades of leadership and dedication to Dutchess County make him the ideal person for this role," said Dutchess County Executive Sue Serino. "Gregg has been a trusted partner for many years, and I've always admired his unwavering devotion to serving the people of Dutchess County. From his years of public service as Legislature Chairman and County Comptroller, to his work on the farm and with local organizations, Gregg truly understands the heartbeat of our community. His vision and experience will help advance our goals and enhance the quality of life for all residents."

With a proven track record of public service and experience at multiple levels of government, Pulver has demonstrated long-standing commitment to fiscal responsibility, notably in his current role as County Comptroller where he has safeguarded taxpayer funds, conducted audits and ensured sound financial over-

sight. Prior to serving as Comptroller, he served five, two-year terms as County Legislator, including six years as Legislature Chairman. He also served as the Town of Pine Plains Supervisor for 12 years and served as Vice President for the Pine Plains School District Board of Education. Additionally, he was a member of the Pine Plains Planning, Conservation Advisory Committee and Board of Assessment Review.

As Assistant County Executive, Pulver will support the County Executive in managing County operations, policies and initiatives, including oversight of several County Government departments. Additionally, he will serve as a liaison between the County Executive's Office and the Dutchess County Legislature.

Pulver is also a multi-generation farmer and businessman, owning and operating his family business, Pulver Farm, in Pine Plains. With over 40 years of experience in agriculture, Pulver has been a tireless advocate for agricultural sustainability, farmland preservation and rural development. His leadership on the County's Agriculture & Farmland Protection Board and his role in crafting the Right to Farm law underscore his commitment to supporting local farmers and safeguarding the agri-



Gregg Pulver
Courtesy photo Dutchess County Government

cultural heritage of Dutchess County. As Assistant County Executive, he will continue to be a critical resource for the farming community.

Pulver has been extensively involved in the community, in leadership roles with Dutchess Community College

Board of Trustees and the Mashomack Foundation. He is a life member of the Pine Plains Hose Company, where he has volunteered for over 40 years. He has been involved with the Lion Club and the Future Farmers of America, among other community organizations.

"I am honored to join County Executive Serino's team as Assistant County Executive and am grateful for the trust she has placed in me," said Gregg Pulver. "I have dedicated much of my life to serving this community. Having made the decision to not pursue future elected office, I'm excited to be able to continue to serve in helping ensure Dutchess County is a place where families thrive, businesses grow, and our agricultural roots remain strong. I look forward to collaborating with our community to address challenges and seize opportunities that benefit our neighbors."

Pulver's term as Dutchess County Comptroller concludes at the end of 2024. He will step into his new role on January 1, 2025, as current Assistant County Executive Chris Baiano, who began serving in 2015, prepares to retire in the first quarter of 2025. Baiano and Pulver will work together for several weeks in the new year to ensure a seamless transition.

Dutchess County's 2025 budget adopted with bipartisan support

Continued from cover

Minority Leader Yvette Valdés Smith said, "My Yes vote is my commitment to continuing to work collaboratively with any and all Legislators advocating for programs that align with the needs of all Dutchess County residents. The support for EMS, youth programming, and the environment in this year's budget highlight real needs that we have here at home."

Assistant Minority Leader Barrington Atkins, who successfully ushered through two amendments (details below), explained his support of the budget.

"I'm always a strong advocate for the representation of the too-often-ignored and struggling populations of Dutchess County. I will always be their voice," said Atkins. "This year, we have experienced an improved level of bipartisan cooperation, and I sincerely hope that my Yes vote will encourage continued work between the Republican and Democratic Caucuses in 2025. We have urgent work to do and tackling them together increases our successes."

Serino's 2025 County Budget improves and expands services that residents depend on, and introduces several new initiatives focused on public safety, youth services and support for seniors, veterans, families and more. Initiatives include expanded support for the Dutchess County Drug Task Force, a new round of applications for affordable housing through the Housing Trust fund, a historic \$2 million investment in Emergency Medical Services; new and expanded programs for older adults including transportation support and social interactions as well as new investment in youth services including YOU Drop-In Center grants and mini-grants to expand services available to youth through Dutchess County.

County legislators made several legislative amendments to the 2025 County Budget, all of which were approved unanimously, adding additional funding for existing and new initiatives including:

- \$750,000 for the Dutchess County Sheriff's Office for a contingency fund for overtime for staff at the Dutchess County Justice & Transition Center (Majority Leader Deirdre Houston);
- \$500,000 for the Department of Planning & Development to fund the Municipal Innovation Grant program with a specific focus on programming for older

- adults (Majority Leader Deirdre Houston);
- \$350,000 for the Department of Public Works to make repairs to the terminal building at Hudson Valley Regional Airport (Republican Legislator Tony D'Aquanni);

- \$100,000 for the Office of Veterans Affairs to expand the Veterans Microgrant Program (Republican Legislator Steve Caswell);

- \$100,000 for the Department of Planning & Development to develop a competitive grant program for organizations providing services such as meals/food to those experiencing homelessness (Assistant Minority Leader Barrington Atkins);

- \$75,000 for the Department of Planning & Development's Division of Solid Waste Management for a zero-waste consultant to conduct a solid waste study (Legislators Tony D'Aquanni-R and Lisa Kaul-D);

- \$75,000 for the County Historian to offer mini grants to local historical societies to host events commemorating the 250th anniversary of the American Revolution (Legislature Chairman Will Truitt);

- \$50,000 for the Office of Veterans Affairs to expand transportation services for veterans (Majority Leader Deirdre Houston);

- \$50,000 for the Department of Community and Family Services' Youth Division to expand grant funding for after-school programming that serves at-risk youth (Democratic Legislator Randall Johnson);

- \$50,000 for the Department of Community and Family Services to contract with a vendor for community health services at the emergency housing facility (Assistant Minority Leader Barrington Atkins); and

- \$5,000 for the Department of Health's Environmental Division to increase its feral cat spaying initiative (Republican Legislator Douglas McHoul).

Several of these amendments were funded through the Community Benefit Fund, which was established by Serino as a set-aside of fund balance for one-time projects that have substantial community benefit and lasting positive impact. The remaining amendments were funded through the property tax levy.

Two Democrats, Chris Drago (District 19) and Brennan Kearney (District 11),



Dutchess County Executive Sue Serino presents the 2025 Budget to the Dutchess County Legislature last month.

Courtesy photo

voted against the budget.

"While the budget included a few things that we have been advocating for this year, it did not go far enough in addressing our

cost of living, housing, climate, mental health, or EMS crises here in Dutchess County," stated Drago, "Our budget should reflect the priorities and urgent needs of Dutchess residents, and this one falls short of delivering real solutions to the challenges we face every day."

Kearney said, "A unanimous Yes vote by the Legislature on the budget would convey greater overall satisfaction with the budget than I believe is warranted at this time. My No vote is an important way to communicate that we still have a long way to go in improving the futures of all of the residents of Dutchess County."

The adoption of the 2025 County Budget followed several town hall forums, including a countywide telephone town hall, hosted by Serino, where residents had the opportunity to speak with the County Executive to learn about the details of the budget, ask questions and share their feedback.

