### WE STAND WITH UKRAINE & AMERICA

### NORTHERN.

Volume 14, Issue 40 • Oct. 5-11, 2022 • 50¢

## DUTCHESS NEWS & Creative Living

A division of The Southern Dutchess News ~ Entirely produced and printed in Dutchess County since 1959 ~ www.sdutchessnews.com

### Activities aplenty for holiday weekend

'Experience' Fall Antiques at Rhinebeck, other events in region Oct. 8-9

by Kate Goldsmith

October is one of the peak months for events in the area, and with a long Columbus Day weekend ahead for many people, there is no shortage of activities.

One longstanding event is Barn Star Productions' Fall Antiques at Rhinebeck, set Oct. 8-9 at the Dutchess County Fairgrounds. This autumn showcase is held entirely indoors in three of the Fairgrounds' spacious and well ventilated exhibition buildings, and features a wide array of objects and art from America, Europe, Asia and around the world.

Frank Gaglio of Barn Star Productions says the event is more than a show; it's an experience.

"From the time you arrive at the show, we try our best to make your 'experience' as enjoyable and memorable as possible. While our exceptional exhibitors are putting the finishing touch on their displays, anticipation builds up to the show opening at 10a.m., when the 'Experience turns to Magic' and the hunt begins!"

What you will find at the show spans not only centuries (from 18th century to Mid-century Modern) but cultures, as well - from Oriental rugs to fine designer and costume jewelry, American and Continental furniture, fine porcelain and ceramics, fine and decorative prints, midcentury and modern design, books and ephemera, Asian arts, military and nautical antiques, fine art and folk art, textiles, samplers and quilts, stoneware and redware pottery, Native American jewelry and artifacts, Shaker, art pottery, silver, graphic posters, art glass, advertising and folk signs, early toys, watches, vintage décor and much more.

Admission to Fall Antiques at Rhinebeck is \$12 and permits entry for both days. Show hours are 10 a.m.-5 p.m. on Saturday, and 11 a.m.-4 p.m. on Sunday.

There is free parking. Food trucks will be on site. No pets are allowed.

For more information, including an exhibitor list, and to purchase advance



online ticket sales, visit www.barn star.com or call (914) 474-8552.

Gaglio said, "Remember our show slogan: Save Natural Resources ... Buy Antiques!:

#### Other events in the region:

Staatsburgh State Historic Site in Staatsburg (75 Mills Mansion Drive, Road #1, Staatsburg) invites visitors to take in the autumn air with two guided walks.

The Staatsburg Village Walking Tour on Saturday, Oct. 8, departs from the historic site at 11 a.m. This 90-minute walk in the village of Staatsburg will explore the estate's close relationship with the nearby village of Staatsburg and its connection to the Mills family. The walk leader will discuss historic

continued on page 2

Fall Antiques at Rhinebeck, set. Oct. 8-9 at the Dutchess County Fairgrounds, will feature a wide array of objects and art from various time periods and cultures. Courtesy photos







## Millbrook Community Partnership appoints Suzie Kovner to Board of Directors

The Millbrook Community Partnership (MCP) recently announced that Suzie Kovner, long-time patron of the arts and advocate for excellence in education, has agreed to join its Board of Directors.

Kovner, a trustee of Carnegie Hall and



Suzie Kovner

f Carnegie Hall and founding member of the Drama Council at The Juilliard School, will bring expertise in program development and nonprofit management to the MCP board as it transforms the old

Thorne Building and former Bennett College campus into cultural, educational and recreational hubs for the greater Millbrook community.

"We are incredibly fortunate to have Suzie joining our leadership team during this pivotal moment," said Oakleigh Thorne, President of MCP. "Her philanthropic background and knowledge of the arts will be invaluable as we guide this project into its next phase of development."

"Joining the board of the Millbrook Community Partnership was a natural decision for me, as the project combines my passion for the arts with my desire to revitalize Millbrook and create spaces for community members to gather," Kovner said of her appointment. "I'm impressed with the progress that has already been made and excited to help shepherd it forward."

The Millbrook Community Partnership's mission is to turn two of Millbrook's greatest liabilities into its greatest assets, with the conversion of the dilapidated Bennett College campus into a beautiful park at the entrance to the Village, and the preservation and renovation of the abandoned Thorne Memorial School Building as a state of the art community center focused on the arts and learning.

Kovner's background in nonprofit continued on page 2



518-567-1610

## Big Rock Market's Annual FREE Pumpkin Carving Event!

October 29 & 30 from 10am-6pm Carvers supplied with apple cider, donuts, knives and a pre-gutted pumpkin to add to our display that will be lit Sunday at 6pm.

Don't miss our HUGE pumpkin maze in our front lawn with pumpkins and mums available to purchase all of October!



### Activities aplenty for holiday weekend

continued from cover

buildings and highlight hidden locations in the village that demonstrate Staatsburg's vibrant past and the legacy of Ruth and Ogden Mills beyond the estate walls.

Reservations required, available at: www.bookeo.com/StaatsburghSHS. Cost: free

On Sunday, Oct. 9, Staatsburgh SHS will offer "What You See and What You Don't See," a guided walk through the estate's grounds that explores how the landscape was designed to reflect the luxurious lifestyle of Staatsburgh's owners, while deliberately hiding the turn-of-thecentury technology and labor that made the estate run.

Reservations required, available at: www.bookeo.com/StaatsburghSHS. Cost: \$5 per person.

Call (845) 889-8851 for general information about these and other upcoming events.

The Dutchess County Irish Festival will offer fun for the whole family on Saturday, Oct. 8. The festival, organized by the Dutchess County Gaelic Athletic Association, will run from noon to 9 p.m. at Tymor Park, 8 Tymor Park Road in Lagrangeville (Town of Union Vale).

Live music includes performances by Mick Lynch, Celtic Cross, Derek Warfield and the Young Wolfe Tones, T McCann Band and Joe Murphy. There will be food and drink, children's inflatables, raffles and more.

Admission is \$23.04 for adults, with free admission age 18 and younger. Purchase tickets via EventBrite ("2nd Annual Dutchess County Irish Festival"). more information, email Dutchess.GAA@gmail.com .

This will be the second-to-last weekend of the season that you'll be able to catch Air Shows at the Old Rhinebeck Aerodrome (9 Norton Road, Red Hook). The Saturday "History of Flight" program highlights the Pioneer Era before World War I and the Golden Age of Aviation in the 1920s and '30s. The Sunday air show is the World War I dog-fight spectacular, with a hero or heroine, the villainous Black Baron of Rhinebeck, scenery, pyrotechnics and a World War I tank, along with many antique automobiles.

The stars of the show are the historic airplanes, including a 1909 Bleriot, a Fokker DR-1 Triplane and a precise replica of the Spirit of St. Louis. There are usually between 15 and 20 flyable aircraft for each show.

Gates open at 10 a.m., with pre-show activity starting at 2 p.m. and the air show starting at 2:30. Open-cockpit biplane rides are available before and after the air shows from 10 a.m. until twilight. The snack stand opens at noon.

Tickets for the Air Show plus admission to the Museum (open 10 a.m.-5 p.m.) are \$13-\$28. To purchase tickets or to book your own biplane ride, visit https://oldrhinebeck.org/.

The MJN Convention Center will hold its inaugural San Gennaro Parade and Festival in the heart of Poughkeepsie on Sunday, Oct. 9. The festival will feature live music, kids' activities, face painting, a tomato-throwing station, a petting zoo, pizza-dough tossing, a cannoli-eating contest, a dunk tank, food vendors and more.

The parade kicks off at noon on Main Street, with the festival to follow.



Staatsburgh State Historic Site (above) will host a walking tour of Staatsburg on Saturday and a landscape tour of the historic site on Sunday. Below: The Old Rhinebeck Aerodrome will offer air shows featuring vintage planes on both weekend days. Courtesy photos



According to organizers, several community groups and service organizations will march down Main Street, starting from the area of Catherine Street and ending at the MJN Convention Center on Civic Center Plaza. The festivities begin at 1 p.m., both inside and outside of the MJN Convention Center.

Admissions is free for all.

This traditional festival celebrates Saint Januarius, the patron Saint of Naples and New York City's Little Italy.

Email events@mjncenter.org for more information.

See our Community Calendar on page 8 and our A & E Calendar on page 14 for more events in the region.

### MCP appoints Suzie Kovner to Board of Directors

continued from cover

leadership combined with her lifelong passion for the arts make her a tremendous asset to the Partnership. She serves on multiple boards, including as Co-Chair of the Kovner Foundation, promoting excellence in the arts and education, and as a Trustee of Carnegie Hall. Through her work with Carnegie Hall, Kovner leads a collaboration with The Juilliard School that supports young professional musicians. As a founding member of the Drama Council at Juilliard, Suzie helped raise the school's reputation as a premiere destination for acting study.

Kovner's list of achievements continue with establishing the first U.S. office for the National Theatre of Great Britain, formerly serving as the Director of Development for the Board of the American Associates and currently serving as a Board member. Beyond the arts, Kovner's long list of philanthropic endeavors include serving as Vice Chair of Success Academy Charter Schools, as a Sustaining Member of Memorial Sloan-Kettering Cancer Center's Administrative Board and as a Director of ThanksUSA.

Tremendous progress has already been made on both MCP projects. With the recently completed asbestos abatement at the Thorne Building, the MCP can safely provide tours for community members, sharing their vision for the future. On the Bennett site, the old college has been torn down and landscaping has begun. The site is on a track to open for the commu-

1:30 PM

nity in 2023.

The new Thorne Building Community Center will serve the Village of Millbrook, the Town of Washington, and central Dutchess County by offering programs for all ages. The facility will include:

- Performing Arts Center for dramatic arts, dance, music, lectures, film, and
- social events; · Culinary Center and Instructional
- Kitchen • Technology Center
  - Video Gaming Room
  - Studio for Art Classes
  - Music/Recording Studio
  - Dance Class Studio
  - "Smart" Classrooms
  - Shared Office Space

- Exhibition/Gallery Space
- Formal Garden and Ample Parking Once the project is complete, residents will find many offerings at Bennett Park as well, including:
- · Thirty-two acres of beautifully landscaped parkland
- Trails for walking and biking, connecting with existing trails that lead into the Village
- A Bennett Museum and Visitors'
- Outdoor venues for musical and theatrical performances

To stay up-to-date on the Partnership's plans for Millbrook's future, visit www.ThorneBuilding.org or www.Mill brookBennettPark.org.

Friends of the Rhinebeck Cemetery present TALES FROM THE UNDERGROUND Living History Cemetery Tours Meet six characters who contributed to Rhinebeck's rich past. Rhinebeck Cemetery, 16 Mill Road, Rhinebeck October 8, 9, 22 and 23 at 3 pm \$15 Adults, \$10 Students and Seniors ACCESSIBLE ONE HOUR Tickets and info: 845-475-7973 GUIDED TOURS AT friendsofrhinebeckcemetery.org

#### NOW ACCEPTING NEW PATIENTS WITH EXPANDED HOURS & DOCTORS! We treat all types of FOOT PROBLEMS! Bunions · Warts · Corns Calluses Tendonitis Foot Fractures · Heel Pain Neuromas Flat Feet Hammertoes · Fungal & Ingrown Nails Advanced Diabetic Foot Management & Limb Salvage H V HUDSON VALLEY F A FOOT ASSOCIATES Red Hook Hudson W. Coxsackie Kingston 52 Old Farm Rd. 23 Fish & Game Rd. 28 Hope Plaza 103 Hurley Ave. 1-877-339-HVFA 518-731-5444 1-877-339-HVFA 845-339-4191 www.hvfa.com

TOURS

### Stanford's Haunted Fortress to open Oct. 7

The spooky surprises in the Haunted Fortress of Stanford are back for 2022. The haunted experience will open on Oct. 7 and run for four weekends.

The Haunted Fortress has been bringing in visitors since the 1990s when the late artist Peter Wing dreamed it up under its former name, Frankenstein's Fortress. It is now run under the auspices of the Town of Stanford Recreation Department by a committee of talented local residents.

A trail leads you into a maze of haunted structures with characters ranging from a little strange to really really creepy. There are eerie effects and scary skits that change a little each night. As in previous years there will be a sensory friendly daytime walk-through for the benefit of the Tatton Brown Rahman Syndrome (TBRS). Those who want to enjoy the artistry in daylight without the creepy music and scary actors can attend on Oct. 22, with a rain date of Oct. 23, from 11 a.m. to 4 p.m.

Tickets for this unique experience are \$15 for adults, \$10 for children age 12 & younger, and \$10 for seniors. Cash only.

The Haunted Fortress of Stanford will be open Fridays and Saturdays from 6:30 to 9:30 p.m. and Sundays from 6:30 to 8:30 p.m. It is located at 11 Creamery Road in Stanfordville. For more information and to check on weather-related cancellations, visit townofstanford.org/hauntedfortress or Facebook.com/groups/hauntedfortressofstanford; or call (845) 868-7782.

This spooky train is one of the many features of Stanford's Haunted Fortress. *Courtesy photo* 



### Stanford Grange Harvest Dinner

Stanford Grange #808 will host a Harvest Turkey Dinner on Saturday, Oct. 15 at the Stanford Grange Hall, 6043 Route 82, Stanfordville. All dinners are take-out only with pick up starting at 5 p.m. The menu will include roast turkey, stuffing, mashed potatoes & gravy, green beans, home grown mashed butternut

squash, cranberry sauce, and pumpkin pie for dessert. The donation for each dinner is \$17. Drive to the back of the Grange Hall, pay for and get your food through your car window, and take your dinners home to enjoy. For reservations, contact Grange Secretary Ryan Orton at (845) 868-7869.

### Relative of Marist student dies in shooting at Poughkeepsie hotel

The relative of a Marist College student died and two individuals are in police custody after a shooting on Sunday morning at the Courtyard Marriott hotel on South Road in the Town of Poughkeepsie.

According to statements from the Town of Poughkeepsie Police Department, they received a 911 call of a disturbance at the Courtyard Marriott at 7:30 a.m. During the phone call, it was reported that shots had been fired. Two male suspects were located and taken into custody. One male victim was located inside the hotel. The victim was transported to a local area hospital where he was later pronounced deceased. No other injuries were reported.

"Two individuals that are in custody are known to law enforcement, having no association with the parent of student that we are aware of, and we do not believe that it is affiliated or associated with activities at Marist," Dutchess County

Executive Marc Molinaro said.

Charged in the incident were: Roy A. Johnson Jr. DOB: 12/05/86 was charged with one count of murder in the 2nd degree class A-1 felony and one count of criminal possession of a weapon in the 2nd degree C felony. Johnson was remanded to Dutchess County Jail with no bail. Devin M. Taylor DOB: 07/02/96 was charged with two counts of criminal possession of a weapon in the 2nd degree class C felony. Taylor was remanded to Dutchess County Jail on \$500,000 cash, \$1 million bond or \$5 million dollars partially secured.

Dutchess County Emergency Response and Red Cross responded to the scene to assist with the guests who were staying at the hotel. Dutchess County Emergency Response and Marist College assisted with transporting guests from the scene. All guests and staff were relocated and it has been determined that there is no active threat to the public.

### PHASE B OF HYDE PARK SIDEWALK PROJECT POSTPONED UNTIL SPRING

Last week, Hyde Park Town Supervisor Al Torreggiani notified residents that the second phase of the town's Pedestrian Sidewalk Project has been delayed until next year.

Torreggiani said, "...after careful consideration and discussions with the contractor for this project, it has been decided that it would be in the Town's best interests to hold this project until the Spring of 2023."

Torreggiani cited "unforeseen delays relating to supply and demand issues," in making the decision, adding that "the Town is trying to reduce as much as possible potential delays to the businesses, residents and traveling public within the Town of Hyde Park.

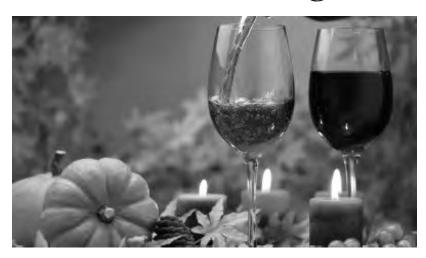
"By postponing this project to the Spring, the Town will also be able to ensure that a much better quality project will be constructed at no additional cost to the Town," he said. "As always, we thank the residents of Hyde Park for their understanding and unwavering support."

Torreggiani invites residents to contact him at (845)229-5111, ext. 104 or atorreggiani@hydeparkny.us discuss this further.

### Join us at

## Terris Wine & Spirits

### **Annual Fall Tasting Gala!**



There will be a wide variety of wines and spirits to taste and delicious complimentary food to enjoy. You won't want to miss out!

When: Saturday, Oct. 15 Time: 2pm – 6pm

Where: Terri's Wine & Spirits

2510 Route 44, Salt Point



845-677-3132

www.TerrisWineandSpirits.com

### Northern **DUTCHESS NEWS**

& Creative Living

(Published weekly) Northern Dutchess News & Creative Living is a division of the Southern Dutchess News, produced and printed in Dutchess County since 1959. The Southern Dutchess News is an official newspaper of Dutchess County, as voted by the Dutchess County Legislature. The Northern Dutchess News is the official newspaper of the Towns of Amenia, Millbrook, Union Vale, Stanford and Rhinebeck.

> Submit all legal notices to sdnlegals @aol.com.

> > Publisher Albert Osten

Executive Editor/ General Manager Curtis Schmidt cschmidt@sdutchessnews.com

Editorial/Creative Director Kate Goldsmith

> Reporters Kristine Coulter Rich Thomaselli

Contributing Writers Jim Donick, Mary Keelan Stacey van den Thoorn

Advertising Representative Richard Wambach 845-417-5377 richard@ wambachcommunications.com

Advertising deadline: Friday, noon

To submit news and letters to the editor: northerndutchess@sdutchessnews.com Deadline is Thursday at 3 p.m.

To submit arts-related news

and calendar events: creativeliving@sdutchessnews.com

Creative Living deadline is Thursday at 3 p.m. for publication the following week.

Northern Dutchess News serves the towns of Amenia, Beekman, Clinton, Dover, Hyde Park, LaGrange, Milan, Pine Plains, Pleasant Valley, Red Hook, Rhinebeck, Stanford, Union Vale and Washington; the villages of Millbrook, Red Hook, Rhinebeck and Tivoli; and the hamlet of Salt Point

The Southern Dutchess News 84 East Main Street Wappingers Falls, NY 12590 845-297-3723

### LETTERS TO THE EDITOR

NOTE: Letters to the Editor do not necessarily reflect the views of the Northern Dutchess News. Letters must be e-mailed to be considered for publication. We cannot accept handwritten or faxed letters.

### 'Disability: Part of the Equity Equation'

To the editor:

National Disability Employment Awareness Month is observed every October, and this year's theme serves as a poignant reminder to all of us: "Disability: Part of the Equity Equation."

In recent years, efforts to advance equity for marginalized populations have led to some promising progress. That said, however, there is more that can be done, particularly when it comes to the workplace.

As people with disabilities are extended well-deserved employment offers, it is critical that employers review company policies to ensure that new hires will have what is needed to be successful. In evaluating those policies, ask questions such as: What kind of assistive technology is being made available to those with disabilities? What coaching or mentoring programs can be carried out? In what ways can the physical atmosphere and workplace culture be modified or enhanced to ensure that employees feel safe and comfortable? Are the compensation packages and advancement opportunities truly equitable? How can flexible scheduling be used to accommodate any special needs? What professional development programs can be created and offered in order to maximize potential for success? If I had a disability, what would I most need from my employer?

In addition to crafting appropriate company policies, it is key that colleagues understand what it looks like to be supportive. Educate and enlighten your team. Training programs designed to build awareness and cultivate compassion will undoubtedly lead to better outcomes for everyone.

I encourage emerging and established workplace leaders to consider these ideas, and any other ways that can help our society address inequities and advance equity for people with disabilities. Although not all disabilities are visible, every person deserves to be seen - just as all of us do.

Patrick D. Paul CEO/Executive Director Anderson Center for Autism

#### Do candidates protect the innocent?

To the editor:

The next set of elections draws nigh. Often in the past, commentary has been made about the character of various candidates. As we look at candidates in the upcoming election, we might ask how they view or treat the innocent, those who are unable to speak for themselves or defend themselves.

A candidate for Congress, Pat Ryan who is currently in Congress, but is running in a different district, graduated from West Point and served in Iraq (for which we say thank you for the service to the country). One could expect he would be someone who would look out for the best for the innocent; however,

Much of his campaign in the recent special election touted protection of abortion. He gave no qualifiers nor does his website give qualifiers, only that he appears to support returning to Roe v. Wade, and supports the current abortion laws in New York. This means he supports abortion in the ninth month of pregnancy, a concept I find perplexing for someone who has children of his own. How can this be? How can he support the barbaric procedure of a ninth-month abortion of the innocent when it could be presumed his oath of military service included protection of the innocent? Why has he gone this route?

In addition to Congressman Ryan, we must examine the candidates Ms. Sarahana Shrestha (NYS assembly) and Senator Chuck Schumer. Likewise, they have said nothing to prevent abortion of the innocent in the ninth month of pregnancy, a policy, which by the way, puts us on par with Communist China and North Korea. Further, Senator Schumer not only supports such a policy but vehemently attacked the Supreme Court for the Dobbs decision, ungraciously eroding the standing of that institution. If these three people won't support protection of the innocent from barbaric procedures, do we want them enacting laws for the rest of us?

Instead of the three candidates mentioned above, three people to whom we can look to enact just laws are Colin Schmitt (serving in the Army National Guard) in the 18th Congressional District, Patrick Sheehan in the 103rd NY Assembly District, and Joe Pinion for U.S. Senator.

Choose wisely.

Rex S. Bridges Rhinebeck

### **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 Northern 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 Northern Dutchess News.

### NORTHERN **DUTCHESS NEWS**

ALL LOCAL ~ ALL THE TIME www.sdutchessnews.com

Let's find the right Medicare Advantage

### Maggie Flynn

plan for you!

845.385.2600

medicaremags@gmail.com Licensed Insurance Agent



### Rhinebeck trustees vote to replace 22 trees on Montgomery Street

The Rhinebeck Village Board of diverse ecosystem for wildlife and Trustees has voted to remove 22 Norway maples along Montgomery Street.

According to information at the Village website, the trees have been tortured by human interference due to their location under the power lines and rising temperatures due to climate change, and the experts on the Village Tree Commission have made the case that it is past time to let them go.

They will be replaced by a variety of more than 30 trees - some under-story trees like cherry, crabapple, and hawthorn under the lines; and some top-story trees like oaks, planes, catalpas, honey locusts, and tulips next to sidewalks away from power lines.

By planting multiple kinds of trees with varied growth patterns and life expectancies, they will be creating a

insects, as well as a healthier urban forest, so the Village will never again be in a situation where more than 20 trees need to be removed all at once.

Trustees are firmly aware that this situation is far from ideal. The trees set for removal have been wrapped in green tape. Trustees acknowledge that the trees have served the Village well by shading the sidewalk and road and providing comfort and beauty for all.

The trees will be removed sometime before Oct. 29, as that is when the new trees will be planted.

Trustees thanked the tireless volunteers on the Tree Commission for their hard work on this effort, and the Frost Foundation for providing the needed

## DC Medical Reserve Corps celebrates 20 years of volunteerism at recognition dinner

Marking 20 years since its inception, Dutchess County hosted a recognition dinner, attended by more than 120 Medical Reserve Corps of Dutchess County (MRC) volunteers, on Sept. 22 at the Villa Borghese in Wappingers Falls.

County Executive Marc Molinaro said, "Our Dutchess MRC volunteers have been an important part of Dutchess County's emergency response efforts for two decades, including assisting with the herculean task of our COVID-19 response. We are grateful to these dedicated men and women for their service and commitment to Dutchess County."

The Dutchess County MRC began in 2002, when former County Executive William R. Steinhaus supported a grant proposal, in partnership with Northern Metropolitan Health Care Foundation (NorMet), to establish a volunteer medical service reserve corps to strengthen the capacity to respond to emergencies and to support local public health infrastructure.

The MRC is comprised of both health-care and non-healthcare professionals who support Dutchess County's Departments of Emergency Response and Behavioral & Community Health when responding to incidents of all kinds. Volunteers train throughout the year to be prepared to staff emergency shelters, assist with surveillance and notification efforts, conduct mass distribution of pharmaceuticals, and support countywide health and human service agencies' efforts in the community.

The Dutchess MRC had its first major

deployment in 2007, supporting seven shelters following widespread flooding and then again in 2009 following the H1N1 flu outbreak.

Most recently, Dutchess MRC has been an integral part of the County's COVID-19 pandemic response and, in April, was honored by the National Medical Reserve Corps with a 2022 Community Response Award for its outstanding COVID-19 vaccine response. In 2020 and 2021, more than 500 volunteers contributed more than 40,000 hours – compared to 4,200 hours in all of 2019. This included giving over 22,000 hours at over 150 vaccine clinics, administering over 60,000 vaccinations to County residents.

The MRC's Vaccine Assistance Appointment Team (VAAT) also assisted those without access to computers or transportation to arrange appointments, transportation, and other services. Additionally, MRC volunteers spent thousands of hours assisting the County's Department of Behavioral Community Health with contact tracing and case investigation, community outreach, delivering groceries to those in isolation, assembling thousands of items of personal protective equipment (PPE) for distribution, handing out COVID-19 Test Kits, and more as part of the COVID-19 response.

Since its inception, the Dutchess MRC has been at the forefront of numerous other initiatives and trainings, setting the bar for similar organizations throughout the state, including:

• Piloted a Volunteer Management



A recognition dinner for volunteers with the Medical Reserve Corps (MRC) of Dutchess County was held at the Villa Borghese in Wappingers Falls on Sept. 22. Pictured are some of the MRC leaders and speakers at the event. *Courtesy photo* 

System, now known as ServNY;

- Established a training matrix for volunteers that has become the organization's Core Competency Trainings;
- Started Preparedness Trainings for residents, seniors and more;
- Hosted major preparedness exercises, including an Alternate Care Site exercise at Vassar College;
- Incorporated the Dutchess County Animal Response Team (DCART) in 2019 to offer Pet First Aid/Animal CPR trainings and promote pet preparedness; and
- Trained thousands in Stop the Bleed and Active Shooter readiness trainings

MRC volunteers are welcoming faces and numerous events held throughout the year, such as the County's Office for the Aging Senior Picnic series or community events such as the Dutchess County Fair. Volunteers serve as greeters, logistics support, and provide medical assistance as needed.

Dutchess MRC Coordinator Joe Ryan said, "The many volunteers of the Dutchess County Medical Reserve Corps are dedicated men and women who know what it means to 'do good.' Whether giving their time and talents at a first aid tent at a senior picnic or literally helping keep our community safe during an emergency, these individuals enhance Dutchess County's ability to be prepared for and respond to significant events."

Dutchess MRC boasts more than 1,704 volunteers. For more information or to volunteer, visit dutchessny.gov/mrc.



COPD



**HIP FRACTURE** 



HIP REPLACEMENT

## Staying on the top of our game to help keep you healthy

Northern Dutchess Hospital is honored to be recognized for excellence by *U.S. News & World Report* with High Performing ratings in three categories. These rankings, in recognition of care that was significantly better than the national average, inspire our talented care teams on our relentless pursuit of excellence.

We proudly thank our doctors, nurses and employees for this tremendous achievement in caring for our communities.



Find care now

Northern Dutchess Hospital



### Organization recognizes Red Hook Highway Superintendent Burke

Theresa Burke was recognized as the fifth Road Master Level IV in New York State, at the New York State Association of Town Superintendents of Highways Annual Conference Banquet on Sept. 21.

The New York State LTAP Center - Cornell Local Roads Program's Road Masters are New York State local high-way officials who strive to build strong foundations in technical and management skills. Level IV is the highest Road Master level and is reserved for professionals who exhibit a superior commitment to management, mentorship, and training.

Examples of Burke's achievements that led to this award include:

- Serving as president of the Dutchess County Association of Town Superintendents of Highways as well as Secretary of the New York State Association of Town Superintendents of Highways.
- Improving local roads by mentoring new highway superintendents.
- Contributing to the development of new curriculum at NYSLTAP-CLRP to further the education of her peers.
- Saving the Town of Red Hook and the neighboring Village of Red Hook money by developing and implementing a Shared Services Agreement.

"As our 5th level 4 Roadmaster, Theresa joins the company of some of the most successful highway superintendents in New York State. Each of them is a model that should be emulated by new and old highway officials across the state. Theresa stands out as one of the best!" said David Orr, P.E., Director, NYS LTAP Center – Cornell Local Roads Program.

The NYS LTAP Center - Cornell Local



David Orr, P.E., Director of the New York State LTAP Center – Cornell Local Roads Program, stands with Theresa Burke, Red Hook's highway superintendent. Burke was recently recognized by the Road Masters program, highway officials who strive to build strong foundations in technical and management skills. Courtesy photo

Roads Program provides training, technical assistance, and information to municipal officials and employees responsible for the maintenance, construction, and management of local highways and bridges in New York State. Details about the Road Master Program can be found online at nysltap.clrp.cornell.edu.

### Veteran Appreciation Pasta Dinners set

Sen. Sue Serino and Mental Health America of Dutchess County Vet2Vet Program will once again come together to honor local veterans at two free appreciation pasta dinners on Sunday, Oct. 16, at the American Legion in Poughkeepsie (55 Overlook Road) and on Sunday, Oct. 23, at the Red Hook VFW (30 Elizabeth Street). Seating times for both dates are at 2 and 5 p.m.; and advance reservations are required.

"After adapting this event in a drivethru format for the past two years, we are especially thrilled to be hosting these dinners in person to give our local veterans the chance to connect with one another and critical services like the Vet2Vet Program," said Serino. "I look forward to joining our community's heroes at these events and to have the opportunity to thank them again for all that they do."

Adam Roche, Director of Dutchess County's Division of Veterans Services said, "Veterans in Dutchess County have given so much to protect this great nation, and they deserve our unwavering respect and admiration. So much more than a meal, this event provides local veterans camaraderie and the opportunity to connect with their fellow heroes – elements

so vital to their well-being."

Anthony Kavouras, Director of Mental Health America of Dutchess County Veterans Programs said, "Hello Brothers and Sisters. It's that time of year again, when we can all get together for some delicious pasta and meatballs. As always, we at MHA Dutchess Vet2Vet look forward to being part of these great events."

Thanks to the support of the PFC Joseph P. Dwyer Vet2Vet Program, this event is free and open to Dutchess County veterans and one guest. To RSVP for this free event, call Serino's Hyde Park Office at (845) 229-0106 or email serino@nysenate.gov by Oct. 11 for the Oct. 16 dinner in Poughkeepsie and by Oct. 18 for the Oct. 23 dinner in Red Hook.

The PFC Joseph P. Dwyer Program uses a unique peer-to-peer approach to offer non-clinical support and assist veterans who may be struggling with PTSD, TBI or other mental health challenges. Individuals interested in learning more about the services and resources offered can contact Anthony Kavouras, Director of Veterans Programs at (845) 473-2500 ext. 1364. This program is offered to all Dutchess County veterans and a referral is not required.

### MHA of Dutchess County sets Vet2Vet Support Group

MHA of Dutchess County Vet2Vet Support Group will be held on October 5th and October 19th, from 3 – 4 p.m. at 515 Haight Avenue, Poughkeepsie.

These groups serve as an outlet for veterans to discuss with peers their opinions, challenges, successes and anything else in order to regain balance in their lives. The groups are free, confidential and judgement free. They are open to all veterans despite discharge type, time in services or period of service. Active, Inactive and National Guard members are welcome as well.

RSVP is required. Masks and social distancing required. For more information, call 845-473-2500, ext. 1306 or 1307 or 1365.

### SEND US YOUR NEWS

cschmidt@sdutchessnews.com

## Imperati warns of recent crimes targeting Asian-Americans

Acting Sheriff Kirk Imperati last week notified residents about several recent incidents of robberies and thefts targeting Asian Americans in the Hudson Valley.

"The crimes occurred in the homes of workers in Asian-owned restaurants, nail salons, liquor stores and other businesses," Imperati said. "We believe victims are being followed from their place of business to their home in order to commit these crimes against them."

The Acting Sheriff asks residents to "remain vigilant and pay attention to your surroundings. If there is an emergency, please call 911 at any time. We are here to serve and protect all of our communities."

### OFA kitchen volunteers wanted Mondays, Wednesdays, Thursdays

The Office for the Aging Home Delivered Meals (HDM) program is looking for volunteers who can help in its central kitchen in Poughkeepsie from roughly 9-11 a.m. on Mondays, Wednesdays, and/or Thursdays.

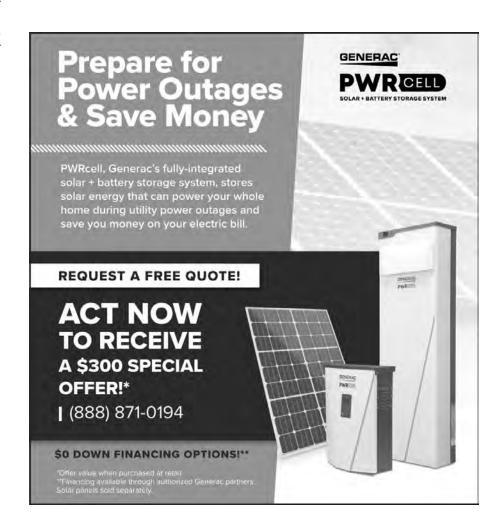
Volunteers would be helping OFA prepare and package about 500 meals a day for delivery to homebound older adults

throughout the county. OFA will work with your availability - if you're free just one of the days, two days, or all three...that's fine.

Short- or long-term volunteers are both welcome.

For more information, contact Jamie in the OFA Nutrition division, at 845-486-2597 or jdennis@dutchessny.gov.





### DC Clerk Kendall to host DC Democratic Committee Passport Day Oct. 15

Dutchess County Clerk Brad Kendall will host a Passport Day on Saturday, Oct. 15, from 9:a.m. to 1 p.m. at the Dutchess County Clerk's Office, 22 Market Street- 1st Floor, Poughkeepsie. Adults who are first-time applicants, children under age 16, or those needing a replacement for a lost, stolen, or damaged passport will be assisted on a first-come, first-served basis.

All U.S. citizens must present a valid passport book when entering or re-entering the United States by air. U.S. citizens entering the United States from Canada, Mexico, the Caribbean and Bermuda at land borders and seaports of entry must present a passport book, passport card, or other travel documents approved by the U.S. government. County Clerk Kendall encourages those who are traveling in the near future to utilize the extended hours to apply for a passport in time for the busy holiday travel season.