The budget, with amendments, has been forwarded to Serino for her review and signature. The final step in the 2025 Dutchess County Budget process is the Dutchess County Legislature's Wednesday, Dec. 18, Board meeting for override consideration of any amendment vetoes by the County Executive (should any be made) and the adoption of the tax levy.

For more information on the 2025 Dutchess County Budget, visit www.dutchessny.gov/budget2025.

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James's Warriors receives over \$18,000 to support Mental Health Awareness, Suicide Prevention Programs

James's Warriors, a non-profit organization dedicated to mental health advocacy and suicide prevention, has been awarded an \$18,761 grant from the Dutchess County Government's Youth Wellness Supports Microgrant program.

This grant will be essential to James's Warriors' ability to conduct its impactful school-based programs in 2025. The funding will be used to create and distribute "Coping Kits" provided to middle school and high school students following the group's speaking engagements and awareness events. These kits include tools and resources designed to support students in managing their mental health effectively.

"We're so incredibly grateful for this grant from the County Executive," said Donna Thomas, who founded James's Warriors after the death of her son, James, by suicide in 2018. "This support allows James's Warriors to reach more students, encourage them to reach out if they are suffering, and prevent more families from going through the tragedy ours experienced. Every conversation we spark brings us closer to ending the stigma around mental health."

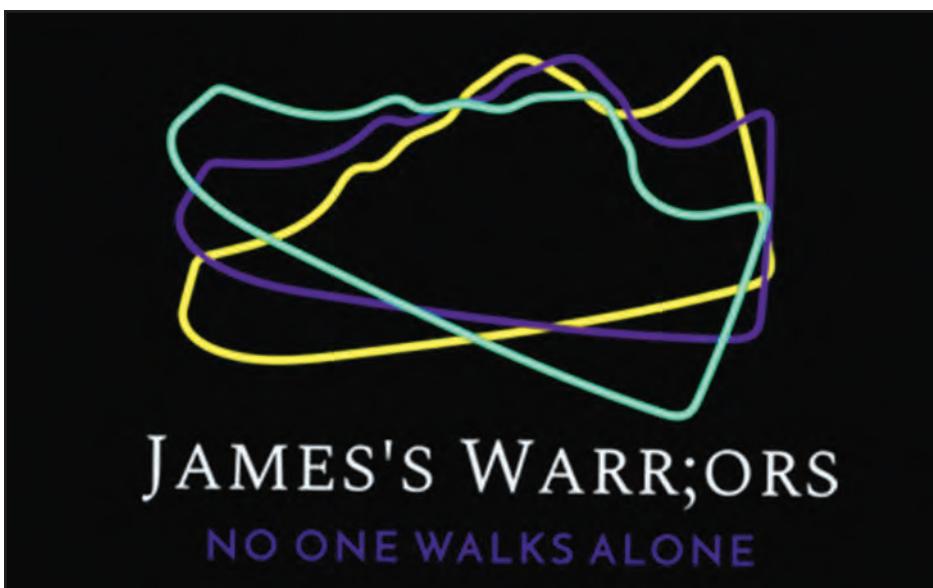
Dutchess County Executive Sue Serino, who announced last month that James's Warriors would be a recipient of the County's 2024 Youth Wellness Supports Microgrant program, said, "Having lost my brother to suicide over 10 years ago, I know how important it is to break the stigma and start open and honest conversations about mental health."

The entire team at James's Warriors has made a tremendous impact on our community, and I am proud to support their efforts to bring resources and understanding to the Dutchess County community."

The mental health and suicide prevention organization is now booking speaking engagements for 2025 for schools, organizations and groups of any size. Tailored for students and providing valuable insight for parents, teachers, counselors, and more, Thomas shares her powerful personal story about her son James, reflecting on what she observed in the months leading up to his passing. The presentations are designed to spark meaningful conversations about mental health awareness and suicide prevention. Participants learn to recognize risk factors and symptoms of mental health struggles and discover appropriate ways to support others facing these challenges in hopes of ending the stigma and preventing suicide.

Additionally, James's Warriors partner, Dr. Jaimee Arnoff, a New York State licensed psychologist, will facilitate free support sessions for students or siblings who've experienced a loss by suicide or overdose. Dr. Arnoff provides compassionate care and evidence-based strategies to help young people navigate grief and begin healing.

Sessions will take place in Beacon, New York, on six consecutive Wednesday evenings from January 22, 2025 through February 26, 2025, from 5 – 6 p.m. While each family will cope with loss uniquely,



The logo for James's Warriors.

-Courtesy image

Dr. Arnoff and James's Warriors hope to provide an opportunity for adolescents to process these feelings, develop coping skills, and find a connection at an isolating time. Space is limited; advance registration is encouraged.

To inquire about 2025 speaking engagements or register a sibling for the support

group, please email info@jamesswarriors.org or fill out the contact form on the website jamesswarriors.org.

Join James's Warriors mission, starting conversations that inspire hope and understanding in our community, by following along on Facebook and Instagram at [JamessWarriors](https://www.facebook.com/JamessWarriors).

Public can comment on Fjord Trail draft environmental impact statement

Earlier this month, New York State Office of Parks, Recreation and Historic Preservation's (OPRHP's) Notice of Completion of the Draft Generic Environmental Impact Statement (DGEIS) and Notice of Hearing for the Fjord Trail was shared.

The DGEIS is available for review in a flipbook (with Search and Table of Contents functions) on the HHFT's website at <https://hhft.org/about-the-fjord-trail/seqr-process/#dgeis>. A downloadable PDF is also

available there, as well as downloadable PDFs of all appendices to the DGEIS.

The Fjord Trail is proposed to construct the trail, a non-motorized, share-use (pedestrian and bicycle), publicly accessible linear park along the eastern shore of the Hudson River, with the City of Beacon on the north and the Village of Cold Spring, Putnam County, on the south. The action under review, according to the document, solely includes the development of 7.5 miles of Main Trail, 2.8 miles of Trail Meanders,

Trail banks, Water Trail Connections, 2.2 miles of Regional Trail connections, two new parking areas, expansion of the Washburn lot parking area, restroom building at five locations, and a maintenance facility in Beacon.

- Philipstown Town Hall, 238 Main Street, Cold Spring, Putnam County
- Beacon City Hall, 1 Municipal Plaza, Beacon

- Fishkill Town Hall, 807 Route 52, Fishkill
- Cold Spring Village Hall, 85 Main Street, Cold Spring, Putnam County

- Nelsonville Village Hall, 258 Main Street, Nelsonville, Putnam County
- Blodgett Library, 37 Broad Street, Fishkill

- Howland Library, 313 Main Street, Beacon
- Desmond Fish Library, 472 Route 403, Garrison, Putnam County

- Butterfield Library, 10 Morris Avenue, Cold Spring, Putnam County
- OPRHP Taconic Regional Office, 9 Old Post Road, Staatsburg

- Office of HHFT, Inc. c/o Scenic Hudson, Inc., 85 Civic Center Plaza, Ste 300, Poughkeepsie

- HHFT, Inc. Office, 14 Coris Lane, Beacon

The Public Hearings are scheduled for Tuesday, Jan 14, 2025 at 2 p.m. and 6 p.m.