As a passport processing facility, the County Clerk's Office serves as a onestop shop. Applicants can apply for their passports and also have their passport

photos taken. Photos are available to new applicants and those seeking passport renewals for an additional fee of \$10.00. Please note that all payments must be made separately, and the applicable fees are as follows:

Adult- \$130 check or money order payable to US Dept of State

Child- \$100 check of money order payable to US Dept of State

Processing Fee- \$35 all forms of payment payable to Dutchess County Clerk

Photo \$10 all forms of payment payable to Dutchess County Clerk

There are no appointments needed. Only passport and photo transactions will be processed that day.

No DMV or legal related business will be accepted. Free parking in the lot adjacent to the County Office Building will be available as space permits. Information on how to apply for a U.S. passport is available by visiting www.dutchessny.gov/Departments/Coun ty-Clerk/passports.htm or by calling (845) 486-2120.

## elects Dupree as new Chair

NORTHERN DUTCHESS NEWS

ALL LOCAL ~ ALL THE TIME

www.sdutchessnews.com

NDCC Youth Health Rally

At the recent Dutchess County Democratic Committee's reorganization meeting, Michael Dupree was elected as Chair. Running unopposed, Dupree has served as Vice-Chair of the Committee for nine years.

Dupree said, "I am grateful to the Committee's support and their confidence in my ability to lead us to victory this November. I also thank Julie Shiroishi and Elisa Sumner, our two immediate past chairpersons, for building such a strong organization and instilling our members with energy and spirit."

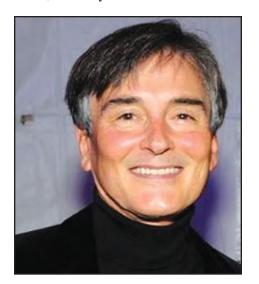
Dupree is a resident of Hyde Park, where he has lived for the past 29 years. Dupree is an active member of the Dutchess County community. In addition to his past positions on many philanthropic boards, Dupree also serves as Chair of the Hyde Park Planning Board and as Chair of the Board of Trustees of **Dutchess Community College.** 

At the meeting, Dutchess County Board of Elections Democratic Commissioner Hannah Black was reselected for another two-year term.

Black said, "I am honored to have the committee's support and confidence in

me to serve as their Democratic Elections Commissioner for another two-year term. I will continue to work hard to fight voter suppression and follow Election Law."

The Committee's other new officers include Sarah Brannen, Vice-Chair; Vincent Pedi, Treasurer; and Gillian Smith, Secretary.



Michael Dupree

### Clinton Historical Society to hold Fall Tag Sale this weekend

The Clinton Historical Society will hold their annual Fall Tag Sale on Friday, Oct. 7 and Saturday, Oct. 8, from 9 a.m. to 4 p.m., at the Creek Meeting House, 2433 Salt Point Turnpike, Clinton Corners. The Society will have all kinds of great items; plus, their famous homemade baked goods and coffee will be available for purchase.

Proceeds from the sale go to support the Historical Society's mission: To preserve, educate and encourage an appreciation for the history of the Town

of Clinton (founded in 1788) and its historic sites and structures with a focus on preserving and restoring the 1777 Creek Meeting House. The purpose of this effort is to benefit our town residents, visitors, and all future generations.

The Society is chartered by the New York State Board of Regents and is a tax-exempt IRS 501(c)(3) institution.

Contact Cathy McMahon at (845) 266-0071 cmcmahon137@ or optimum.net for more information.

### The Northern Dutchess Community

Coalition (NDCC), in collaboration with the Council on Addiction Prevention and Education (CAPE), will bring back its popular Youth Health Rally after a threeyear hiatus.

Hosted at Dutchess Stadium, this fourth annual event is offered to current eighth-grade public and private school students, free of charge.

On Thursday, Oct. 13, from 9 a.m. to 12:30 p.m., local Dutchess County middle schools are invited to bring their eighth-grade students to this half day field trip experience designed to promote healthy alternatives to risky behaviors and drug-free lifestyles.

"After three years away, we couldn't be happier to bring the Youth Health

returns to Dutchess Stadium Rally back to the students of Dutchess County," said Cristine Groenewegen, agency director of CAPE. "Along with a selection of dynamic speakers that are sure to inspire students to resist peer pressure and learn effective refusal skills,

there will also be local businesses and other vendors positioned throughout the stadium with resources and activities for students to promote both mental and physical health."

a swag bag filled with helpful information, resources and fun giveaways; lunch is also provided and a DJ will be on hand to spin tunes and provide entertainment. In the event of rain, the Rally will be held

Upon arrival, all students will receive

on Friday, Oct. 14.

### 988 SUICIDE & CRISIS LIFELINE IS LIVE

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

Dialing 988:

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

### Learning is a personalized experience

### We make learning fun!

We provide K-8<sup>th</sup> grade students with tutoring services. We focus attention to each individual student's learning style and program needs. We have over 40 years experience promoting a healthy learning environment and enrichment programs for families of school-age children, including children with special needs.



845-266-4442

### Creating enriching experiences for students

### Giving back through life-changing experiences!

The Ridge School is a New York State Board of Regents Accredited School, Not-for-profit organization located in Dutchess County, New York dedicated to the creation of a rich and positive setting for students who are not succeeding in their current educational placements. The Ridge School is a day school for students who are diagnosed with High Functioning Autism.

> 845-266-4283 The Ridge School www.ridgeschool.org

### COMMUNITY CALENDAR

#### DC Arts Awards ceremony set Oct. 6

Tickets are still available to attend the Dutchess County Executive's Arts Awards presentation on Thursday, Oct. 6, at 5:30 p.m. Come celebrate 11 awardees who contribute greatly to the Dutchess County art scene at Keepsake at the Academy in Poughkeepsie.

This year's recipients include:

Art in Public Places - Joseph Bertolozzi's Bridge Music; Artivist - Bryan "Kicks Kapri" Ashong; Arts Organization – Kaatsbaan Cultural Park; Arts in Education - Hudson Valley Performing Arts Laboratory; Business- Full Deck Design; Individual Artist – Gwen Laster; Patrons -Rosemary & Robert Denny Evaul; Special Citation – Louis Watson Sr.; ThinkDIFFERENTLY in the Arts - New Horizon Resources, Inc.; Volunteer – Lisa Ameijide; Youth with Exceptional Promise in the Arts - Jordan "Jae" Jones (Posthumously).

Enjoy balloon popping fun, partying in-person with the amazing awardees, and much more. Purchase tickets at www.artsmidhudson.org.

#### Walkway Over the Hudson sets 'Starry Starry Night' fundraiser

Visitors are invited to celebrate Starry Starry Night and the 13th anniversary of the opening of Walkway Over the Hudson on the banks of the Hudson River at Upper Landing Park in Poughkeepsie on Friday, Oct. 7 from 6 to 10 p.m. Tickets cost \$175 per person. For complete information and to purchase tickets, visit walkway.org/starrystarrynight.

Guests will sip local creations and savor the bounty of the Hudson Valley before taking a moonlit elevator Events will include local artists and musicians and fireworks.

#### FFA Fair set Oct. 7-8 in Pine Plains

The Pine Plains School FFA (Future Farmers of America) will hold their annual free admission and parking FFA Fall Agricultural Festival on Friday, Oct. 7, from 9 a.m. to 4:30 p.m.; and on Saturday, Oct. 8, from 9 a.m. to 3 p.m., at the Stissing Mountain Junior and Senior High School on Route 199 (2829 Church St.), Pine Plains. This festival is being touted as the "Best Little Agricultural Fair in Dutchess County.

Friday's activities include exhibits of livestock, dairy showmanship, lawn tractor pull (at 3:30 p.m. will be a weigh-in of the tractors), FFA student exhibits (open at noon in the High School gym), and vendor booths. The day ends with a roast beef dinner from 5 to 7 p.m. in the High School

Saturday's activities start with a parade line up at 9 a.m. at Seymour Smith Elementary School, then marching to the Stissing Mountain Junior/Senior High School along mostly Route 199. The parade includes animals, tractors old and new, cars, floats, and the Pine Plains High School band. Other activities include Pine Plains Garden Club Flower Show (9 a.m. to 3 p.m. in school gym), antique tractor pulling contest (9:30 a.m.), FFA food booths open at 10 a.m., Pine Plains Hose Company Fire Department chicken BBQ starting at 11 a.m., beef, dairy, goat, and sheep exhibits/showmanship, a pet show, many information tables, many FFA food booths to choose from, more activities, and ending with a Cow Pie Raffle at 2 p.m. For more information, email s.rhoades@ppcsd.org.

### Cider tasting at Innisfree set Oct. 8

Innisfree Garden will host Autumn Tasting: American Cider at Innisfree with Dan Pucci and Craig Cavallo from 4:30 to 6 p.m. on Saturday, Oct. 8. The cost is \$45 to the general publi,; \$35 Northeast Dutchess residents & Innisfree members; \$5 for family members under age 21

Gather with family and friends beside Tyrrel

Lake to savor the beauty of Innisfree Garden and two great American ciders selected by Craig Cavallo of the Golden Russet Café & Grocery in Rhinebeck. Cavallo and Pucci are co-authors of "American Cider" (Ballantine Books, 2021), engaging storytellers and acknowledged experts on the subject. They have selected two ciders for the tasting and will speak about the rich history of this ancient alcoholic beverage and the vibrant culture of farmers and makers who craft it today. They will be happy to answer questions, and copies of their book will be available. Register for this event at www.InnisfreeGarden.org

#### Jewish War Veterans to meet

The Jewish War Veterans (JWV) Herman Siegal Post 625 will meet on October 9; the meeting will be held live at Schomre Israel, 18 Park Avenue, in Poughkeepsie. The meeting format will follow the one that was used before the pandemic. Future meetings will be on November 13, December 11 and January 8, 2023.

The meeting will begin at 9:30 a.m. Post 625 will supply snacks, coffee and it will be strictly kosher. The use of masks is optional. For more information, email Rschwa9881 @aol.com

#### Bartender Wars set Oct. 13 in Rhinebeck

The Rhinebeck Area Chamber of Commerce will hold its 5th Annual Bartender Wars on Thursday, Oct. 13, from 5 to 7 p.m., at Terrapin Restaurant in the Village of Rhinebeck. Bartenders compete for the top prize; attendees will vote on their favorite cocktail. Proceeds help support Chamber initiatives. The cost is \$50 per person. Advance tickets only; purchase at https://rhinebeckchamber.com/

#### Vote set Oct. 13 for Hyde Park Library budget

The Board of Trustees of the Hyde Park Library District has voted to put on the library's election ballot, which will be voted on Oct. 13, the amount of \$487,902 from the Town of Hyde Park, which represents a 4-percent increase over its 2022 Town funding. A copy of the detailed budget is available for review at the circulation desk. The library is at 2 Main St., Hyde Park.

Library Director Jesse Chance said he would be happy to discuss the budget in detail with any interested voter. He can be reached at (845) 229-7791, ext. 5, or director@hydeparkfreelibrary.org for more information, and/or to schedule a time to meet and talk about the budget process

#### Mid-Hudson Works open house set Oct. 14

Mid-Hudson Works will host an open house on October 14, from 10 a.m. to 3 p.m. at 188 Washington St. in Poughkeepsie. Meet the staff, have a snack, and learn about the Hudson Valley community. Their mission is to hire and train veterans and individuals with physical and/or medical disabilities to assist them in finding employment. RSVP by calling 845-471-3820 or email ron@midhudsonworks.org

### Yard Sale at Regina Coeli Oct. 14-14

Regina Coeli's Parish Yard Sale will be held on Oct. 14 from 8 a.m. to 3:30 p.m.; and Sunday, Oct. 15, from 9:30 a.m. to 3:30 p.m. Rain or shine, inside and outside the church on Route 9 in Hyde Park. Too many items to list. Special table: Fill gallon bag (provided) for a \$1. Call Kathleen at (845) 229-8193 with questions.

#### Rhinebeck Church to hold flea market, bake sale

Rhinebeck Reformed Church will hold its Fall Flea Market & Bake Sale on Saturday, Oct. 15, from 9 a.m. to 5 p.m. (rain or shine). The church is at 6368 Mill St. (on the corner of South & Mill). Featured will be general household, books, plus vintage and antique items. Come find your treasure and pick up yummy cookies, cupcakes, brownies and more.

Fall Tasting Gala set Oct. 15 in Salt Point Terri's Wine & Spirits, at 2510 Route 44, Salt Point, will host its Annual Fall Tasting Gala on Saturday, Oct. 15, from 2 to 6 p.m. There will be a wide variety of wines and spirits to taste and delicious complimentary food to enjoy.

### Craft Fair set Oct. 16 in Pine Plains

The Pine Plains Hose Company will sponsor a Craft Fair on Sunday, Oct. 16, from 9 a.m. to 3 p.m., at 7 Lake Road, Pine Plains. There will be refreshments, door prizes and a 50/50 raffle. To reserve a vendor space, contact either Marie Nuccio at 845-546-1340 or Ronnie Brenner-Walsh at 518-929-5982 by Sept. 30. \$10 for an 8' X 8' space. Vendors can start setup at 8 a.m.

Tour scheduled Oct. 16 at Vanderbilt gardens

The Vanderbilt Garden Association's interpreters will be in the formal gardens on Sunday, Oct. 16, to offer free tours from 11 a.m. to 3:30 p.m. Tours meet outside the Tool House building.

Interpreters will discuss the history of the gardens, with a focus on the Vanderbilt ownership and the mission of the not-for-profit Vanderbilt Garden Association to rehabilitate and maintain the plants, shrubs and trees within the formal gardens as they were in the 1930s just prior to Frederick Vanderbilt's death in 1938. For further information, e-mail info@vanderbiltgarden.org or visit http://www.vanderbiltgarden.org

#### Public hearing on sanitary code in county set October 20

The Dutchess County Board of Health will hold a Public Hearing regarding proposed amendments to the Dutchess County Sanitary Code on Thursday, October 20, at 3:30 p.m. at the Dutchess County Department of Behavioral & Community Health located at 85 Civic Center Plaza – Suite 106 in the City of Poughkeepsie.

A current version of the Dutchess County Sanitary Code and the proposed amendments to Article 25 of the Dutchess County Sanitary Code can be found on the Dutchess County Department of Behavioral & Community Health website. Prior to the hearing, written comments may be submitted by mail to: Dutchess County Board of Health, Office of Recording Secretary to the Board, Atten: Wendy Cady, 85 Civic Center Plaza, Suite 106, Poughkeepsie, NY 12601 or electronically by email to wcady@dutchessny.gov before 12:00 p.m. on October 20. A Legal Notice of the Public Hearing will be posted in the Southern Dutchess News and Poughkeepsie

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

### Fall Rhinecliff Soup Sales

The Rhinebeck Grange sponsors Rhinecliff's Fall Soup Sales on the third Thursday of the month: Oct. 20, Nov. 17 and Dec. 15, from 11 a.m. to 12:30 p.m. Soups are sold by the quart, \$10/quart, take-out only.

The Soup Sale is at the Rhinecliff Firehouse, on the corner of Shatzell Avenue and Orchard in Rhinecliff. Pick up at side window on Orchard Street. Email JoBaer2@gmail.com to be emailed the soup choices for each month and pre-order online.

### Primrose Hill School sets Harvest Gala

On Saturday, Oct. 22, at 6 p.m., Primrose Hill School will host a cocktail-style event at Co. in Rhinebeck, offering local fare are libations, live music, dancing, community and fundraising to kick off their 2022-2023 capital campaign. Music will be provided by 2022 Grassroots Festival act Dirty Mae and fresh local fare from GroundedNY.

The pandemic delayed Primrose Hill School's ability to raise funds for its capital campaign which will allow the school to purchase the property it is situated on and begin expansion projects. Funds raised during the gala will contribute toward the vision for the school campus at 23 Spring Brook Park in Rhinebeck, New York, where the school has expanded to 8th grade over the past 10 years.

Purchase tickets via EventBrite. Email development@primrosehillschool.com for additional information.

#### Discover and drive into local history on Staatsburg Library's Road Ramble

Staatsburg Library invites you to ride into local history on its 2022 Road Ramble on Saturday, Oct. 22. This mash-up is part scavenger hunt, part trivia contest, and serves as the library's fall fundraiser. Follow clues that will take you on a

self-guided driving tour to fascinating and surprising spots throughout Hyde Park and Staatsburg.

Ramblers get three hours to complete the course. It's not a race, but the team (each must have a minimum of two members) that comes up with the most correct answers wins the 2022 Ramble Trophy. No Googling allowed! Light breakfast and lunch included.

The event runs 8:30 a.m. to 1 p.m. Cost, preregistered, is \$20 per person (2 to 3 people in a car) or \$70 per car of 4 people. The day of cost is \$25 per person (2 to 3 people in a car) or \$80 per car for 4 people. Registration is capped at 25 cars. To sign up and for information, visit staats burglibrary.org.

#### Lagrangeville church to hold flea market and more

The Freedom Plains United Presbyterian Church (1168 Route 55, Lagrangeville) will hold its biannual Flea Market, Rummage Sale, Lunch and Bake Sale on Saturday, Oct. 29, from 9 a.m. to 3 p.m., rain or shine. Items include adult and children's clothing, shoes, coats, children's toys, books, linens, jewelry, household items, pictures, tools, furniture and more. A \$5 bag sale begins at 1:30 p.m. Proceeds benefit the youth Appalachian Service Project mission trip this summer. Call (845) 452-0684 for more information.