Afternoon Session:

Register at this link: <https://meetny.gov.webex.com/weblink/register/rbfeea7a65433599546e0c2bec2d4ce92> or one my join by phone: +1-415-527-5035. Access code: 2831 020 5910

Evening Session:

Register at the link: <https://meetny.gov.webex.com/weblink/register/r5d3bf55361c95affccf766b51b2412ce>

Join by phone: +1-415-527-5035

Access code: 2828 052 7848

Individuals may provide verbal comment during the hearings.

Written comments may be emailed to: hhft.plan@parks.ny.gov

Or mailed to Agency Contact:

Nancy Stoner, Environmental Analyst

NYS OPRHP, DESP

625 Broadway, 2nd Floor

Albany, NY 12238

Phone # 518-486-2699.

Comments provided by email or in writing must be submitted no later than Sunday, Feb. 2, 2025.

Rhinebeck Bank announces addition of Saridakis as Senior Vice President, Marketing

Rhinebeck Bank recently announced the addition of Peter Saridakis as Senior Vice President, Marketing of Rhinebeck Bank. In his new position, Saridakis will be responsible for the implementation and execution of marketing, advertising, and brand management strategies in alignment with the Bank's overall business plan.

A graduate of New York University's Stern School of Business with a Bachelor of Science degree in Finance, he joins Rhinebeck Bank with more than 18 years of marketing, branding and leadership experience, starting with Mastercard and subsequently serving in executive and Chief Marketing Officer roles with Citigroup and other Connecticut-based technology and online companies.

Saridakis has entrepreneurial experience as well, having started his own consulting firm to assist global companies with their marketing, branding, public relations and business development needs.

"Peter's results-driven, innovative nature, as well as his versatility are traits we value highly in this position at the Bank," said Rhinebeck Bank Executive Vice President, Chief Operating Officer, and Chief Banking Officer Jamie J. Bloom. "His breadth of experience and analytical skills within the financial serv-



Peter Saridakis

-Courtesy photo by Rhinebeck Bank

ices and marketing industries will help us continue to develop and promote the best products and services for our customers throughout the Hudson Valley and surrounding communities."

He is an active volunteer in his community, including involvement with Rise Against Hunger, Compassion International and other activities through his church. He and his family also donate locally to Connecticut Foodshare.

Hope comes in many forms



What does hope look like for you?

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Community input, public discussion to help shape Transportation Safety Action Plan

Poughkeepsie - The Dutchess County Transportation Council (DCTC) seeks community input as it works to develop a countywide Transportation Safety Action Plan with the goal of reducing crashes, especially fatal and serious injury crashes, across all types of transportation on roads throughout Dutchess County. To engage the public, the DCTC is conducting broad community outreach, including surveys, interviews and various meetings and events. A virtual public meeting will be held on Thursday, Dec. 19 from noon to 1 p.m. to gather community input on transportation safety issues and present an early analysis of available crash data. Residents can register for the virtual meeting at dutchessny.gov/SafetyActionPlan.

County Executive Sue Serino said,

"Everyone in Dutchess County deserves to travel safely, and we all have a role to play to prevent traffic crashes. Crashes on our streets affect our loved ones, neighbors, friends and co-workers. This Transportation Safety Action Plan will help us identify traffic safety needs throughout our county and offer a robust roadmap for action. I encourage residents to share feedback and be part of the solutions here in Dutchess County."

County residents and visitors also are encouraged to share their thoughts in an online survey and on an interactive map where specific locations with transportation safety issues can be flagged.

The Transportation Safety Action plan is being developed to align with national and state best practices and is anticipated to be completed by the end of 2025. It will provide

road owners with the data and information needed to improve safety. The plan will also enable all 30 municipalities in Dutchess County to pursue federal safety funding.

The plan will include:

- A review of existing safety plans, policies, and best practices;
- A detailed analysis of crash data to identify key crash trends, types and factors, as well as priority high-crash locations;
- A set of recommended improvement measures, priority projects and performance measures to improve safety across the county's transportation system, centered around a holistic, Safe System Approach to both prevent crashes from happening and minimize the harm caused when crashes occur; and
- An outreach campaign to municipalities and stakeholders.

DCTC Senior Planner Emily Dozier said, "In addition to identifying transportation safety issues based on crash data, it is important that we hear directly from Dutchess County residents. We hope everyone will share their observations about traffic safety issues and work with us to make getting around in Dutchess County even safer."

Additional information about the Transportation Safety Action Plan is available at dutchessny.gov/SafetyActionPlan. Dutchess County's "Watch Out For Me!" pedestrian safety campaign includes videos and tips that everyone can use to help prevent traffic crashes.

Residents can contact the DCTC at dctc@dutchessny.gov if they require any assistance participating in the December 19th virtual public meeting.

Make Your Voice Heard!

Comment on the Fjord Trail Draft Environmental Impact Statement

Access the DGEIS and Appendices online

A **hard reference copy** of the DGEIS can be viewed at the Blodgett, Howland, Desmond Fish, and Butterfield Libraries.



https://qrco.de/ft_dgeis

Email or Mail your Comments to the Lead Agency Contact

Public Comment Period is Open Through February 2, 2025

Comments can be emailed to:
hhft.plan@parks.ny.gov

*Be sure to include your name
and the community you reside in.*

Comments can be mailed to:
Nancy Stoner, Environmental Analyst
NYS OPRHP, DESP
625 Broadway, 2nd Floor
Albany, NY 12238



https://qrco.de/ft_hearing

Register to Attend and/or Speak at the Public Hearing

NYS DEC will host the hearing virtually on January 14, 2025 in two sessions, starting at 2pm and 6pm.

Register to provide verbal comment or to attend.



Thank you for participating!



Obituaries

Martin Carl Kazimir



FISHKILL - Martin Carl Kazimir, a long-time resident of Fishkill, NY and formerly of West Sand Lake, NY and Yonkers, NY, passed away peacefully at home on Sunday, December 8, 2024. He was 79.

Son of the late Carl and Helen (Turek) Kazimir, he was born in Yonkers, NY on August 19, 1945. He graduated from Bordentown Military Institute High School in 1963. In 1964, Martin enlisted in the U.S. Air Force. He was honorably discharged from active service in 1968 and then continued as a Reservist until 1970.

Throughout his professional career, he worked as a journeyman ironworker and belonged to the Local 40 Ironworkers in New York City. He was tasked with aiding in the recovery effort immediately following the World Trade Center attack on 9/11. Martin retired in 2002. Following his retirement, he spent many years serving as a funeral attendant for Robert H. Auchmoody

Funeral Homes, Inc. He was also an ordained Deacon and served the parish of St. Mary, Mother of the Church in Fishkill.

Martin was a volunteer firefighter for Best Luther Fire Co. in West Sand Lake and member of the Knights of Columbus, St. Mary's Council #4065 in Fishkill. He enjoyed bicycling and formerly belonged to the Fishkill Bicycle Club. He was a skilled archer and received several awards for his accomplishments at competitions and other events.

On February 14, 1987, he married Margaret "Peggy" Eagan at St. Mary, Mother of the Church in Fishkill. Peggy survives at home.

Additional survivors include his son, Christopher Kazimir & his wife Nikki; his granddaughter, Hope Kazimir; his stepson and "right hand man", John Birch, Jr. & his girlfriend Marisol; his stepdaughter, Deborah Stanco & her husband John; his stepson, Howard Birch & his wife Angie, who was one of his many co-caretakers; his brother-in-law, Russell Eagan & his wife Jackie, who provided transportation to the hospital; his grandchildren: Jennifer Sipes & her husband Robert, John Birch III, Lauren Stanco, John Stanco, Mitchel Stanco, Howard R. Birch, Jr., Grace Birch, and Michael Birch; his great-grandchildren, Kyla-Jo and Mila-Lee; his sister, Kathleen Kazimir; as well as many nieces, nephews, and other loving relatives & friends.

Martin was preceded in death by his first wife, Karen Kazimir, in 1986. He was also predeceased by two infant daughters, Kimberly Ann and Wilma Kazimir.

Private services were previously conducted with interment at Fishkill Rural Cemetery, 801 Route 9, Fishkill, NY.

Donations in Martin's memory may be made to Hudson Valley Hospice Foundation, 80 Washington Street, Suite 204, Poughkeepsie, NY 12601; www.hvhospice.org.

Arrangements are under the direction of McHoul Funeral Home of Fishkill, Inc., 1089 Main Street, Fishkill, NY. For online tributes, visit www.mchoulnfuneralhome.com.

Helen H. Harden



HYDE PARK - Helen H. Harden, 98, of Hyde Park, New York passed away on Sunday, November 17, 2024, at Vassar Brothers Medical Center in Poughkeepsie, New York.

Born, January 18, 1926, in the Bronx, she was the daughter of the late William Harden and Helen Boehm Harden. Along with her parents she was predeceased by her brother, Kenneth Harden and her sisters, Marie Del Savio and Evelyn Dulgman.

After obtaining her associates degree from Manhattan College, she went on to work at the Empire State Building. She received a letter from Governor Rockefeller in 1962 commending her for her exemplary service there. She got a job at the courthouse when the family moved to Clinton Corners. Over the years she earned promotions to become a Deputy

Clerk for the Dutchess County Clerk for many years before her retirement.

In her free time, she was a volunteer driver for many years for the Northern Dutchess Caregivers Coalition in Rhinebeck. She started the Birthday Club at Crum Elbow apartments, organized the monthly celebration and ensured everyone was contacted with updates.

Her title was Aunt Helen, but she was so much more to all of her nieces and nephews. She was always there to comfort, protect and support us through many of life's trials and tribulations.

One of the things Helen enjoyed was travelling to Florida with sisters Marie and Evie and her mother. Going to Florida for 2 to 3 months during the winter became something that they looked forward to.

She is survived by many nieces and nephews. Helen loved people and loved to encourage them. She was affectionately known as "Aunt Helen" or "Auntie" to more than just her nieces and nephews.

She was quite the hostess whether it was preparing her famous chicken "with the round little potatoes and carrots", and chilled applesauce on the side, or having tea or coffee with friends or family when they came to visit.

Holidays were magical, although she made us feel extra special at all times.

Aunt Helen remembered us with cards. Birthday Cards, Happy Valentine's Day, Easter, Halloween, Thanksgiving and of course Christmas Cards and Happy Anniversary cards.

She was committed to helping us succeed and was our biggest cheerleader. She enjoyed telling us "You can do it!"

Helen's favorite charities were Hyde Park Meals on Wheels, 1 Church St. Hyde Park, NY 12538, Sloan Kettering Hospital, Tunnels to Towers, St. Jude's or the Disabled American Veterans.

Arrangements are under the direction of Sweet's Funeral Home, Inc., Rte. 9, Hyde Park. To send an online condolence, or for directions please visit www.sweetsfuneralhome.com.

Funeral procession down Main St. honors late mayor's legacy



The funeral for former City of Beacon Mayor Clara Lou Gould was held on Dec. 10. There was a procession from Riverview by Halvey Funeral Home to Main St. The procession was led by a City of Beacon Police Department patrol car. A fire truck from the City of Beacon Fire Department also led the hearse to St. Joachim's Church, where a funeral service was offered.

Gould and her administration, along with members of the community, are credited with bringing the turn around to Main St., and eventually the city, that continues today. Gould was Mayor from 1990-2007.

Gould, the first female mayor of Beacon and the longest-serving female mayor in New York, died at the age of 97 on Dec. 2.

-Photos by Kristine Coulter, Archive photo



- Southern Dutchess News
- Beacon Free Press
- Northern Dutchess News

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& **Beacon Free Press**

We are not responsible for typographical errors.
A letter of correction will be supplied if requested.

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Contact Us

Call: 845-297-3723

Fax: 845-297-6810

E-Mail: sdnadvertising@aol.com

Monday-Friday
9 am-4 pm

100 Help Wanted

Mamaroneck, NY - Private Membership Club seeks Dir. of Racquets to wrk w/ mngrmnt & mmbrs on new prgrms. Pln & drct prgrms to for broad-based prtpal'n. Pvde lsns & clncs on tchnques & strtgies & asst w/ fdng oppnts & prtnrs. Orgnze, admnstr & offcete at trmnnts, exhibts, evnts, lge prctcs, etc. Sprvse & schdule stff. Intract & c'mncte w/ Rqts C'ttees on pdle oprat'n. Rprsn clb in lcl pfss'nl & nat'l rqt's actvties. Mtnn prgm rcnds. Mtnn & prpare chrgs istng for Billing Dept. Mnge pro shp ee's & biz actvties. O'see prep, mntrce, sprvse'n & rprs of crts. Oprate & mtnn strngng, rprs hndng, strge, sales & svrcs for tnnis & pdle eqpmnt & accsries. Ft. \$111,738/yr. Min Reqs: Bachelor's Business Admin + 5 yrs' exp as a Tennis & Paddle Prof. Send Resumes to: Sarah Scott - Clubhouse Manager, Orienta Beach Club - 1054 Walton Ave, Mamaroneck, NY, 10543

200 Services

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219 Attorney Legal

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to major cash settlements. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-454-4717. Be ready with your zip code to connect with the closest provider

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219 Attorney Legal

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516 Misc. Merchandise

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NOTICE OF EARLY DEADLINES:

Due to the Holiday schedule Southern & Northern Dutchess News and the Beacon Free Press have the following early deadlines for Classified Display Ads:

Dec. 25th issue: Deadline Dec. 18th. January 1st issue:
Deadline: December 25th. All dates due before noon.

(845) 297-3723 Ext. 1003 for more information

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Nominations sought for Martha Washington Woman of History Award

Each year, Washington's Headquarters State Historic Site selects a recipient for the Martha Washington Woman of History Award. This award is given to a woman who has distinguished herself in the field of Hudson Valley history. The award is presented at the Site's annual program, "The General's Lady," held in the spring, during Women's History Month. Is there a woman from the local Hudson Valley area you feel deserves to be the 2025 recipient of this honor? If so, then nominate her!

The Woman of History award acknowledges Martha Washington's important place in history as a devoted patriot in support of the American Revolution and the ensuing new nation. This will be the 23 year the award is given, continuing the site's desire to honor women who carry on Martha

Washington's legacy by sharing in their devotion to Hudson Valley history.