#### Plan now for Red Hook's Halloween Parade

It's not too early to start planning your parade costume and human-powered float for the Village Halloween Parade taking place on Saturday, Oct. 29, at 1 p.m. If you have any questions or want to help, email events@redhooknyvillage.org

#### Free pumpkin carving event at Big Rock Market

Big Rock Market, at 6031 Route 82 in Stanfordville, will hold its annual free pumpkin carving event on Oct. 29 and 30, from 10 a.m. to 6 p.m. Carvers supplied with apple cider, donuts, knives and a pre-gutted pumpkin to add to the market's display that will be lit Sunday at 6 p.m. The market will feature a huge pumpkin maze on its front lawn with pumpkins and mums available to purchase all of October.

Pleasant Valley church sets free lecture ANGELS & DEMONS: "Medieval Visions in Word, Art & Icon" is a free evening lecture taking place 7-8:30 p.m. on Sunday, Oct. 30, at St. Paul's Episcopal Church 808 Traver Road, Pleasant Valley. The Rev. Dr. Clair W. McPherson is a renowned scholar in Early Medieval Studies whose books include Understanding Faith, Grace at This Time, Keeping Silence, and the forthcoming Introduction to Hrabanus Maurus and Nilus of Ancyra: a Fifth Century Ascetic. He has taught at NYU, Fordham, and The General Theological Seminary. For more information, call (845) 635-2854.

### Abilities First event set Nov. 29

?Join Abilities First & the Foundation for Abilities First NY as it kicks off a year of joy and gratitude to its community partners who have made and continue to make its mission possible. The 60th Anniversary ?Community Partners Celebration will take place on Tuesday, Nov. 29, from 8:30 to 10:30 a.m., at The Grandview, 176 Rinaldi Boulevard, Poughkeepsie. Contact JoAnn Parker at joannparker@abilitiesfirstny.org for more information.

### **FARMERS MARKETS**

Arlington Farmers Market: Vassar Alumnae Lawn, 123 Raymond Ave., Poughkeepsie. Thursdays, 2-6 p.m. through Oct. 27. www.arlingtonhasit.org

Copake Hillsdale Farmers Market, Roeliff Jansen Park, Hillsdale. Saturdays, 9 a.m.-1 p.m., through Nov. 19. (518) 929-3255

Germantown Farmers Market: Palatine Park, Germantown. Saturdays, 10 a.m.-1 p.m., through Oct. 29. germantownfarmersmarket@gmail.com

Hudson Farmers Market, City Lot on Columbia St. between 5th and 6th. Saturdays, 9 a.m.-1 p.m., through Nov. 19. (518) 300-3496 Hudson Wednesday Market, 7th Street Park.

Wednesdays, 4-7 p.m., through Oct. 26. upstreet market@gmail.com

Millbrook Farmers Market: Front St., Millbrook. Saturdays, 9 a.m.-1 p.m., through Oct. 29. millbrookmarketmanager@gmail.com

Paul's Hyde Park Farmers Market: Across from Hyde Park Town Hall on Route 9. Saturdays, 9 a.m.-2 p.m. through October.

### NEW SOCCER MINI-PITCHES TO OPEN IN POUGHKEEPSIE

Ahead of this year's FIFA Men's World Cup games, two new mini-pitches will officially be unveiled at Pulaski Park in the City of Poughkeepsie on Oct. 12 at 3:30 p.m. The mini-pitches honor U.S. Men's National Team star Tyler Adams and were made possible thanks to his personal contribution and contributions from the U.S. Soccer Foundation, Target, the City of Poughkeepsie, and Dutchess County.

Representatives from Tyler's family, the U.S. Soccer Foundation, the City of Poughkeepsie, and Dutchess County will host the ribbon cutting ceremony with a video message from Tyler Adams, followed by scrimmages on the pitches with youth from the Poughkeepsie City School District's soccer teams.

This project builds on more than 100 mini-pitches the U.S. Soccer Foundation and Target have installed together since 2018 and marks the latest development in the U.S. Soccer Foundation's It's Everyone's Game national movement to ensure children in underserved communities can enjoy the health and youth development benefits of the game. To date, the U.S. Soccer Foundation has installed more than 500 mini-pitches nationwide. The goal is to install 1,000 by 2026.



## DCC, DUE reach new five-year agreement; contains 12% salary increase over life of contract

Dutchess Community College (DCC) and Dutchess United Educators (DUE), the union which represents the College's full- and part-time faculty as well as non-teaching staff, have reached a five-year agreement. The contract provides annual step increases in pay and service for DUE members, as well as a 12% salary increase over the life of the contract.

The agreement has been ratified by the DUE membership and approved by the College's Board of Trustees as well as the Dutchess County Legislature.

"I am delighted that we have reached an --agreement with our DUE faculty and staff and are able to provide them with this well-deserved compensation package," said DCC President Peter Grant Jordan. "I'm also grateful for the patience of our colleagues and share my deepest appreciation for the diligent, collaborative efforts of our negotiating teams."

The teams included, from the College's administration, attorney Stuart Waxman, lead negotiator; Maria Boada, former dean of academic affairs; Marc Bowman, associate vice president of human resources and chief diversity officer; and Donna Rocap, associate vice president of administration/finance. DUE

was represented by Dr. Leah Akins, professor of engineering, who served as lead negotiator; Dr. Laura Murphy, professor of history, and chair of the DUE negotiating team; Dr. Linda Gaines, academic coach; Danielle Williams-Bell, director of scheduling; and Wesley J. Lee, parttime professor of government. Ron Dunn served as DUE's attorney, while Executive Assistant Leigh Williams served as recording secretary.

"This is a major accomplishment for our members and ultimately, it benefits our students as well," said Dr. Werner Steger, DUE's chair. "Having this process behind us assures that our faculty and staff can focus fully on the education and career goals of our students. I thank the board of trustees and county legislature for working to ratify this agreement expeditiously."

"DCC is fortunate to have many wonderful resources," added DCC Board Chair Michael Francis Dupree. "While having an advanced, well-equipped campus is important to serving the educational needs of our community, buildings don't teach students – teachers do. I'm very pleased to know that our faculty and staff are compensated fairly for the critical, life-changing work they provide."



# The Science of healing & the art of caring



## "We'll treat you like family"

Aquatic Therapy
 Orthopedic Therapy

### 3 Locations To Help You Achieve Your Goals

2 Delavergne Ave.Wappingers Falls(845) 297-4789

4353 Albany Post Rd. Hyde Park (845) 233-4960 264 Route 52 Carmel (845) 200-7646

www.CenterForPhysicalTherapy.com

### Free Rabies Clinic at DCSPCA on Oct. 23

The Dutchess County Department of Behavioral & Community Health (DBCH) is partnering with the Dutchess County SPCA to host a free rabies vaccination clinic for dogs, cats, and domestic ferrets 3 months of age and older on Sunday, Oct. 23, at the Dutchess County SPCA, located at 636 Violet Avenue in Hyde Park from 8 a.m. to noon. Advance registration is required, and residents can register at DCSPCA.org or by calling the DCSPCA at (845) 452-7722, ext. 425.

There is no charge for Dutchess County residents; non-residents will be charged a fee of \$10 per pet vaccinated. All dogs must be on leash, and cats and domestic ferrets must be in carriers. Vaccinations will be good for three years for pets with proper proof of a prior immunization. For those without proof, the vaccination will be good for one year.

In New York State, rabies shots are required for all cats, dogs, and domestic ferrets by the age of four months. Revaccination is then required on a regular schedule to keep the animal properly immunized against the rabies virus. Owners can be fined up to \$200 if they fail to get their pets vaccinated and keep them up to date.

DBCH Commissioner Dr. Santiago-Rosado reminds pet owners of the importance of vaccinating all dogs, cats, and ferrets, even if they are considered "house pets" and remain indoors. If an animal is does not have a rabies vaccine or is not up to date on the rabies vaccine and fights with a rabid or suspect-rabid animal, the pet must be promptly destroyed or placed in quarantine for six months to protect other animals and people in case the pet develops rabies. These mandates do not apply for a vaccinated pet in the same situation. In such cases, only a booster dose of rabies vaccine would be given within five days to treat the pet.

DBCH is available 24/7 to assist with any questions or concerns regarding potential rabies exposure to people or domestic animals. Pet owners should report to DCBH any incident in which their pet has been bitten by or has an open wound exposed to the saliva or nervous tissue of a domestic or wild animal. Staff will investigate and advise the pet owner of any necessary steps they should take to ensure the safety of their animal.

Residents who see an animal acting strangely are advised to contact their local police agency. If a person has been bitten, or a domestic pet is bitten or is in contact, with any animal, they're to contact DBCH immediately at (845) 486-3404 Monday through Friday 9 a.m. to 5 p.m., or (845) 431-6465 on nights and weekends.

To learn more about rabies, visit dutchessny.gov/Departments/DBCH/Rab ies-Zoonotics.htm or contact DCBH at HealthInfo@dutchessny.gov.

### Presentation about Challenges in the Hudson Valley set Oct. 13

The future of the Hudson Valley lies in its ability to ensure clean air and water. A talk on current challenges will be given by Peter Lopez, Executive Director of Policy, Advocacy and Science for Scenic Hudson. It is sponsored by the Poughkeepsie Branch AAUW, Inc. and will be held on Thursday, Oct. 13, at 7 p.m. at the Freedom Plains United Presbyterian Church, 1168 Route 55, Lagrangeville. The meeting is free and open to the public.

The talk will focus on current environmental campaigns and the upcoming vote on the Clean Water, Clean Air and Green Jobs Bond Act. It will be Proposal 1 on the Nov. 8 ballot and would provide \$4.2

billion for climate change mitigation, flood-risk reduction, water infrastructure, and land conservation. Scenic Hudson is involved in several projects to protect the land, air and water while promoting community sustainability and resiliency.

AAUW is part of a national organization dedicated to promoting equity in education, the workplace and the community. Scholarships are provided both locally and nationally and community initiatives strive to improve the lives of local residents.

Further information is available on the website, Poughkeepsie-NY.AAUW.net and the Facebook page, Face book.com/AAUWPoughkeepsie2014.



### **Dutchess County to host** sensory-friendly movie day

Dutchess County Executive Marc ny.gov/movie by Oct. 12. Doors open at Molinaro invites residents of all abilities and their families to a free sensory-sensitive screening of Pixar's Academy Award-winning film, "Inside Out," on Saturday, Oct. 15, at the Bardavon Opera House, 35 Market St. in Poughkeepsie.

As part of this special "Think DIFFERENTLY" event, the theater will adjust both the lighting and sound to make the experience more enjoyable for those on the autism spectrum or who experience sensory issues. Individuals, families and support agencies are all invited to this free event.

Reservations are required at dutchess

10 a.m. Food and drink not allowed in theater.

The movie event is the first of three Think DIFFERENTLY events the county is sponsoring at the Bardavon in the coming months: "Talking Birds and Golden Fish: A Collection of Global Animal Tales" with David Gonzalez will take place on Nov. 10, as well as an hour-long, sensory-sensitive performance of "The Nutcracker" on Dec. 9.

To learn more about how to Think DIFFERENTLY, visit thinkdiffer ently net

### Workforce housing community in Rhinebeck awarded \$6M grant

The Town of Rhinebeck's first workforce housing community has received a \$6 million grant from Wells Manor Housing Development Fund Corp.

The Hamlet at Rhinebeck, an 80-unit community, is a joint venture between Kearney Realty & Development Group Inc. and the nonprofit Housing Partnership Development Corporation. Qualifying income for the rental units is up to 90 percent of Area Median Income.

The total capitalization of The Hamlet at Rhinebeck is about \$30 million, with funding from NYS Low Income Housing Tax Credit financing and the Wells Manor Housing Development Fund Corp. grant.

Wells Manor is a nonprofit senior housing community that was sponsored by Northern Dutchess Hospital more than three decades ago as a separate entity. With its nonprofit status, when Wells Manor transferred ownership in 2020, proceeds were placed in escrow to be used for nonprofit workforce housing.

"Workforce housing, as called for in the Town of Rhinebeck's Master Plan, is a crucial need. Housing costs are very high in Rhinebeck, forcing many employees in the Town to make lengthy

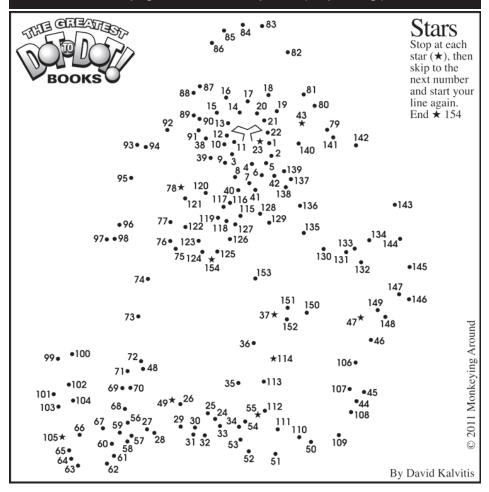
commutes to other towns and counties to find affordable homes for themselves and their families," said Dan Martin, representative of the Housing Partnership.

The Kearney Group is known for developing and renovating multifamily properties in the Hudson Valley. It has forged public/private partnerships with state agencies, towns, counties and private investors to develop innovative, affordable, mixed-income communities. The Kearney Group has successfully completed mixed-use, residential and commercial developments throughout New York State capitalized at more than \$315 million.

For four decades the nonprofit Housing Partnership has led relationships among private sector developers and financial institutions and city, state and Federal agencies. Led by President and CEO Jamie A. Smarr, the Partnership has created and preserved more than 70,000 workforce and affordable housing units, leveraging over \$7 billion in private financing and utilizing more than \$500 million in subsidies. This stimulates economic activity, enabling people to live in the communities in which they work.

### **DOT-TO-DOT PUZZLE**

See page 18 for finished puzzle (no peeking!)



## Creative Living

celebrating all good things

## Bard Conservatory to present China Now fest Oct. 7-22

The US-China Music Institute of the Bard College Conservatory of Music, in collaboration with China's Central Conservatory of Music, announces the fifth season of the China Now Music Festival, from Oct. 7 to 22. The festival's concerts will take place at The Richard B. Fisher Center for the Performing Arts at Bard College, Hudson Hall at the Historic Hudson Opera House, and Lincoln Center in New York City.

The first concert program, "Tales from Beijing," will be performed Oct. 7 at Bard's Fisher Center and Oct. 9 at the Rose Theater, Jazz at Lincoln Center. The concert will open with Hutongs of Peking by Aaron Avshalomov, a Russian-born Jewish-American composer who lived in China for 30 years beginning in 1918, and became a leading figure in pioneering modern Chinese music. Written in 1931 and premiered in 1933, Hutongs of Peking is a symphonic poem of old Beijing that lovingly depicts the sounds of Beijing's ancient alleyways—morning temple bells, the calls of street vendors, the lyrical strains of Peking Opera, the mournful cacophony of funeral drums before finally transporting us back to the tranquility of the ancient city.

This will be followed by four selections from the opera Rickshaw Boy, specifically chosen and adapted by the composer Guo Wenjing for this concert performance to showcase the grand symphonic, dramatic and lyrical nature of the opera and the tragic romance of the rickshaw puller Xiangzi, sung by Yi Li, and Huniu, sung by Manli Deng.

In the concert's second half, the audi-

ence will hear composer Ye Xiaogang's Symphony No. 2, The Great Wall. This large-scale work for piano, voice, Chinese instruments, and symphony orchestra is inspired by the idea of the Great Wall as a magnificent physical and spiritual symbol of the Chinese nation. The symphony is divided into nine movements, drawing on folk music of the many ethnic groups who live along the Great Wall from the foothills of Beijing to the Western region of China. The symphony is intended to create a deep and broad soundscape that spans time and space and will feature a young pianist from Juilliard, Xiaofu Ju, with renowned New York-based soloists on erhu,pipa, dizi and morin khuur (horse-head fiddle).

The China Now Music Festival is dedicated to promoting an understanding and appreciation of music from contemporary China through an annual series of concerts and academic activities. This year's festival will celebrate its fifth anniversary with an unprecedented program featuring three uniquely curated concerts that will trace how generations of artists from China and the West have influenced and inspired each other through musical expression.

"Our theme, 'East of West,' seeks to reveal differences in culture and tradition that have historically divided East from West—only to break them down and, through our artistic experience, create something new that belongs to both East and West," says China Now Music Festival Artistic Director Jindong Cai.

Cai will lead The Orchestra Now, the Orchestra of New Asia CMS, the Bard



Jindong Cai conducts The Orchestra Now at the 2021 China Now Music Festival. Photo by Karl Rabe

Chinese Ensemble, and guest performers in three programs over three weekends.

The second concert program, "Painted Skin," will take place on Oct. 13 at Hudson Hall, the historical opera house in Hudson, N.Y., and Oct. 15 at Rose Theater, Jazz at Lincoln Center. The third

concert program, "Journey to the East," will take place on Oct. 22 in Lincoln Center's Alice Tully Hall. For more information about the China Now Music Festival and for full programming details, visit barduschinamusic.org/east-of-west.

### SEND US YOUR EVENTS

creativeliving@sdutchessnews.com







GreatNorthernCatskills.com • 1-800-355-CATS • #LetsGoGreene





### Mentor next door

Luigi learned a lot from Sam, the retired mason.