Along with 2024 recipient, Fenella Heckscher, previous recipients of the award are:

- 2003 Janet Dempsey - Author/Historian
- 2004 Carol Ash - former Commissioner of Parks, Recreation and Historic Preservation
- 2005 Patricia Favata - Author/ Historian
- 2006 Barbara Bedell - TIMES-HERALD RECORD columnist
- 2007 Mary McTamaney - City of Newburgh Historian
- 2008 Mary Mangione - former Hudson River Valley Greenway Director
- 2009 Elizabeth McKean - City of Newburgh Records Management Director
- 2010 Mary Ann Fish - Environmental Historian
- 2011 Mara Farrell - Community Activist
- 2012 Stella Bailey - Historian/ Preser-

vationist

- 2013 Mary Etta Schneider Preservationist
 - 2014 Mary Sudman Donovan -Author
 - 2014 Kathleen P. Mitchell - Founder's Award
 - 2015 Willa Skinner - Historian/Author
 - 2016 Denise Doring VanBuren - Historian/Preservationist
 - 2017 Mary Ellen Matise - Historian/ Researcher/Educator
 - 2018 Dawn Elliott - Historic Interpreter/Reenactor/ Educator
 - 2019 Mildred Starin - Historic Advocate/ Preservationist
 - 2020 Ruth Piwonka - Historian/ Preservationist
 - 2021 Sue Gardner – Historical Archivist/ Librarian
 - 2022 Nina Postupack – Educator/Historian
 - 2023 Colette C. Fulton - Historian
- There are many women who are ded-

icated to sharing and preserving our history. Perhaps you know of a woman who shares her love of history with children by telling them stories or taking them to historic sites.

Is there a woman who has done research about the Hudson Valley and has shared her findings to encourage others to do the same?

Do you know a woman who has used her private time or resources to preserve a landmark of historic significance?

These are just a few examples of what could qualify a woman to be a candidate for this award.

Nominations must be completed and received by Jan. 10, 2025.

To access a nomination form, please go to the website at parks.ny.gov, or call 845-562-1195.

Southern Dutchess News
Beacon Free Press
Northern Dutchess News

Classified

SDN Subscriber ads

**107
Situations
Wanted**

Needed House Cleaner Aid for Elderly Woman. Two times a week. Errands, shopping and appointments. Call: 845-297-5414

House Cleaner Needed. Small two bedroom, two baths. References and Driver License Required. 845-325-2337

Residential and Commercial Clean outs. Disposal of unwanted items Carpentry work Interior and Exterior Painting. Property Management Call Craig 845-891-8930


**401
Apartments
for Rent**

Victorian, BEACON 9D / mins. RR - 70 NYC Hwy, Spectacular Hudson Views, Rest. Antiques, Hiking, biking, Mountains, 2BD + Den, DW / WD, Split - Level, \$2,800. Suitable 1 - 3. 914-960-0069 or 914-584-7137

**403
Furnished
Rooms**

2 rooms, Private Bathroom and Entrance. Semi furnished, into private home. No Kitchen. Call: 845-784-8964

**503
Furniture**

Patio set, glass top with four chairs with cushions. 9 foot umbrella with stand. Used once, \$350. Call 845-297-4741

Queen size wood sleigh bed box spring mattress included. Exc. Cond. Best offer. 845-625-3213

4 set Antique wood dining chairs upholstered seats exc. cond. Best offer. 845-625-3213

Day Bed Frame Twin white Decorative Head and Side Frame. Excellent condition, \$100. 845-226-8896

2-drawer, wide, metal filing cabinet. Good shape, tan, has lock but no key. 19 D x 30 W x 28 H. \$25. 845-227-5922

**503
Furniture**

Sofa with reclining ends, \$75. Recliner Rocker, \$50. All good cond., Blue in color. 845-297-0131

Bunk Bed set with ladder, one dresser. Early American style, great condition \$175. 845-227-5922

**504
Appliances**

Large Air Fryer, never used, have all attachments, booklet. I don't have room on my counter, \$75 OBO.

845-242-7717

**516
Misc.
Merchandise**

European lead figures and European model cars HO Marklin Trains 1940's - 1970's. Large collection, very nice, reasonable. 845-221-0893

10" (TC250B) Tilesaw 2.5 H/P with PVD tray. 3340 RPM with mini pump Chicago power tool, \$150 OBO. Ping Pong table MDSport Not Used, \$125 OBO. 845-831-8968

**516
Misc.
Merchandise**

Brand New Holiday candles, brass tone, cordless, adjustable height with multiple time settings + 4 extra bulbs, 4 candles, \$20. 2 boxes (8candles), \$30. Call 845-264-0240

Treadmill Exerciser (Pro-Form Crosswalk #395). Excellent condition, \$150. 845-677-5293 call mornings.

7 foot prelit artificial Christmas tree. Used a few times, comes in a nice bag, \$65. 845-221-3824

**516
Misc.
Merchandise**

Vintage cast iron white pedestal sink with faucets, \$50. 845-297-7685

Electronic Radial Saw, \$50, One motor, \$10. New Bathroom vanity with sink, \$60, Router and bits, \$50. Leave message 845-462-4441

AC Filters-Precision Aire, 30 x 30 x 1 pleated-model 40, \$8 each. 845-264-0240

**516
Misc.
Merchandise**

Billiard Table Oak wood. Slate Surface. You disassemble and remove, \$250.00 FIRM 845-242-2542

Magnesium Alum Alloy 16' extension ladder, 8' glass reinforced step ladder, Make offer. 845-297-6369

AC Prtable, \$80 - Dehumidifier, \$60, Grill Free, Snare Drum, \$80, Wicker shelf, Lamp, \$40. 845-418-0069

**516
Misc.
Merchandise**

Special Bike made in Denmark, good cond., \$75. 845-401-7654

Tor-1950's Tube AM, FM & Record Player, \$250 OBO. 845-831-8968

Paintball Equipment for sale. Guns cases hoppers tanks masks all in good working order. Asking \$150 for all. 914-420-5626

**516
Misc.
Merchandise**

Brother Laser Printer H-L L2395DW Print copy scan new cond. Asking \$100. Leave message. Contact Roseanne, 845-897-5812

Four Kenwood KL777 100W speakers, wood cabinet, exc. cond., \$225. 845-337-6509

Outdoor Mult. Position Reclining Chair, Cost \$75 New. Large Size. Call: 845-297-2105

**900
Autos For
Sale**

2005 Lexus ES330 for sale. Best Offer. Runs good. Still driving on road. 845-297-0084

2012 Jeep Wrangler 83,000 miles. Fantastic shape. Must see to appreciate. Many accessories including cover and tow package. Text 845-401-6648.

**903
Motorcycles**


1993 Harley Davidson FLHTC 1340cc, Black/Chrome, \$5,000 OBO. CALL: 845-554-6317


**904
Tires**

Hitch receiver for bike rack. Will fit any Prius. Excellent condition. New \$265, Now \$135. 845-896-5197

1933 Chevy Master Reupholstered front seat Recomed bumpers Rebuilt engine New Battery New front floormat, \$15,300. 845-831-6673



Announcement

NOTICE OF EARLY DEADLINE:

Due to the Holiday Press Schedule

Southern & Northern Dutchess News and the Beacon Free Press have the following Early Deadline for Classified Ads:

December 25th Issue deadline is:

December 18th before noon.

January 1st Issue deadline is:

December 26th before Noon.

Email: roxannesdn@aol.com or

Call: 845-297-3723 Ext. 3001

For More Information.

Happy Holiday's To All

FREE

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for Southern Dutchess News Subscribers only
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Address: _____

City: _____ State: _____ Zip: _____

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Ads must be received by 12 noon the Friday prior to publication. We cannot acknowledge receipt of ads.

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Email (with "Free line ad" as the subject) your subscription name, address, phone number, & subscriber ID, along with your ad to: sdnadvertising@aol.com

Ads should be limited to 20 words including a contact phone number (must be included in ad).

If using this coupon it's recommended that it's delivered in person or mailed.

Faxes are accepted, but not recommended. Our fax number is: (845) 297-6810

Ads run for 2 weeks. If after 2 weeks you wish your ad to run again, it must be resubmitted.

We reserve the right to modify or reject any ads.

Southern Dutchess News, 84 East Main St., Wappingers Falls, NY 12590

Diversions

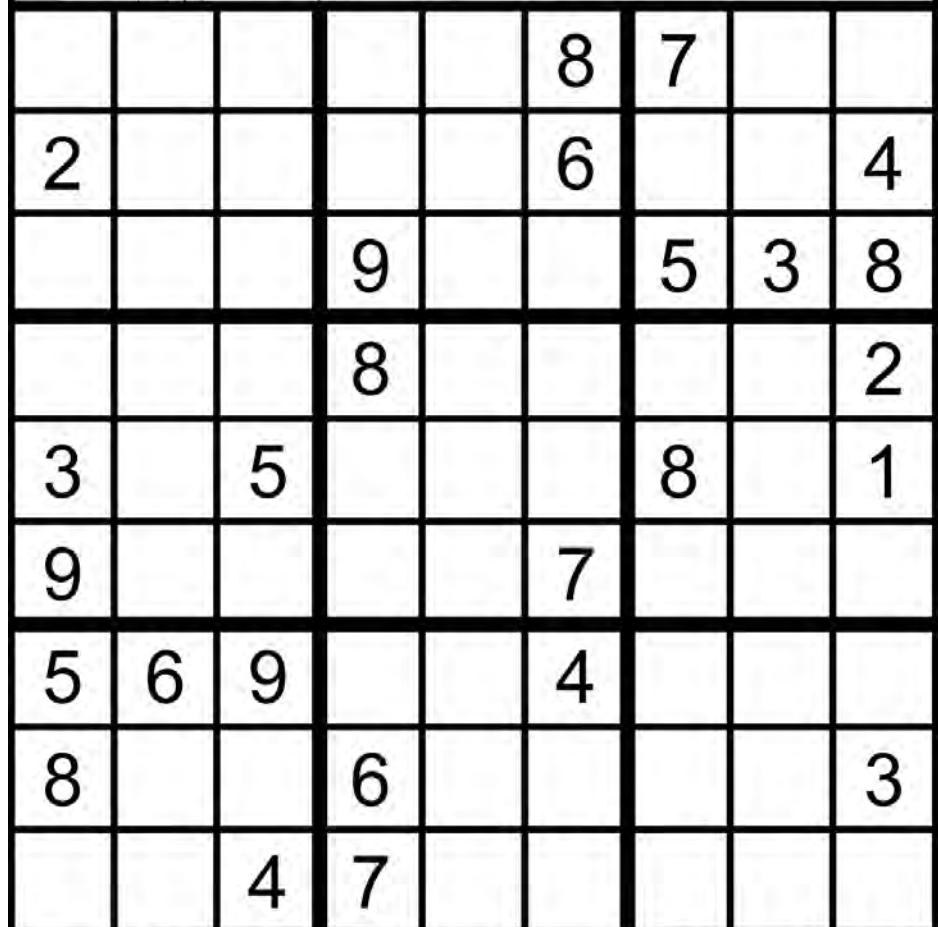
SUDOKU

Call today and receive a
FREE SHOWER PACKAGE
PLUS \$1600 OFF

SAFE STEP
WALK-IN TUB

1-855-576-5653

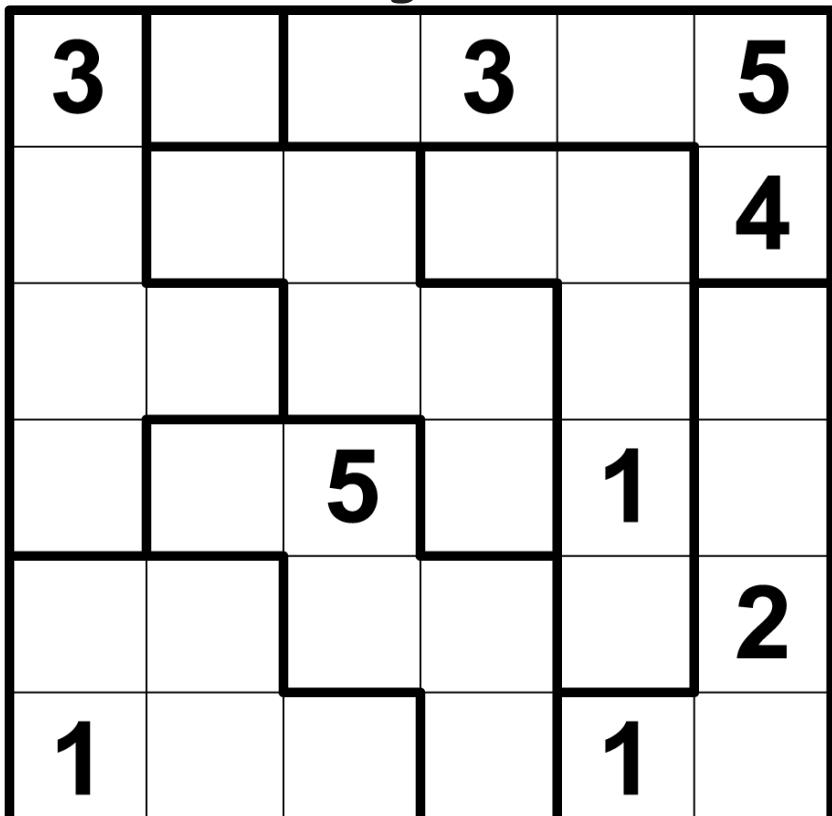
With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082185 NSCB 0082999 0083445



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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



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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: HAPPY HOLIDAYS