Those of you that read this regularly have figured out that I was a bit of a pain in the neck. Growing up I was what you would call a "scuch" or bothersome. However, when I went to our next door neighbor Sam Sucato, I was anything but.

You see, Sam was a retired mason. He had a garage with lots of neat tools, a bigger garden than ours and a huge pile of sand that my brother Vinny and I would play in all the time. He was in his late 60s, about 5 foot 5 inches tall, thin, bald and only had a few teeth in his mouth. His hands were like cement and he had an aura about him that made you want to respect him. He always wore jeans and a flannel shirt with work boots. He was also very patient, which worked in my favor because there were not many people that were patient with me.

I would keep an eye out for his garage door being open. Whenever it was open I would take that as my signal to go over and I would run my little 10-year-old legs over. Sam was always tinkering with something and he would always let me help him. He taught me a lot of things that I use to this day. One time he taught me how to hammer nails and to measure by

drawing a line on an old board and telling me drive in nails on the line exactly one inch apart. He then measured them and if they weren't perfect he made me pull the nails, straighten out the nails using an anvil and do it again using the same nails. He taught me how to shoot my BB gun by setting up a target and letting me shoot up close, then slowly moving me back a couple of feet at a time till I became a pretty good shot. He taught me how to rewire a lamp and other basic electric and plumbing skills telling me that I would need them someday.

Little by little, I was there every day after school in his garage tinkering away. When he wasn't there he would let me open his garage and tinker away on my own. On one occasion, my father had a sculpture from the restaurant that need to be repaired, so Sam and I worked on it with plaster till we got it just right.

One day, Mom told me I couldn't go over. Mrs. Sucato had passed away and I had to leave Mr. Sucato alone. A couple of day later, I was outside feeding the dog when I noticed the garage door was open. I wandered over and Sam was in the garage fixing his tractor. I sidled up next

to him without a word. I didn't think he needed to be said. I was just happy I noticed me there but he called out to me to hand him a tool. I obliged without a word. He handed it back to me and asked for another tool. I gave him the tool and he handed it back to me. After a half hour of this back and forth we were finished. He stood up and I handed him a rag to wipe his hands. I put out my hand and shook it. I told him I was sorry. He grinned a toothless smile and said thank you then patted me on the back.

We took the tractor down and asked me if I wanted to drive it to test it out. I had never driven before, so I jumped at the chance. He started it up, showed me a few things then told me to get to work and mow the back yard. He stood outside his garage watching me as I went round and round. He pointed out some spots that I missed and I had to go back and fix them. I had to be careful that the lines were straight and he showed me how to do that also. I think he was happy for the distraction. When we were done, we went inside and he poured us a glass of Italian Iced Tea.

We sat down at his kitchen table and sipped our iced tea in silence. Nothing could do something for him.

### ITALIAN ICE TEA

#### Ingredients

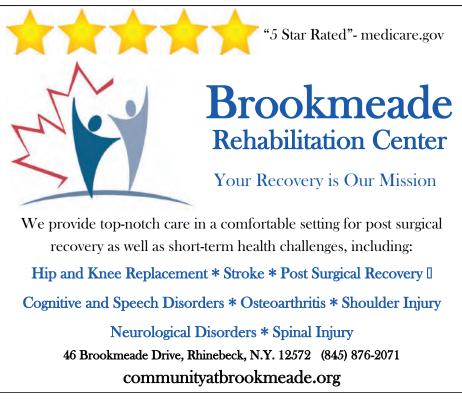
- 8 ounces of ginger ale
- 16 ounces of brewed tea
- 4 ounce of sweet vermouth (optional)
- 3 Mint Leaves
- 6 teaspoon of sugar
- 1 whole lime, squeezed
- 1 whole lemon, squeezed
- 1 oz. Grenadine
- Ice

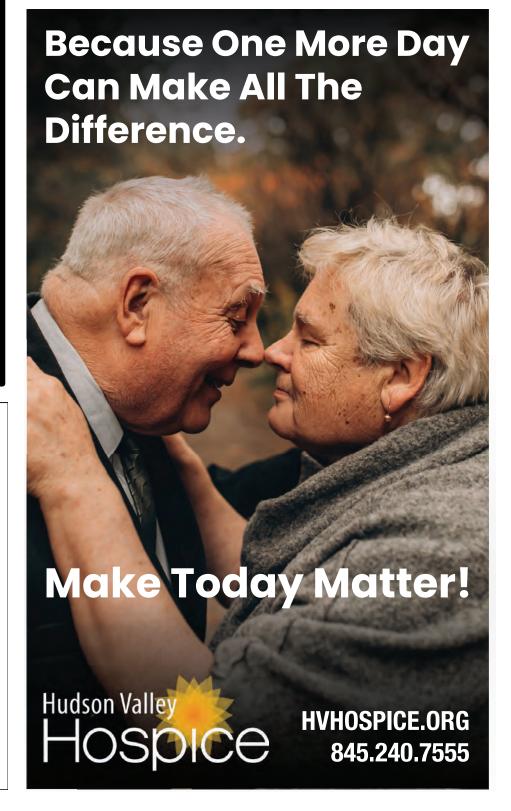
#### Method

- In a pitcher add all your ingredients and stir till the sugar melts.
- Serve over ice with a slice of orange.

Luigi Coppola is one of five brothers born to Francesca and Antonio Coppola. The Coppola family came to America from Naples, Italy in 1954. Antonio and his brothers opened their first restaurant in Poughkeepsie in 1961. Luigi and his brothers Nick, John, Antonio and Vincent have carried on the family tradition in the way their parents taught them, using classic recipes taught to them at their apron strings. Visit their website at www.coppolas.net.









### Exhibition of Caroline Clowes' extraordinary animal paintings offer life lessons & beauty

by Bill Jeffway

Delayed by the pandemic, and the result of years of research and archival restoration, the Dutchess County Historical Society has assembled the first dedicated exhibition that focuses exclusively on the works and life of LaGrange artist Caroline Morgan Clowes.

Clowes was recognized internationally in the 19th century for her depictions of local farm and domestic animals, but her legacy was allowed to fade away.

"Fertile Ground: The Hudson Valley Animal Paintings of Caroline Clowes" will be on view at the Locust Grove Estate on South Road in Poughkeepsie from Nov. 4 to Dec. 30 (More info at www.dchsny.org).

As visitors will see, Clowes had an exceptional ability to capture light and shading, and to connect the viewer in a very intimate way with the animal.

In 1878, the Vassar College newspaper, "Miscellany," quoted Henry Van Ingen, the head of the then-fledgling Art Department at Vassar College, complimenting the character of her "transparently solid flesh tints." Though seemingly contradictory, it is precisely this luminosity and the skill and detail involved in depicting both animals and landscapes that makes her work so powerful.

Clowes' personal story is compelling. She had to overcome personal tragedy and loss early in life, and experienced pushback and barriers as a woman wishing to succeed artistically and commercially in a field dominated by men.

Through thousands of pages of letters and diaries, the exhibition tells the story of a woman of vision and drive. Growing up among a cadre of accomplished women at her family home, Heartsease, she would later be buoyed by the support of nationally-renowned artists and educators involved in the 1865 founding of Vassar College. With hard work, perseverance, and a little luck, Clowes was able to shed her remote childhood in the Sullivan County woodlands for the national stage.

The exhibition is presented in four chapters. The first chapter, "Early Life," examines her early life and the story of Clowes losing her mother when she was only 2 years old. A profoundly moving deathbed letter penned by her mother and addressed to her is part of the exhibition. She and her older sister were raised by their single father in the remote woodlands in Sullivan County until Clowes was 13 years old and effectively adopted by her late mother's brother and family in LaGrange.

The second chapter, "Becoming an Artist," explains Clowes' training in art, which was launched by a highly accomplished member of the family who lived at the same house. Poughkeepsie was then known as the city of schools, well before Vassar College opened in 1865, and Clowes took full advantage of that. She took instruction at the Poughkeepsie



A family favorite, this horse called "Buckskin" was brought back from the U.S. south when Caroline Morgan Clowes' cousin Ambrose Hart returned from service in the Civil War.



Although most of her subjects are farm animals, this is an early painting done by Caroline Morgan Clowes of the family cat and dog, Dick and Bingo, under the title "The Challenge."

Caroline Morgan Clowes painted mostly farm animals, bringing a sincerity and authenticity that can be seen here.

### DCHS SETS DATES FOR CAROLINE CLOWES EXHIBIT

- Sunday, Nov. 20 at 2 p.m., "From Attic to Gallery, the Art and Science of Conserving Art with David Heskes," Yost Conservation.
- Sunday, Dec. 4 at 2 p.m., "Painting in a Challenging Landscape: Women Artists in the 19th Century" with Rob Doyle, President, DCHS.
   Sunday, Dec. 11 at 2 p.m., "Drawn to Nature: The Sketches and Studies of Caroline Clowes" with
- Caroline Culp, Ph.D., Vassar College.
   Sunday, Dec. 18 at 2 p.m., "Caroline Clowes: How Poughkeepsie, the City of Schools, Nurtured An
- Artist," with Bill Jeffway, Melodye Moore, DCHS.

   Wednesday, Dec. 28, children's program for ages 7 12 takes place. It is free, but requires advanced sign up.
- The curators of the exhibition are Caroline Culp, PhD, Adjunct Assistant Professor of Art History at Vassar College, Melodye Moore, Trustee and Collections Chair at DCHS, and Bill Jeffway, DCHS Executive Director.

Exhibition hours are Nov. 4 to Dec. 30, Wednesday to Sunday from 1 to 5 p.m. Closed Thanksgiving Day, Christmas Eve, and Christmas Day. There is no charge for admission. The event is organized by the Dutchess County Historical Society, hosted at Locust Grove, and brought to the public through the generous support of the Members Fund of the Loeb at Vassar College and private donations.

Tickets to a catered, private preview on Thursday, Nov. 3 can be purchased by calling Locust Grove at (845) 454-4500 seven days a week between 10 a.m. and 5 p.m. or by visiting www.dchsny.org.

Female Collegiate Institute, and later took private lessons from the renowned French painter Frederick Rondel.

The third chapter, "Her Work," presents 25 paintings, including some loaned by private owners, and a number of sketches on paper that represent her work as a mature artist.

The fourth chapter, "Later Life and Legacy," looks at the period when she was involved in the community through the newly founded Vassar Brothers Institute, now the Cunneen-Hackett Center, and looks at why her reputation might have been allowed to fade prematurely.

This outlines the five programs presented in person with limited seating with an RSVP required. Instructions will be published closer to the time. Also feel free to email Bill Jeffway anytime with questions: bill.jeffway@dchsny.org.

Bill Jeffway is the Executive Director of the Dutchess County Historical Society and can be reached at bill.jeffway@dchsny.org or (845) 293-7711.





## A&F (Jalendar

### arts and entertainment happenings

Note: Please check with event venues for any guidelines related to the ongoing COVID-19 pandemic.

Ongoing

Mansion & Landscape Tours, Wilderstein Historic Site, 330 Morton Rd., Rhinebeck. Wilderstein is a not-for-profit house museum. The estate was the home of Margaret (Daisy) Suckley, a distant cousin and confidante of Franklin Roosevelt. With its exquisite Queen Anne mansion and Calvert Vaux designed landscape, Wilderstein is widely regarded as the Hudson Valley's most important example of Victorian architecture. Guided tour includes the exterior architecture and first floor of the mansion, the landscape, and history of the Suckley family. Sat. & Sun., noon, 1, 2 & 3 p.m. Tickets \$12. Advance online registration encouraged, but walkins welcome if space is available. Buy tickets at http://wilderstein.org/calendar/

Tours, Old Rhinebeck Museum Aerodrome, 9 Norton Rd., Red Hook. Museum open daily, through October. Weekend Air Shows: through Oct. 16. Biplane rides available by reservation. https://oldrhinebeck.org/

**Tours,** Mount Gulian Historic Site, 145 Sterling St., Beacon. Visitors will hear about Mount Gulian's centuries-long history that shaped our nation, including its part in the Revolutionary War as Patriot General Von Steuben's headquarters. They'll learn about the founding of the

Society of the Cincinnati, our country' s oldest veterans' organization, and the history of generations of Verplanck family members who lived at Mount Gulian. Visitors will discover the stories of James F. Brown, a fugitive slave who risked his life for freedom, and of Robert Newlin Verplanck's participation in the Civil War as an officer in the US Colored Troops. Artifacts on display span the 18th through the 20th centuries and include antique books, furniture, and an array of Revolutionary War items. Tours of the historic home, 18th-century Dutch barn, and heritage garden will be given on Wed., Thurs., Fri. & Sun., at noon, 1 p.m., 2 p.m. and 3 p.m. Season runs through Oct. 23. Advance reservations recommended. Admission is \$10 adults, \$8 seniors, \$5 children (ages 6-18); free for children under 6 and Mount Gulian members. Visitors are required to wear a mask when indoors. (845) 831-8172 or info@mountgulian.org

Through Oct. 30

Harvest Hunt, Locust Grove, 2683 South Rd., Poughkeepsie. A very special story walk-scavenger hunt for kids and families. Come find over two dozen decorated pumpkins hidden among the flowers and trees on the historic estate. Map provided. Costumes encouraged. Sat. & Sun. in October; also Mon., Oct. 10. 10:30 a.m.-4 p.m. Tickets \$10/person. Children under 4 are free; everyone else needs a ticket. www.lgny.org/calendar or (845) 454-4500

Through Oct. 31

Irving's 'Legend,' Washington Irving's Sunnyside, W. Sunnyside Lane, Tarrytown. Performing amid the lush landscape of Washington Irving's estate, master storyteller Jonathan Kruk, accompanied by live music by Jim Keyes, brings to life the story of "The Legend of Sleepy Hollow" in this outdoor, evening event. Oct. 8-10; 14-16; 21-23; 28-31. Online tickets start at \$30 for adults and \$24 for children. Historic Hudson Valley members receive a 15% discount on tickets. Buy tickets online at www.hudsonvalley.org or by calling 914-366-6900 (\$2.50 per ticket surcharge for phone orders).

Through Nov. 13

Home of the 'Legend,' Washington Irving's Sunnyside, W. Sunnyside Lane, Tarrytown. Sunnyside celebrates its connection to Washington Irving's classic tale, The Legend of Sleepy Hollow, at this family friendly daytime event. Home of the 'Legend' includes a tour of the cottage, an original short shadow puppet film and a Legend-themed exhibit. Oct. 8-10; 14-16, 21-23, 28-31; Nov. 4-6, 11-13. Online tickets start at \$12 for adults, \$10 for seniors and children 3-17, and are free for those 2 and under. Held rain or shine. Buy tickets online at www.hudsonvalley.org or by calling 914-366-6900 (\$2.50 per ticket surcharge for phone orders).

Through Nov. 20

The Great Jack O' Lantern Blaze, Van Cortlandt Manor, 525 S. Riverside Ave.,

Croton-on-Hudson. Features illuminated. individually hand-carved Jack o' lanterns in elaborate displays which are professionally lit throughout the landscape of the manor in various themed areas. All admissions are by advance purchase only. Dates: Every day in October; Nov. 2-6; Nov. 9-13; Nov. 18-20. Online tickets start at \$32 for adults and \$24 for children 3-17, and are free for children 2 and under. Held rain or shine. Buy tickets online at www.hudsonvalley.org or by calling 914-366-6900 (\$2.50 per ticket surcharge for phone orders).

Oct. 8

Contra Dance, Arlington Reformed Church, 22 Raymond Ave., Poughkeepsie. Music will be by Matthew Christian on fiddle and Nicholas FitzGerald on bouzouki; calling will be by NYC-based Alexandra Deis-Lauby, 7:30-10:30 p.m. Doors 6:45 p.m. Lesson 7:15 p.m. Admission \$10, students \$5 w/valid ID. No partner needed; all ages welcome. (845) 473-7050 or https://www.hudsonvalleydance.org/

Fall Backyard Concert Series, Hyde Park Library, 2 Main St., Hyde Park. This week: Eric Garrison, local singer-songwriter who has a lot of new material to show off due to the pandemic. Eric will be singing mostly his own tunes, accompanying himself on guitar and octave mandolin with perhaps a little tenor guitar or banjo. Concerts will be held at 3 p.m. in the library courtyard (or in the annex in the event of rain). If it's cold, the library will have outdoor heaters. hydeparkfreelibrary.org

### Register for SCRABBLE fundraiser



Shown at a previous Scrabble tournament are Stephanie Walker (left), Lisa Simpson (center), both of Poughkeepsie, in uniform as the Qwerty Queens, with Cheryl Hoffman (right), tournament scorekeeper/judge from Malta, NY. Photo by Patty Ten

Annual Benefit SCRABBLE Blitz Tournament on Thursday, Oct. 20, from 6:30 to 9:30 p.m., a major fundraiser for Mid-Hudson Love INC. This unique event at the Freedom Plains United Presbyterian Church in LaGrange also includes raffles, an online auction, and a SCRABBLE-themed photography contest. Registration deadline is Oct. 16.

The annual SCRABBLE Blitz Tournament is a fast-paced, timed, team style of play with fun bonus point possibilities; players have the option of 'competitive' or 'just for fun' wordplay. Registration for the event is \$30 per person or \$60 per team and includes three rounds of play, prizes, beverages, snacks, and one free raffle ticket. Complete rules and entry forms are available online at

Photographers are invited to enter the 'Best Board Photo Contest' with a closeup photograph of a SCRABBLE board displaying words describing the work of

Registration is open for the 13th Love INC. Photographs must be emailed by 10/13 for exhibit at the tournament. One prize will be awarded. Entry fee is \$25 for each photography entry. For the auction, online bidding on artwork, jewelry, and other items will open two weeks prior and close at the tournament. The link will be available at mid-hudsonloveinc.org.

> Proceeds from this fundraiser will fight poverty through the work of the local non-profit organization, Mid-Hudson Love In the Name of Christ. Love INC mobilizes volunteers to address poverty and build resilience across the local community through delivery of much-needed resources and offering life-skills classes. Freedom Plains United Presbyterian Church hosts the tournament at 1168 Route 55 in LaGrange. For more information on Love INC, or to register for the SCRABBLE Tournament or Contest, visit www.midhudsonloveinc.org scrabble@mhlinc.org.





Find us on Facebook: **Southern Dutchess News Group** 

## Exhibitions

### at galleries and museums in the Hudson Valley

Kaatsbaan Cultural Park, 120 Broadway, Tivoli. Through Oct. 16: Second Annual Sculpture Exhibition, contemporary artworks installed throughout the lush meadows and woodland walkways of the historic 153-acre property that is an internationally renowned dance residency. www.kaatsbaan.org

**LAND Gallery,** 30 Charles Colman Blvd., Pawling. **Through Oct. 30:** "Bannerman Island, Then and Now," photographs by Linda T Hubbard, some taken from a helicopter before some walls of the Castle collapsed. (845) 490-2281 or www.landgalleryonline.com

Montgomery Row Art Exhibition Space, 2nd Level, 6423 Montgomery St., Rhinebeck. **Through Oct. 30:** "In Sync," an exhibit of avian photographs by Claudia Gorman and art of various mediums by Basha Ruth Nelson. Contact Gorman at claudiagorman.com and Nelson at basharuthnelson.com.

**Morton Memorial Library,** 82 Kelly St., Rhinecliff. **Oct. 7-28:** Morton's Celebration of Fiber Arts. **Opening reception:** Fri., Oct. 7, 6-8 p.m. (845) 876-2903

Rhinebeck Bank, 6414 Montgomery St., Rhinebeck. Through Oct. 22: The bank features an exhibit of Gage John Lazare paintings. A Native American with roots in the Iroquois tribe, which was originally located in the Mohawk Valley region, Lazare's ancestral pride is evident in his

work. A self-taught artist, he credits his grandparents for supporting his artistic talents and encouraging him to pursue them, no matter where that led him. www.gage-iohnlazare.com

**Tivoli Artists Gallery,** 60 Broadway, Tivoli. **Through Oct. 16:** The Small Works Show, featuring the art of 30 artists working in a variety of methods, media, and of expression. Size is the only limitation in this exhibit of works no larger than approximately 11 X 14 inches. www.tivoliartistsgallery.com

WomensWork.art, 4 S. Clinton Ave., Poughkeepsie. Through Oct. 29: "Unbound," works by Serena Depero. Through Nov. 26: "Ritual: Art and Witchcraft." (845) 293-3660 or womenswork.art

Woodstock School of Art, 2470 Rte. 212,

Woodstock. **Through Oct. 15:** 2022 Woodstock Monoprint Invitational, printmakers from around the area have been in the graphic studio creating works with Master Printers. Each artist will donate one print for this exhibition. woodstockschoolofart.org

### ATTENTION ART GALLERIES

E-mail exhibition listings to: creativeliving@ sdutchessnews.com

## Ghostly encounters signal 'spooky season' at Clermont

The spooky season is back upon us, and with it comes Clermont State Historic Site's Legends by Candlelight Ghost Encounters. On Friday, Oct. 21 and Saturday, Oct. 22, come sit on the lawn at Clermont surrounded by flickering Jacko'-lanterns as ghosts from Clermont's past tell their stories. Some stories are sad, others scary and some funny, but they are all true.

On Saturday, Oct. 29 and Sunday, Oct. 30, visitors will begin their night of spooky entertainment enjoying a bonfire with marshmallows, then be whisked off on a walking tour to meet the ghosts of Clermont. Visitors for the ghost encounter should wear comfortable shoes and be ready for an adventure.

All events are outside, so it is suggested that visitors dress for the weather.

Tickets will go on sale on Monday, Oct. 3. Three encounters will be given each night at 6, 7 and 8 p.m.. Advanced tickets are required for this event and no walk-ins will be allowed. Tickets are \$12 for adults and \$5 for children ages 5-12. To reserve tickets or for more information, call (518) 537-4240.

Clermont State Historic Site was home, to not only the Livingston family, but to many other people as well. Clermont's most well-known resident, Chancellor Robert R. Livingston, famously helped to draft the Declaration of Independence; but enslaved people, indigenous peoples, tenant farmers and paid servants all called Clermont home.

In addition to the historic mansion and Visitor Center Museum, Clermont State Historic Site offers sweeping panoramic views of the Hudson River valley, perfect for picnicking or watching the sunset. There are five miles of hiking trails spread out on the 500-acre property.

## Living history cemetery tours set in Rhinebeck

Theatre on the Road and Friends of Rhinebeck Cemetery will bring six spirits to life who each contributed to Rhinebeck's rich past. Living history cemetery tours will take place Oct. 8-9 and 22-23. All tours start at 3 p.m. On Saturdays, Oct. 8 and 22, there will also be 1:30 p.m. accessible tours.

Tours begin in the late 18th century and end in the early 20th century. Guests will meet George Veitch, an architect who designed Wyndclyffe and Lorena Hickok, an American journalist and friend of Eleanor Roosevelt. Next on the tour will be Levi Parsons Morton, a United States Vice President and New York State Governor. Also returning from the hereafter will be Mary Morton, a philanthropist and daughter of Levi Parsons Morton, Laura Franklin Delano, a cousin of Franklin Roosevelts and Olin Dows, an artist whose murals can be found inside the Rhinebeck Post Office.

Jane Kaufman and David Britton provided historical research and monologues for this year's cemetery tours.

As guests move through the cemetery, they will hear these historic characters tell their unique stories. Characters will be in authentic costumes and played by members of Theatre on the Road. Guests will enter the cemetery at the Mill Road gate and follow the signs for parking.

Guided tours will last one hour.

Tickets are \$15 adults, \$10 students, \$8 seniors and under 12. Purchase tickets by visiting www.friendsofrhinebeck-cemetery.org . For more information, call (845) 475-7973.

Theatre on the Road is the creation of actor, writer and director Frank Marquette and his partner co-producer, and wife Kristen. They have been producing and performing plays for public, educational, and charity events since 1998. Original productions include Poe's Last Mystery, Kingston: Voices from the Past, Whiskey Women, and A Taste of Shakespeare. To learn more, visit www.theatreontheroad.com.

Friends of Rhinebeck Cemetery, Inc. is a not-for-profit organization working to promote and optimize the history, design and ecology of the cemeteries under the Town of Rhinebeck's jurisdiction; Rhinebeck Cemetery on Route 9 and Mill Road, Kirchehoek Cemetery (Wey's Crossing) on Route 9; and Kerk Hof Cemetery in Rhinecliff. Nestled into the natural beauty of the Hudson River Valley, these gems are rich with national, state and local histories, architectural treasures, natural heritage, and remembrances of the dead. For additional information, visit www.friendsof rhinebeckcemetery.org.

### County Players presents CP2 Series Readers Theatre Mini-Festival #1 Oct. 7-9

County Players, one of the longest running community theatre companies in the area, will present the Mini-Festival #1 in the CP2 Series Readers Theatre from Oct. 7 to 9 at County Players Falls Theatre, 2681 West Main St., Wappingers Falls.

2681 West Main St., Wappingers Falls. Reading #1 - "Admissions" by Joshua Harmon, directed by Christine Crawfis

Sherri is head of admissions at a New England prep school, fighting to diversify the student body. She and her headmaster husband have succeeded in bringing it into the 21st century. When their only son sets his sights on an Ivy League university, personal ambition and progressive values collide, with convulsive results. Reading features local talent of Jeff Battersby, Kit Colbourn, Eric Feeney. Stephanie Hepburn, Claudia King, and Marina Penzner.

Reading #2 - "The Niceties" by Eleanor Burgess, directed by Kit Colbourn

A Black student visits her white professor during office hours to discuss her paper on the American Revolution The polite review of her thesis explodes into a high stakes debate over race, history, power, and revolution. Includes local actors, Regina Perrone, and Jasha

Woodall

CP2 Readers Theatre is a series at County Players which offers an opportunity for actors, directors, and audience members to experience theater in a fresh way: selected plays with 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.

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: Masks will be recommended but optional. Proof of Vaccination is required and valid photo ID must be presented at the time of entry into the theater. Visit countyplayers.org/covid-19-policy/

Anyone who requires wheelchair accessibility may contact the Box Office at (845) 298-1491.



### Diversions

### SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

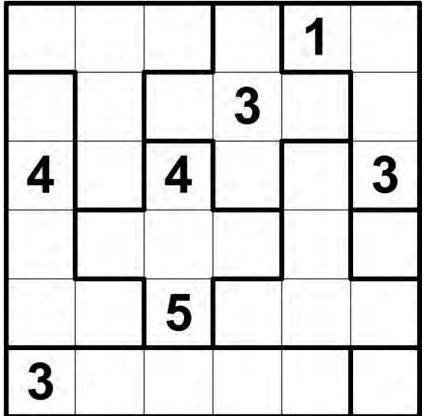
Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

4					9		2	
	9		5			4		3
1			4					
	5					1		4
	6			4			7	
2	-21	4					6	
					6			8
9		6			5			
	3		8		51			1

### Suguru



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

### **ACROSS**

- 1. Barn youngsters
- 6. Licensed accts.
- 10. Title for Nicholas II or Feodor III
- 14. Ancient Greek forum
- 15. Vane direction
- 16. Blood: pref.
- 17. Plant secretion
- 18. Protective barrier
- 19. Perched upon
- 20. Left high and dry
- 22. Medicine container
- 24. Rex or Donna
- 25. Pullman car
- 26. Deep fissures
- 29. Old Testament prophet
- 30. "Ben-\_\_"; Charlon Heston classic
- 31. Furry swimmer
- 33. Second-largest city in the Sooner State
- 37. Choir member
- 39. Aneurysm site, often
- 41. Fly high
- 42. Macaroni, for one
- 44. Set in place
- 46. Fem. title
- 47. Trapped
- 49. Human
- 51. Sniper
- 54. \_\_\_, Nevada 55. City where Clint
- Eastwood was mayor
- 56. Mattress framework
- 60. Lamb's pen name
- 61. Jacket style
- 63. Useful
- 64. Gas light
- 65. Mystical verse
- 66. Showed again, as a TV show
- 67. Sea eagles

- 68. One-dish meal
- 69. Actress Barbara & others

### **DOWN**

- 1. Jack, for one
- 2. Arch style
- 3. Gambler's woe
- 4. Those who make an effort
- 5. Resort on the Riviera
- 6. Relinquished
- 7. \_\_ for; bought
- for; request
- 9. Takes illegally
- 10. Tête toppers
- 11. Arrangement
- 12. Soap plant
- 12. Ouap plan
- Cattleman
- 21. Seed covering
- 23. Encounter
- 25. Out of \_\_; crabby
- 26. Fellow
- 27. Luau dance
- 28. Carney and Garfunkel
- 29. John the Baptist's foe
- 32. Reckless imbiber
- 34. Confused
- 35. Actress Gilbert
- 36. Russian sea
- 38. Footstools
- 40. Shot carefully
- 43. Mr. Johnson
- 45. Franciscan's haircut
- 48. Moray seekers
- 50. Went bad
- 51. Setting
- 52. Healthier
- 53. Hunter in the sky
- 54. Revitalize
- 56. Tibia or fibula
- 57. Ireland, to the Irish
- 58. Ladd or Alda
- 59. Hideaways
- 62. Egypt's boy king

1	2	3	4	5		6	7	8	9		10	11	12	13
14		7		F		15		7			16			Ħ
17						18				Ħ	19	Ĭ		
20					21				22	23				
i			24					25		H		Ī		
26	27	28					29							
30			П	31		32			П	33		34	35	36
37			38	Ħ	39				40		41			
42				43		44				45		46		
i			47		48				49		50			
51	52	53						54		Ħ				
55		'n					56					57	58	59
60					61	62				63				
64					65					66				
67					68					69				

## Stanford Free Library October events

Registration required for events unless noted otherwise. Please email stanfordlibrary@optonline.net or call 845-868-1341.

**Brain Games** 

Thursdays 10:30 – 12:00 pm

Calling all seniors! Join in the fun and laughter of our brain games! Fun, stimulating, invigorating word games, board games, card games, conversation, and laughter!

Knitting

First, Third and Fifth Thursday of the month 7:00 pm – 8:30 pm

Come for knitting, tea and conversation. All levels welcome. Advanced knitters will teach beginners

Documentary Film Series: Contemplating Contemporary Art & Culture

Fourth Thursday of the month

Come at 6:45 for meet & greet. Film begins at 7:00 pm. Please join us. No registration required,

Entertaining & illuminating films on the influence of modern & contemporary art on our culture. Lively discussion post viewing. Hosted and curated by Carin Goldberg.

Mahjong for Intermediate Players Fridays 10:00 - noon

Come and play Mahjong with this fun, friendly group.

Yoga with Mia via Zoom First Friday 10:00 am Link sent upon registration.

Bridge

Mondays 1:30 pm – 3:30 pm

If you are a beginner or an experienced player looking for a partner or just curious about the games, this is for you.

Water Color Workshop

First, Third and Fifth Tuesday of each month 1:00 pm – 4:00 pm

Beginners Welcome!

Individuals can bring an image or work from a smart phone to paint in class or choose from ones provided. Supplies are not provided; a list of needed materials is available at the library.

Fiber Arts

First and Third Tuesdays 6:00 pm Bring your projects and work alongside others in our Community Room.

Meditation Class Third Wednesday 10:00 am In-Person (Masks Required) or via

Susan Olin-Dabrowski will lead this one hour monthly meditation program. First timers and experienced meditators are welcome! Headset or earbuds recommended.

Link sent upon registration.

The Great Give Back October 1-31

We will be joining many other libraries in NYS by participating in the The Great Give Back. We will be collecting much needed non-perishable food items and supplies for the Stanford Grange #808's Little Food Pantry.

October Hybrid Book Club Monday, October 10 12:00 pm

October's Selection is "Hotel Silence"by Audur Ava Olafsdottir. The October meeting will be a hybrid meeting. You may choose to attend in-person or via Zoom.

Literacy Connections Classes for English Language Learners

Every Monday starting October 17 6:00 pm – 8:00 pm

All levels welcome.

Agriculture and Your Community Wednesday, October 19 6:30 pm – 7:30 pm

Sponsored by the Town of Stanford's Special Events Committee and the Centennial Farms Foundation.

Local farmers will be guest speakers. Hear their stories and how agricultural challenges have threatened their way of life and why we need to take action now. Feel free to bring the little ones for a separate children's program. No registration required.

Foreign Film Series

Starting Friday, October 21 6:00 pm Showing the Academy Award Winner film Antonia's Line.

Defensive Driving Class

Tuesday and Wednesday, October25 and 26 6:00 pm – 9:00 pm

Fee \$38.00. Must attend both sessions. For questions and registration, contact Bill Owens 845-756-2481.

Downsizing Dilemmas Solved Saturday, October 29 11:00 am

Colleen Ashe from Ashe Organizing will discuss the steps to take today to make it less scary.



### Starr Library's October-at-a-glance

For more information on these events, visit the calendar at www.starrlibrary.org.

#### **ALL AGES**

WED. OCT. 12 @ 2pm & TUE. OCT. 18 @ 6:30pm - Sinterklaas Mask Coloring

FRI. OCT. 14 @ 5pm - Miracles on Montgomery: Parade! Cinema! Food! with Upstate Films

OCT. 15 to 22 - The Great Give Back: Coat Drive

FRI. OCT. 21 @ 2pm - Device Advice: How to Use Starr Library's E-Resources

OCT. 21 & 22 - Fall Friends' Book Sale

FRI. OCT. 28 @ 5pm - Theremin Ghosts! (ages 13+ recommended)

#### **ADULTS**

WED. OCT. 5, 12 & 26 @ 10:30am - Tai Chi for Beginners

TUE. OCT. 11 @ 5pm - Virtual Cooking Class (Thai) with Holly Shelowitz

TUE. OCT. 11 @ 1pm - Mysteries

Book Club: Dead North by Sue Henry WED. OCT 12 @ 6pm - Village Comprehensive Plan Forum

THU. OCT. 20 @ 10:30am - Sound Meditation with Anna Kaselis

THU. OCT. 20 @ 7pm - Author Talk: Humorous Horror Stories with Joann Cohen

TUE. OCT. 25 @ 7pm - Starr Library Book Club

WED. OCT. 26 @ 7pm - Nerds @ Nite Gaming with Megabrain Comics

#### **YOUTH & FAMILY**

TUESDAYS @ 10:30am - Outdoor Story Time with Miss Robbie

THU. OCT. 6 @ 4pm - STEAM for Kids with Mikelison Womack

THU. OCT. 13 & 27 @ 10:15am -Music and Movement with Terry Watson SAT OCT. 15 @ 2:30pm - Saturday Storytime with Miss Nancy

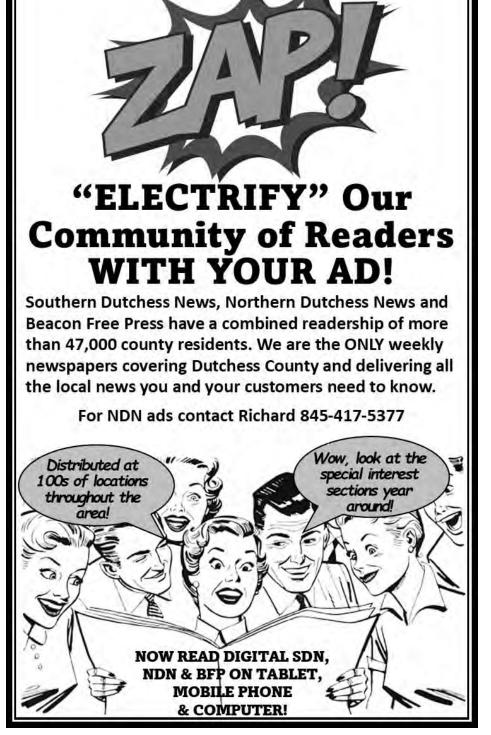
SAT. OCT. 22 @ 11:30am - A Special Halloween Storycrafters Performance

SAT. OCT. 29 @ 11am - Spooky Felted Animal Workshop with Mallory Zondag

### LOOK FOR LOVE TO COOK IN NEXT WEEK'S ISSUE

Vicki Frank Day shares stories and recipes.