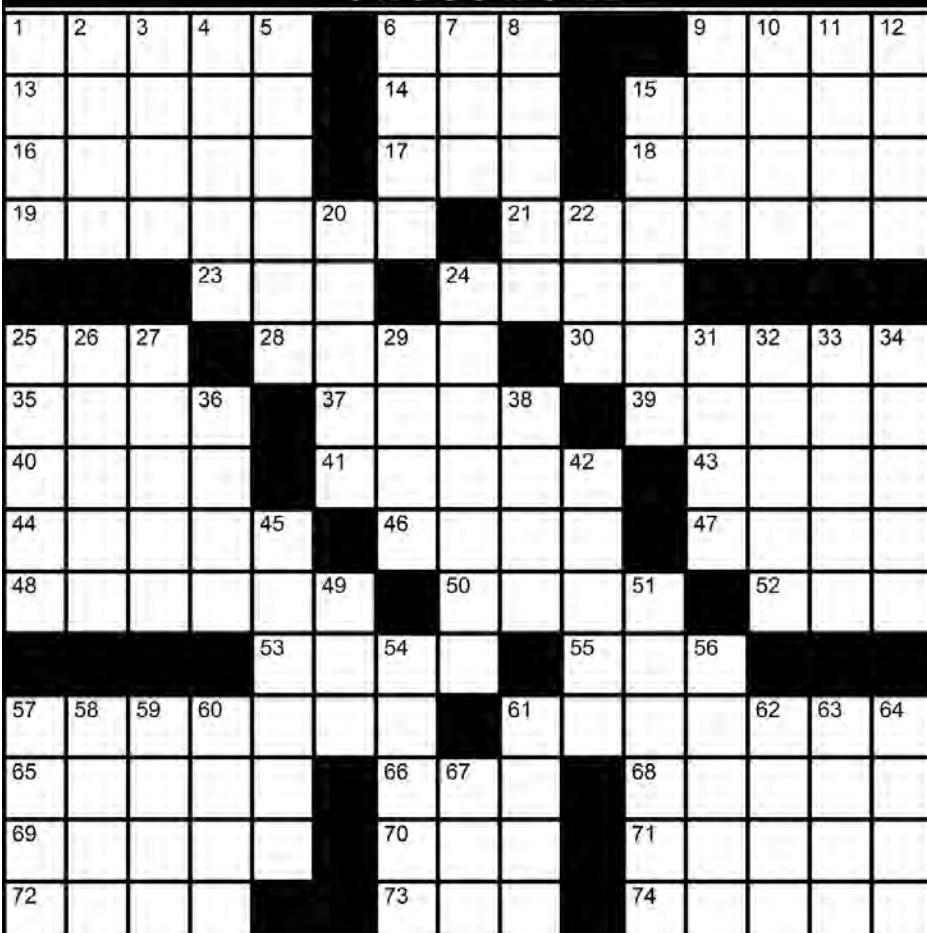
ACROSS

1. F, unit of electrical capacity
6. *Buche de Noël, e.g.
9. What influencers do?
13. Yemeni's neighbor
14. Another word for Tokyo
15. Singer Ross of "Where Did Our Love Go" fame
16. Laundry room fire hazard, pl.
17. Much of it about nothing?
18. Furnish with a fund
19. **"A Bad Moms Christmas" actress Bell
21. *Tiny Tim creator
23. Tibetan ox
24. Khrushchev's domain
25. *Goo on real Christmas tree
28. Sketch
30. *Poinsettia's motherland
35. "____ Good Men", movie
37. Brussels' org.
39. Plant fungus
40. Reluctant
41. Klutzy
43. **It's beginning to look _____ like..."
44. Domains
46. Bog down
47. Oxen connector
48. Under epidermis
50. Mums' mums
52. Over, poetically
53. Alleviate
55. ____ Mahal
57. *Tanne in "O Tannenbaum" (2 words)
61. *It is feliz to Feliciano
65. Radioshow host: "Hello, you're _____"
66. Knot-tying vow (2 words)
68. Dispatch boat
69. Carthage's ancient neighbor
70. *Egg_____
71. Oil lamp dweller
72. Fishing poles
73. Bigheadedness
74. Painter Degas

DOWN

1. Lore people
2. Mideast ruler
3. Hindu princess
4. Jittery
5. Farthest from point of origin
6. Ground beef description
7. Like Lemmon and Matthau together
8. Merchandise
9. Swim's alternative
10. Dwyane, once of Miami Heat
11. Any day now, to Shakespeare
12. Swerves
15. King's order
20. Increasing
22. Philosophy ending
24. Undo, as in strings
25. Green side
26. Before, in the olden days
27. J.M. Barrie's Pan
29. "Howdy, ____!"
31. Internal picture
32. Meltable home
33. Singer Sam of "Twistin' the Night Away" fame
34. Weasel's aquatic cousin
36. **Last Christmas" band, with !
38. Edible pod
42. Busybody, in Yiddish
45. Mountain range
49. Certain fraternity house letters
51. Cruel
54. Île de la Cité river
56. Tripped the light fantastic
57. *Number of ghosts in "A Christmas Carol"
58. **He's Just Not That _____ You", movie
59. Police's surprise
60. Habitual twitches
61. Not happening (2 words)
62. Minor bumper damage
63. "Heat of the Moment" band
64. Opposite of talker?
67. *The Grinch's Max

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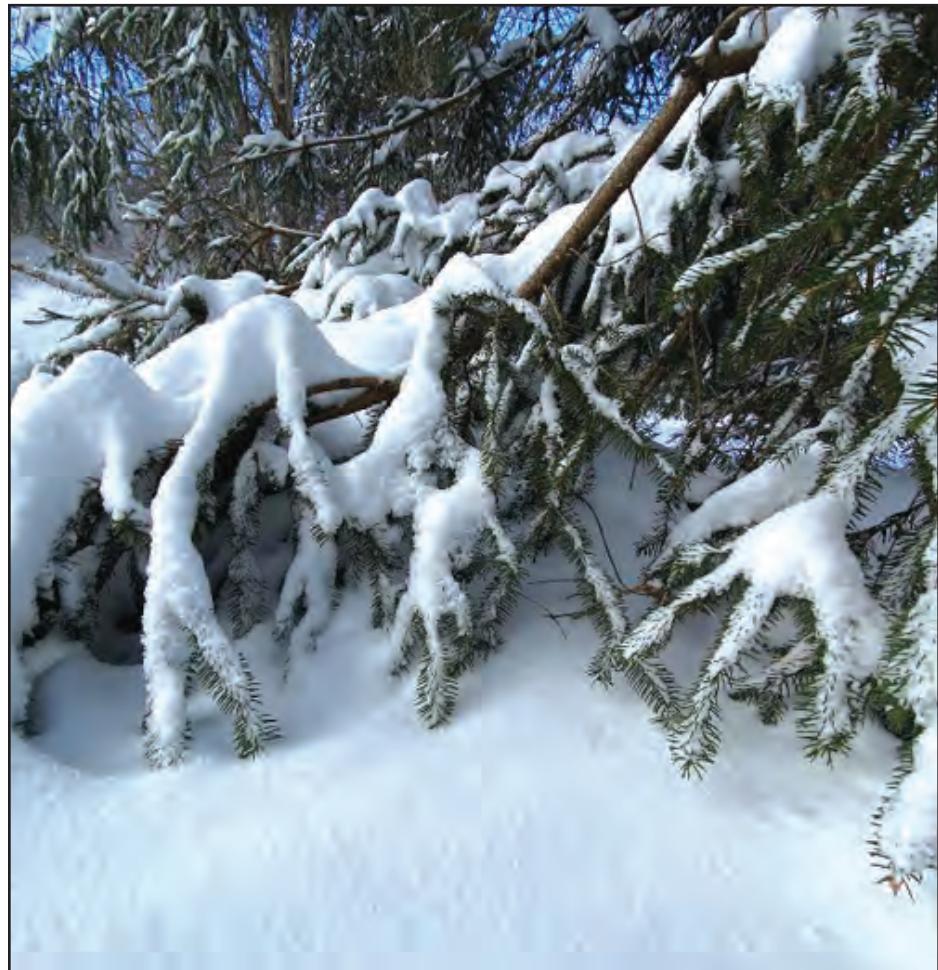
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The solutions to the Sudoku, Crossword puzzle and Suguru can be found on the previous page.