### GOLDEN LIVING

Note: the Office for the Aging and OFA Friendship Centers are closed for Columbus Day on Monday, October 10th, with OFA Home Delivered Meals clients receiving meals in advance of the holiday.

### MEDICARE OPEN ENROLLMENT SEASON ARRIVES THIS MONTH

If you're already a Medicare beneficiary or closing in on the age of Medicare eligibility, October marks the busiest time of year for Medicare: open enrollment season, every year from October 15th to December 7th. Chances are you've been getting more than a few Medicare plan advertising mailers, with TV and internet advertising also aimed at you.

It can combine to cause a lot of anxiety: am I signed up for the right plan? Do I need to make changes? That ad I got in the mail says one thing, but does the fine print say something else? (It probably does.)

The options can be a bit much. Last year's Kaiser Family Foundation survey of 2022 Medicare plans found the average beneficiary could have chosen from among 54 Medicare plans, 766 Medicare Part D prescription drug plans, and a record 3,834 Medicare Advantage plans.

Somewhere amid the hype, or apart from it, are the right plans for you for 2023. You might already be enrolled in them. But if Medicare is new to you, and you want an impartial look at your open

enrollment options, reach out to us at OFA. Our certified HIICAP (Health Insurance Information, Counseling and Assistance Program) counselors provide non-sales-oriented guidance. The OFA HIICAP Hotline is available at 845-485-2566, and you can find more at www.dutchessny.gov/hiicap.

### LOWER-PRICE OFA PROM ADMISSION FOR ONE MORE WEEK

This is the last week Dutchess County older adults will be able to obtain lower-priced admission to the 25th annual OFA Senior Prom, coming up on Monday, October 24th from noon – 4pm at Village Borghese, 70 Widmer Rd. in Wappingers Falls. Admission is \$20 per person when paid before Friday, October 7th, or the prom reaches capacity. If any seats are left after October 7th, the price goes up to \$30 per person.

After a two-year hiatus the prom is back, with the theme "Silver Anniversary." Many prom-goers have been planning their silver-themed prom gear ever since the previous prom. Dressing up to match the theme is optional, but it does put participants in the running to be the "Duke and Duchess" of each year's prom. Bob Martinson and his full band will be there, making sure the dance floor stays packed.

There's a Senior Prom reservation form inside the Fall 2022 THRIVE60+

newsletter, now being delivered to thousands of homes on the OFA mailing list. THRIVE60+ is also available at libraries countywide. You can also print a prom reservation form from the OFA website, available at dutchessny.gov/prom, or pick one up at OFA headquarters in Poughkeepsie.

If you're coming as part of a group, there are a maximum of ten seats per table

Golden Living is prepared by the Dutchess County Office for the Aging, 114 Delafield St., Poughkeepsie, New York 12601, telephone 845-486-2555, email: ofa@dutchessny.gov website: www.dutchessny.gov/aging

### THE HIDDEN LONELINESS EPIDEMIC – AND ITS SOLUTIONS

The number of older adults battling isolation and loneliness is growing, and by more than official measurements can count. The increased risk of isolation and loneliness on older adults can have a significant negative impact on their health and wellbeing, described by some researchers as equal to the effect of a smoking 15 cigarettes a day.

Dutchess County OFA is part of the search for solutions. We're taking part in a special free screening of the new documentary "All the Lonely People" at Boardman Road Library, 141 Boardman Road in Poughkeepsie, on Friday, October 21st at 1 pm. Register in advance by contacting OFA during business hours at 845-486-2555.

"All The Lonely People" tells the stories of a handful of people from many different walks of life, offering intimate access to their struggles to overcome their own loneliness and isolation. It's part of a statewide screening tour organized by the New York State Office for the Aging (NYSOFA), and the Association on Aging in New York (AgingNY).

Where are the sources of connection that can fight isolation and loneliness? Being involved in the community, through volunteering, physical

activities, or connection through seniors' houses of worship. According to a recent AARP study, other sources of joy for older adults include activities such as:

- Being outdoors (87%)
- Physical activity (72%)
- Hobbies, skills or projects (72%)
- Connecting with others in person (83%)
- Connecting by phone or virtually (79%)

Future OFA newsletters will feature more information on how we can replace isolation with connectedness.

### SPEAKING OF BEING OUTDOORS...

We're closing in on peak fall foliage season in Dutchess County, and if you're looking for places to get out and enjoy the foliage that would be suitable for older adults with mobility challenges, an informal survey of OFA staff mentioned the following:

Dutchess County Parks – Bowdoin Park in Wappinger; Wilcox Park in Milan/Stanford; both Dutchess County Rail Trails; and Quiet Cove Park in

Poughkeepsie (open through the end of October). For more information, visit www.dutchessny.gov/parks. Outside of the county parks system, there are votes for Poet's Walk in Red Hook; the Walkway over the Hudson in Poughkeepsie; the Mills Mansion and Norrie Point areas in Staatsburg; and the Franklin D. Roosevelt and Vanderbilt sites in Hyde Park. Check ahead to find out about any accessibility issues and accommodations. For those who prefer a drive through the countryside, there are countless county routes (the ones with the blue-and-gold numbered "Dutchess County" signs) that are lovely this time of year. Which is your favorite?

### OFA PUBLIC COMMENT FORUMS IN OCTOBER

OFA's annual Public Comment Forums have returned in in-person form for 2022. While you can contact OFA at any time with your questions and concerns, the Public Comment Forums are unique opportunities to speak directly to OFA leadership and members of the OFA Advisory Board. The next forum will take place on Friday, October 7, 10:30 am Beekman Recreation Park Community Center 29 Recreation Center Rd., Poughquag / Hopewell Junction.

If you are unable to attend a Public Comment Forum, you can mail written comments to the Dutchess County Office for the Aging, 114 Delafield St, Poughkeepsie, NY 12601. You can also email comments to ofa@dutchessny.gov

#### THANKS TO ALL THE NEW OFA KITCHEN VOLUNTEERS – AND ANOTHER VOLUNTEER OPPORTUNITY

Our request of last week for volunteers to help in the OFA central kitchen to keep our Home Delivered Meals (HDM) program humming met with an outstanding response, and we're now serving over 500 homebound older adults and participants in the OFA Friendship Center program countywide.

OFA offers a variety of volunteering opportunities, and the next big one coming up in October is clerical in nature.

We're looking for volunteers who can help our mailing-preparation process, to get over 2,000 copies of the 2022-2023 "Medicare Spotlight" newsletter ready for delivery to households and offices. If you are available at any time between 9 am and 4 pm on Mondays, Tuesdays, Wednesdays and/or Thursdays, please contact OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov.

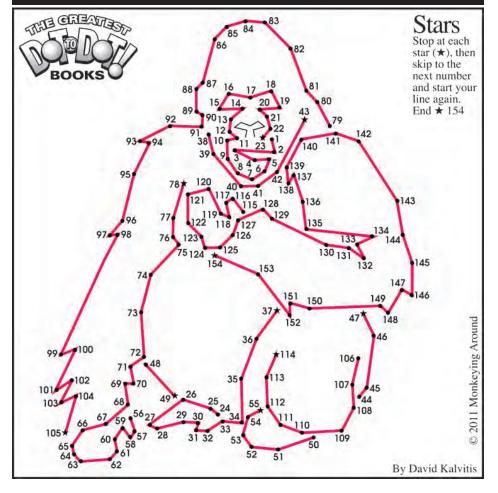
### 'THRIVING IN RHINEBECK' RETURNS (Sat 10/22)

"Thriving in Rhinebeck: a Showcase of Services and Resources for Older Adults" will be held on Saturday, October 22, 2022 at Rhinebeck High School (45 North Park Road, Rhinebeck).

Among the invited attendees are health care / home care organizations, cultural / educational resources, transportation services and an array of civic groups with programs targeting older adults. Organizers hope to attract 200+people – older adults, their families, their caregivers, and others interested in this sector. There will be printed programs for attendees with the names of all participants. There is NO CHARGE for participating or attending. The Office for the Aging will be represented at "Thriving in Rhinebeck" as well.

If you have any questions as a prospective attendee, whether as an individual or on behalf of an organization, please contact Nina Lynch or Anne Brueckner at Rhinebeck @ Home, at 845-379-1114 or office@rhinebeckathome.org.

### Answer to this week's Dot to Dot (puzzle on page 10)



### Answers to this week's diversions

(puzzles on page 16)

	Sug	juru :	solut	ion	
2	4	1	4	1	4
1	3	2	3	5	2
4	5	4	1	4	3
3	1	3	2	5	1
5	2	5	1	3	2
3	1	4	2	5	1



	) (	his	we	<b>) (</b> ek's	ans	swe	r (	1
4	7	3	6	1	9	8	2	5
6	9	8	5	2	7	4	1	3
1	2	5	4	8	3	7	9	6
3	5	7	9	6	2	1	8	4
8	6	9	3	4	1	5	7	2
2	1	4	7	5	8	3	6	9
5	4	1	2	7	6	9	3	8
9	8	6	1	3	5	2	4	7
7	3	2	8	9	4	6	5	1

## New tools help Dutchess County residents prepare for emergencies

The Dutchess County Department of Emergency Response (DER) is helping residents plan ahead for emergencies with new tools, including the "Ready Dutchess" mobile application for planning and updates, and a new voluntary Access & Functional Needs (AFN) Registry for those who may need additional assistance leaving their home in the event of an emergency evacuation.

The "Ready Dutchess" app provides anyone with a smartphone or tablet the latest information during an emergency – from push notifications about local road or facility closures and severe weather updates, to planning tools and checklists. The app provides users various resources and links, including:

- A "My Emergency Plan" tool for building a plan to know what to do before, during and after any kind of emergency;
- Live traffic updates from New York

State's 5-1-1, which provides up-to-theminute transit information from the State's Department of Transportation;

- A map that will display countywide emergency shelters and cooling/warming centers, when open;
- Links to local closing and delay information for local school districts, businesses and events;
- Links to electric companies NYSEG and Central Hudson Gas & Electric Corp for updates on power outages;
- Calendar and registration information for upcoming Citizens' Preparedness and Medical Reserve Corps of Dutchess County trainings open to the public;
- A link to the County health department's HELPLINE application; and
- Information on emergent health issues, such as the COVID-19 pandemic or monkeypox.

The app also includes a link for users to register for the County's new Access &

Functional Needs (AFN) Registry. Residents who have a physical or mental disability and would need assistance leaving their home quickly in the event of an emergency are encouraged to sign up so resources can be planned accordingly during an emergency event. The AFN registry is intended for those who live independently or without live-in support who would require additional assistance such as transportation, mobility support or a place to stay if a major emergency or disaster required evacuation.

This voluntary list will only be shared with local municipalities, county, state and federal agencies involved in emergency response efforts to identify who is in need and where to focus resources.

Registration and additional information are available online at dutchessny.gov/AFNRegistry or by calling DER at (845) 486-2080.

DER Commissioner Dana Smith said, "The 'Ready Dutchess' application offers our department a better way to alert, inform and prepare the public in the event of an emergency. The Access & Functional Needs registry is a vital tool to helping coordinated response efforts, providing emergency response agencies an accurate map of where vulnerable individuals are located to best direct resources in an emergency."

The "Ready Dutchess" mobile app is available for free download through the Apple App Store or the Google Play Store, and the app complements the Dutchess County HELPLINE app, designed to help people recognize warning signs of suicide and provide numerous behavioral health resources, information and assistance for those struggling with addiction, substance use issues and/or mental illness.

## County nationally recognized for using technology to connect with residents

Dutchess County Government has again been nationally recognized for its use of technology to improve how government connects with residents. The County's Office of Central and Information Services (OCIS) has received two 2022 Government Experience Awards from the Center for Digital Government (CDG)—ranking third place nationwide among county governments for its overall technology experience and receiving a Project Experience award for its Moving Dutchess Forward website, which outlines the County's 25-year plan to improve transportation in Dutchess

County Executive Marc Molinaro said, "This year's awards from the Center for Digital Government highlight the dedication of the team at OCIS and our commitment to ensuring Dutchess County's technology resources are efficient and user-centric, both for employees and residents. Congratulations to the OCIS team on this most recent accolade."

The Government Experience Awards, now in its sixth year, highlight government agencies that are radically improving the experience of government services. Dutchess County was among only five other counties across the nation to receive an Overall County Government Experience Award for its commitment to accessibility, inclusiveness, and being citizen-centric, including:

- The DutchessNY.gov website for its focus on accessibility, plain language practices, and inclusivity features such as the ReciteMe application, which allows visitors to customize the site to meet their needs through text-to-speech functionality, font adjustment for dyslexia, an interactive dictionary, a translation tool, and many other features;
- The recently launched open data portal for Geographic Information System (GIS) data sets to be more easily accessible, which earned the County 5th place in the CDG 2022 Digital Counties Survey;
- DutchessDelivery, the County's pub-

lic outreach tool that sends news releases, emergency updates and public advisories, upcoming events, and other important information to subscribers of numerous topics via email and/or text message; and

• The Parks & Trails app for park enthusiasts and visitors to choose from nearly 200 parks and public use areas, as well as almost 400 miles of trails scattered throughout Dutchess County using keyword searches and up to 50 filter options, including available accessibility features, desired activities, or fitness goals. The site also features virtual 360-degree tours of each park.

Glenn Marchi, PhD, OCIS Commissioner, said, "Dutchess County Government continues to provide secure, efficient, and equitable digital experiences to residents and visitors alike, ensuring residents have ready access to the information they need."

The County was also among 11 counties in the nation to receive a Project Experience Award for its long-range transportation plan website,

MovingDutchessForward.com, developed on behalf of the Dutchess County Transportation Council. The website is the first digital presentation of the County's transportation plan, which is reviewed every five years. The site was designed to be flexible, allowing users to easily digest and explore the Council's findings, goals, and proposed future projects. This customizable approach allows residents to have an interactive experience, from dynamic mapping to data integration, as well as sharing comments on the plan as they explore.

"The government experience continues to be a major priority for state and local government agencies as they seek to rapidly meet new citizen and employee expectations," said Dustin Haisler, Chief Innovation Officer for CDG. "It's very inspiring to see agencies taking a humancentric approach to service delivery as leading agencies seek to incorporate digital equity, accessibility, and inclusion into the experiences they enable."

## Online auction under way for Surplus County Vehicles & Equipment

Surplus County vehicles and equipment items are available for bid during Dutchess County's Surplus Vehicle Auction and Equipment Auction, both being conducted online at https://www.aarbids.com/.

Various vehicles and equipment items will be included in the auction, including trucks, cars, tools, mowers, trailers, and more. The online auctions will end on Oct. 18.

Absolute Auctions & Realty, Inc. is

conducting the online auction.

All bidders must register online at https://www.aarbids.com/html/register.ht m and select "Dutchess County Surplus Vehicle & Equipment Auction."

All items are sold "as-is." All lots must be paid in full before picking up. Vehicles must be paid by cash, bank check, or money order only.

Payment must be made by Friday, Oct. 21, 2022 at the Absolute Auctions Center in Pleasant Valley. Note: pickup location

may vary

For more information about the Dutchess County Surplus Vehicle & Equipment Auctions, including photos

and specific details about each of the auction items, viewing and pickup locations, visit the website or call Absolute Auctions & Realty, Inc. at (845) 635-3169.

### SEND US YOUR NEWS

cschmidt@sdutchessnews.com

### Walkway, Serino to host event for Breast Cancer Awareness Day

In recognition of Breast Cancer Awareness Month, Sen. Sue Serino is teaming up with the Walkway Over the Hudson to host a free Breast Cancer Awareness Day where residents will have the opportunity to connect directly with local community organizations who offer breast cancer related resources and services. This event will be held on Saturday, Oct. 22, from 11 a.m. to 1 p.m. on the Highland side of the Walkway Over the Hudson (87 Haviland Road, Highland).