Holiday Show at LAND Gallery in Pawling



“Snow Angel Tree” by Phyllis Chadwick.

LAND Gallery in Pawling is decked out for their holiday show. There are new photographs by Jane Haslam, Phyllis Chadwick, Linda T. Hubbard and Rebecca Tocci. Together with LAND's handcrafted woodworks by Ed Bryan, handmade soap by Genevieve St Louis Jan, jewelry by Karen Ostrom and pottery by Ann Heywood, LAND Gallery is a go to place for your gift giving this Holiday Season. Show runs through Dec. 30.

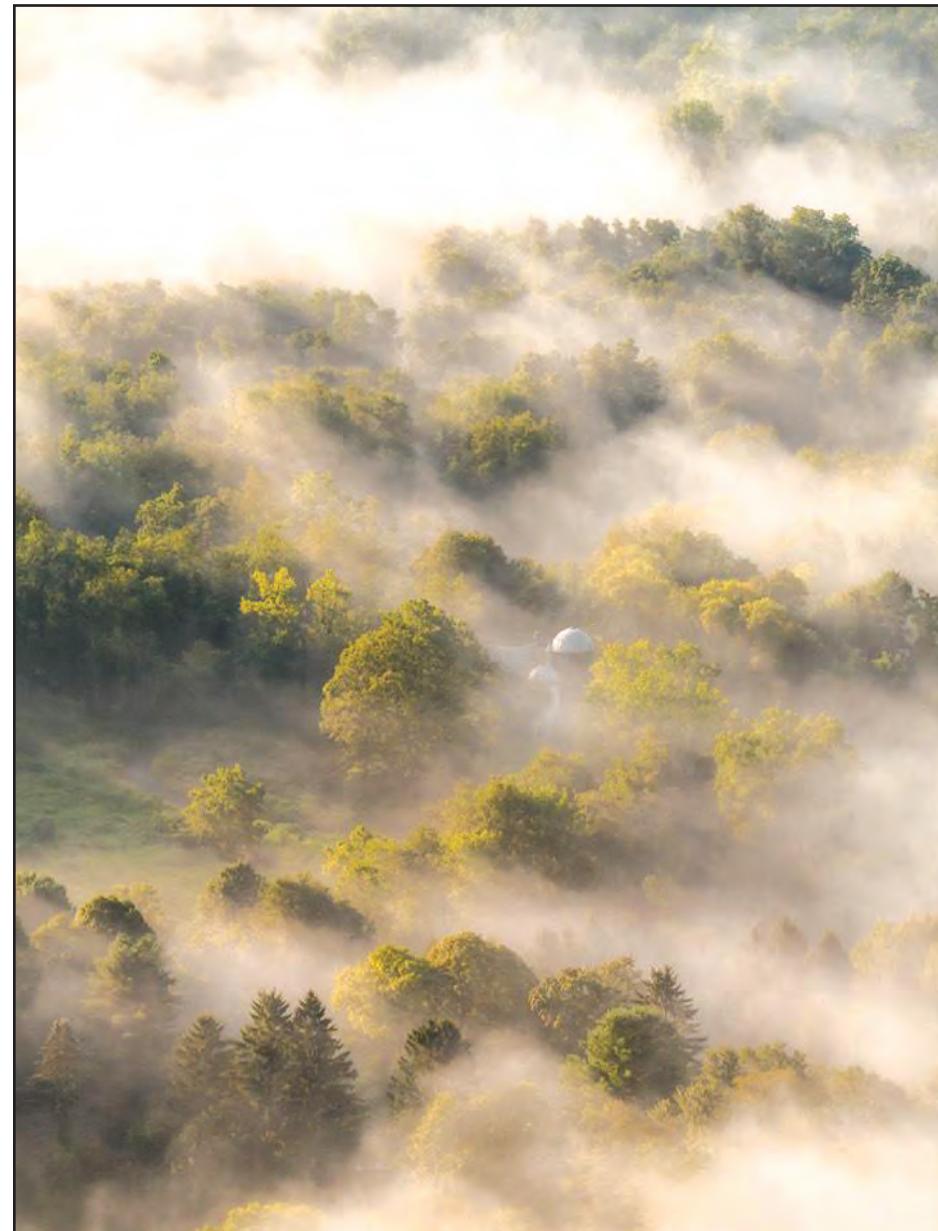
Check the website: landgalleryonline.com for more information.

Jane Haslam, photographer and owner of LAND Gallery, is originally from England where she developed a love of coastlines, hills and valleys. Her ongoing exploration of two distinct New England coastlines - the beaches and dunes of Cape Cod in Massachusetts and the rocky and rugged shores of Acadia in Maine plus the mountains in the Catskills and New Hampshire, have captured incredible vistas. Each photograph started out as a fairly typical walk with her camera, mainly at sunrise or sunset, some

of the images are true to the original scene, others are a little more experimental in an attempt to convey her mood. All capture incredible the simplified scene of tone and color that superbly complements the serenity of the day. She also has published a new book, “Impressions of Pawling” which makes a great gift.

Phyllis Chadwick is a fine artist, photographer and mixed media specialist. She offers a distinctive way of looking at the world through creativity, exploration and imagination. She is passionate about a variety of art. “I love experimentation. This often employs the use of different mediums and supports that don’t normally go together and saying “Why not?” The subjects that inspire me come from nature, my life experiences, books I read, dreams, or meditations. I love to share my work and hope what I create inspires people to see things in new ways.” said Chadwick.

Linda T Hubbard is most at home with a camera in her hand. Whether walking along the shore at Lakeside in Pawling , kayaking



Jane Haslam’s “Cat Rock Wonderland.”

-Courtesy photos submitted by LAND Gallery

on Candlewood Lake in Sherman or sitting quietly observing birds, she is captivated by the wonders of nature. The ripples in water reflecting autumn colors, the vibrant colors of autumn leaves or the red-bellied wood-pecker on a snowy morning, all fascinate her and bring one a sense of peace and calm.

Rebecca Tocci lives in the Hudson Valley Region of New York State and has often been spotted with a camera in tow. Her surroundings inspire her: they are always changing, always growing... photography allows her the opportunity to study and capture so many lovely moments and keep them forever as precious souvenirs. Memories of times gone by... and times yet to be. *“Photographs open doors*

into the past, but they also allow a look into the future,” Sally Mann.

LAND Gallery has photographs framed & matted, and also in a book, a calendar, coasters, mugs, and cards. There are also Ed Bryan’s handcrafted wood cutting boards, pens, ice cream scoops, bottle openings and pendants; Ann Heywood’s sensuous pottery vases, mugs and soap dishes; Genevieve St.Louis Jan’s delightful aromatic artisan handmade soaps and body products; and Karen Ostram’s exquisite silver and stone earrings and necklaces.

For more information about LAND Gallery, visit www.landgalleryonline.com or Facebook: LANDGalleryinPawling.

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