Representatives from the following organizations will be in attendance:

- American Cancer Society Making Strides Against Breast Cancer Hudson Valley
- HealthAlliance, a member of WMC
- MidHudson Regional Hospital, a member of WMC Health
- Miles of Hope Breast Cancer Foundation
- New York State Cancer Services Program Sparrow's Nest of the Hudson Valley
- The Dyson Breast Center at Vassar Brothers Medical Center, part of the Nuvance Health Cancer Institute

Serino said, "Our community is home to so many great resources and organiza-

tions that are doing all that they can to empower our neighbors to be proactive when it comes to their breast health, and this Breast Cancer Awareness Month, I am thrilled to be able to partner with the Walkway Over the Hudson to bring them together in one place. As a breast cancer survivor myself, I know that early detection can make all the difference and save lives, which is why I want to ensure that our neighbors have the tools they need to put their health first and get screened regularly. I cannot thank our partners enough for working with us to make this happen, and I look forward to seeing our neighbors there!"

Diane Haight, Interim Executive Director of the Walkway Over the Hudson said, "We are looking forward to partnering with Senator Serino again this year for Breast Cancer Awareness Month. With over 10,000 visitors a day to the Walkway, the important information distributed at this outreach will connect with a wide audience."

This event is free and open to the public, and an RSVP is not required. For more information, call Serino's Hyde Park Office at (845) 229-0106 or email serino@nysenate.gov.

### Stay up-to-date ~ follow us on Facebook! @SouthernDutchessNewsGroup

### Bartender Wars set Oct. 13

The Rhinebeck Area Chamber of Commerce announces its Fifth Annual Bartender Wars competition, a signature event and fundraiser to benefit the Chamber and its general initiatives. The event will be held on Thursday, Oct. 13, at Terrapin Restaurant in Rhinebeck.

Tickets are \$50 in advance (only); patron check-ins/arrivals begin at 4:30pm, event is from 5 to 7 p.m. (early arrival is encouraged as all patrons must show ID and be processed through).

Drink samples, appetizers, coffee, and more will be served, and premier raffles prizes as well as silent auction items round out the evening. The evening's presenting sponsors are Dave's Tree Service, WineRacks.com and Vicki L. Haak, CFP®.

At Bartender Wars, restaurants/eateries compete for the coveted "Best Signature Cocktail" – along with added promotional opportunities for their establishment and bragging rights. Top restaurants and bars in the Northern Dutchess area will be competing.

The participants include: Foster's Coach House, Hotel Tivoli, Mirbeau, Rhinebeck Bagel, The Beekman Arms, The Kroeg, Samuel's Sweet Shop, Rathskeller of Rhinebeck and Terrapin itself. All ingredients to be contributed by the participating restaurants.

Guests vote on their favorites; winner announced end of the evening. The Chamber is also soliciting sponsorships from member businesses or individuals. Sponsorships include signage at the event, a promotions table, and features in the Chamber e-news and social media. Sponsor levels are as follows: \$450 "Straight Up" includes on site signage and 2 tickets to attend; \$650 "Top Shelf" includes on site signage, 4 tickets, inclusion of promotional material on site, as well as a mention on our voting card.

"We're excited to present this event again this year. This is a popular and festive event that is enjoyed by our members at the community at large. We're proud to support our local restaurants and eateries" states Chamber President David Tellerday.

Dave's Tree Service, established in 1936, is a family-owned business that specializes in the preservation and surgery of all species of trees. They are a highly regarded and trusted provider of various tree services.

Wineracks.com is the premier supplier of wine storage, displays and accessories in the region, and the engine behind the annual Hudson Valley Wine & Food Festival held each year at the Dutchess County Fairgrounds.

Vicki L. Haak, CFP®, a Dutchess County, NY native, believes that financial planning is more than helping people secure a strong financial future: it's about sharing in their journey.

The Rhinebeck Area Chamber represents hundreds of businesses in the region and strives to be a comprehensive resource for its members in marketing, education, growth, and advocacy - so they can enhance their business presence and success.

## Upcoming programs at Red Hook Public Library

See the calendar at redhooklibrary.org or call (845) 758-3241for more information on programs including dates, times, and registration.

#### **October Programs for Adults**

A happy painter at Hands On: Oil Pastels. Enjoy a group lunch and a special guided tour of the Old Aerodrome of Rhinebeck in our Behind the Scenes program. Learn about the history of the popular local attraction. Transportation is available if needed. This event is funded with help from the Mid-Hudson Library System's Mini Outreach Grant program.

Learn a new language and expand your world. American Sign Language for Beginners will be back in person in October.

The Tuesday Afternoon Book Group will meet on Zoom to discuss Cloud Cuckoo Land by Anthony Doerr (part 1). The historical fiction, set in a medieval abbey, was shortlisted for the 2021 National Book Award for Fiction and the 2022 Andrew Carnegie Medal for Excellence in Fiction.

The Monday Evening Book Group will meet to discuss A Woman of No Importance by Sonia Purnell. Winner of the Plutarch Award for Best Biography, it is the never-before-told story of Virginia Hall, an American female spy of World War II

All Abilities Adults, Knitting, ESL for Adults, Healthcare Navigator and RHPL Games at the Senior Friendship Center continue in October.

For more information or to register for any of the programs above, email Renee: adultservices@redhooklibrary.org

### **October Programs for Teens**

Teen Takeover is the place to be on Sunday afternoons to bake up some soft pretzels, watch a movie, challenge a friend to a bout of Super Smash Bros or try a new craft. Sorry adults & kids, it's teens only.

Teen Takeover is still taking applications for a position as Teen Program Assistant. Sunday afternoons the library goes to the teens when youth 7th grade and older cook, play video games, hang out, watch movies and more.

All Abilities Teens will be participating in the Red Hook Ofrendas Project this month making tissue paper marigolds and plaster fruits. Later in the month, they'll be getting together to make decorations for an exciting event for senior citizens in November.

Homeschooled teens can work on Amy@redhooklibrary.org

writing their own graphic novels with a series of workshops later in the month. Or, have fun with experiential science learning at Libratory 2. Interested in Ancient Rome? Then Intro to Latin and Ancient Roman Culture is for you.

For more information or to register for any of the programs above, email Amy@redhooklibrary.org

#### October Programs for Kids and Families

People of all ages and abilities can participate in making the decorations for the Red Hook Ofrenda Project, a collaboration between Red Hook Public Library, Culture Connect, Red Hook Community Center and Four Corners Community Farm. There will be Day of the Dead displays all over town – at the library, Red Hook Community Center, Village Hall, Red Hook Schools and Four Corners Community Farm. Check the calendar for the many workshops in October – after school and Saturdays.

Get ready for the Village Halloween Parade with Trick-Out-Your-Trike at the library. Decorate your scooter, wagon, bike or trike and then use it to show off your costume in the parade the next day.

After the parade, come to the Red Hook Ofrenda Project's Día de los Muertos Fiesta on Saturday at Four Corners Community Farm. Meet up with friends to add your notes and images to the Ofrenda in the greenhouse; enjoy snacks and try your hand at the piñata.

If your family includes a LEGO fanatic, you'll want to check out LEGO Club. Prefer the online game Among Us? Join other kids K-2 for a private game and some Among Us themed games & crafts. No registration is required for either of these weekly programs.

Homeschooling? Libratory is handson science learning with experiments and collaborative projects. This month the group will be exploring physics, working to protect eggs dropped from great heights and pumpkin-passengers on wild rides down the library's steep driveway.

Preschoolers have great fun on Nature Walks at local parks where we make observations with all our senses and watch for signs that it's Fall. Check the calendar as the specific location changes weekly. On Wednesdays, come to Storytime for songs, reading and felt games. Preschool programs are open to littles of all ages. No need to register in advance for these weekly programs.

For more information or to register for any of the programs above, email Amy@redhooklibrary.org

### NORTHERN DUTCHESS NEWS

ALL LOCAL ~ ALL THE TIME

www.sdutchessnews.com

### **Legal Notices**

#### REQUEST FOR **PROPOSAL NOTICE**

Purchasing Agent, County of Dutchess, Poughkeepsie, New York, hereby invites the submission of sealed proposals for: Bid #RFP-DCP-67-22 Rental Supplement Program Administra-

tor Proposals will be received until 2:00 p.m. on the 20th day of October 2022 at the **Dutchess** County Division of Central Services, 378 Violet Avenue, Suite 2, New York 12601. Specifications and proposal may forms obtained by visiting web http://www.dutchess ny.gov , selecting "Government", then "Bidding selecting "Bidding and RFP Opportunities". For additional information, call (845) 486-3613.

#### **Legal Notices**

#### **REQUEST FOR** PROPOSAL NOTICE

Purchasing Agent, County of Dutchess, Poughkeepsie, New York, hereby invites the submission of sealed proposals for: Bid #RFP-DCP-66-22 DCTC Traffic Count

Program Proposals will be received until 2:00 p.m. on the 7th day of November 2022 at the Dutchess County Division of Central Services, 378 Violet Avenue, Suite 2, New York 12601. Specifications and proposal forms may obtained by visiting our web site http://www.dutchess ny.gov , selecting "Government", then selecting "Bidding and RFP Opportunities". For additional information,

(845) 486-3613.

### **ROLLS OF NEWSPRINT**

Great for **Packing** Wrapping Art Projects Using as a Drop Cloth

45¢/pound • Premium White 75¢/pound

Pick up at: Southern Dutchess News 84 East Main Street Wappingers Falls, NY 9am-5pm Mon.-Fri.

### **Legal Notices**

**Legal Notices** 

**Legal Notices** 

### **PUBLIC NOTICE**

TAKE NOTICE that tentative benefit assessment rolls for Dutchess County Water District Zones of Assessment A, B, C, D, HJ, K, L, Q, R and X in the Towns of Hyde Park, Rhinebeck, Beekman, Pawling and Red Hook, Village of Red Hook, Part-County Sewer Districts #1 and #3 in the Town of Beekman, Part County Sewer District #2 in the Town of Pleasant Valley, Part County Sewer District #7 and #8 in the Town of Hyde Park and Part County Sewer District #10 in the Towns of Rhinebeck and Hyde Park, Dutchess County, New York, have been filed with the Clerk of the Dutchess County Legislature and are available for inspection at her office at 22 Market Street, 6th Floor, Poughkeepsie, New York, between the hours of 9:00 a.m. and 5:00 p.m., Monday through Friday starting September 16, 2022.

Zones A, B, C, D, L and R cover the Hyde Park Regional Water Systemalong Route 9, Route 9G, Harbourd Hills and Staatsburg in Hyde Park and Mill Road in Rhinebeck.

Zone H covers the Dalton Farms Water System and the Poughquag Hamlet Water System in the Town of Beekman. Zone J covers the Shore Haven Water System in the Town of

Zone K covers the Birch Hill Water System in the Town of Beekman.

Zone Q covers the Greenbush Water System in the Town of Hyde Park.

Zone X covers the Tivoli Water System in the Town and Village of Red Hook. Part-County Sewer District #1 covers the Chelsea Cove

Sewer System in the Town of Beekman.

Part-County Sewer District #2 covers the Valley Dale Sewer System in the Town of Pleasant Valley.

Part-County Sewer District #3 covers the Dalton Farms Sewer System in the Town of Beekman.

Part-County Sewer District #7 covers the Pinebrook Sewer System in the Town of Hyde Park.

Part-County Sewer District #8 covers the Greenfields Sewer System in the Town of Hyde Park.

Part-County Sewer District #10 covers the Vanderburgh Cove Sewer System in the Towns of Rhinebeck and Hyde Park.

TAKE FURTHER NOTICE that the Dutchess County Board of Benefit Assessment Review will meet to hear objections to each such roll at the Legislative Chambers of the Dutchess County Legislature, 22 Market Street, Poughkeepsie, New York, 12601, on the 11th day of October 2022, at 4:30 P.M.

TAKE FURTHER NOTICE that anyone wishing to be heard must file a grievance application with the Clerk of the Legislature on or before the date and time above set forth for hearing objections by mailing to the Dutchess County Legislature, 22 Market Street, 6th Floor, Pougkeepsie, NY 12601, by emailing countylegislature@dutchessny.gov, or by hand delivering a complete application to the Dutchess County Legislature during regular office hours. Grievance applications may be obtained during regular office hours or sent via email by calling 845-486-2100.

BY ORDER OF THE BOARD OF BENEFIT ASSESSMENT REVIEW Dated: September 30, 2022 Poughkeepsie, New York

Leigh Wager, Clerk of the Legislature

**Legal Notices** 

**PUBLIC NOTICE** OF HEARING BE-FORE THE ZONING BOARD OF AP-**PEALS** 

**Town of Pleasant** Valley, Dutchess County, NY

Please take note that the Zoning Board of AppealsoftheTownof Pleasant Valley, NY, will hold a public hearing on the following proposition:

Route 44, 1937 **Pleasant Valley** Appeal #1059 Grid# 6463-02-677937

Area Variance Request: The applicant seeking an area variance for the lot size to permit a legally nonconformingone family lot to become a two family lot, but only has 1 acre when 2 acres is the recommended lot size. Due to the zoning district, which recommends 2 acres, he is required to have 4 acres.

SAID Meeting will take place on October 12, 2022 at the Pleasant Valley Town Hall, 1554 Main Street, Pleasant Valley, N.Y, and begins at 7:00

### **Legal Notices**

#### **REQUEST FOR PROPOSAL NOTICE**

The Purchasing County of Agent, Dutchess, Poughkeepsie, New York, hereby invites the submission of sealed proposals for: Bid #RFP-DCP-61-22 The Youth Opportu-

nity Union (YOU) Fundraising Feasibility Study Proposals will be

received until 2:00 p.m. on the 4th day of October 2022 at the Dutchess County Division of Central Services, 378 Violet Avenue, Suite 2, New York 12601. Specifications and proposal forms may obtained by visiting our web http://www.dutchess ny.gov , selecting "Government", then selecting "Bidding and RFP Opportunities". For additional information, call (845) 486-3613.

### **GIVE BLOOD GIVE LIFE**

treatment for leukemia, cancer or other diseases such as sickle cell disease and thalassemia.

Who needs blood? Under normal circumstances, every two seconds some one in America will need a blood transfusion. Blood transfusions are used for trauma victims - due to accidents and burns - heart surgery, organ transplants, women with complications during childbirth, newborns and premature babies, and patients receiving

Deadline for Northern Dutchess News Legals is every Friday @ 12 noon for a Wednesday Publication\* \*When a public holiday falls on a Monday the deadline becomes Thursday at noon.

### **D**BITUARIES

### Jacob N. Kaelber Jr.

POUGHKEEPSIE - Jacob N. Kaelber Jr. passed away on September 25, 2022. Born on November 11, 1948, Jake was born to Jacob N. Kaelber, Sr. and Rose Napolitano Kaelber in Poughkeepsie, NY. He grew up in Middletown, NY and graduated from Middletown High School class of 1966 and received a Bachelors in Marketing from Long Island University. He was the president and owner of United Insulation of the Hudson Valley, before retiring to Palm Beach, Florida. Jake's happiness in life was in being a loving father to his only daughter, Elise Marie Kaelber. He was a loyal brother to his sister Patricia Paluszek and brother-in-law, Jack. He is also survived by his brother Henry and wife Nilda, nieces Kimberly Clark (Kevin, Aidan, Alex) and Kristen Price (Eric, Benjamin, Alex and Gianna) and nephews, Henry and Michael Kaelber. Jake's cherished life memories include raising his daughter and traveling to Italy to meet his cousins, Gigi and Antonio Puteo. He was an avid car enthusiast and also loved fishing, swimming and boating in the Florida waters. Evenings spent with good food, friends and family brought him joy. Jake was a devoted friend, never losing touch with his friends from high school, often meeting over the years at Tony Boffa's in Middletown, NY. In his later years of life he made friends who were like family in Palm Beach. They created happy memories in appreciating the beauty of the ocean and the simplicities of life. Jake is remembered for his generous heart, quick humor and his appreciation for friends and family. A remembrance mass and burial will be held at St. Joseph's Church in Middletown, NY on October 8th at 11:00 am. To leave an online condolence please visit William M. Gagan Funeral Home, Inc. at www.wmgaganfuneralhome.com

### Dr. Michael Kulla

DUTCHESS COUNTY - Dr. Michael Kulla Born February 20, 1929 Died September 26, 2022 Michael Kulla was born in NYC but lived most of his personal and professional life in Dutchers County beginning in 1967. Educated at Syracuse University and the New School for Social Research in New York City, he earned his doctorate in psychology in 1966 at the University of Oklahoma. His postdoctoral studies took place both in Connecticut and in Switzerland. Mike's professional career as a psychologist began in 1956 and continued for 63 years, fully retiring at age 90. Mike practiced in a variety of professional settings, including child guidance, public health and welfare, and in mental health clinics. In Poughkeepsie, he served as the Director of Education and Training at The Astor Home for Children. In 1969, he founded the Mid-Hudson Consultation Center where his practice focused on helping his patients achieve optimal mental health and a good quality of life. He was a facilitator at Man to Man, a prostate cancer support group. He served on Advisory Boards at The Community Mental Health Program at Dutchess Community College and for the New York State Division for Youth. Widely respected as a professor

and a writer in his field, Dr. Kulla loved his work and was always an advocate for his patients. His goal was always to be an active and productive member of society. He had strong political convictions which were displayed many times over the years in the Poughkeepsie Journal's Letters to the Editor section. He enjoyed the game of bridge and was a prolific and talented watercolor painter. An avid tennis player from the age of seven, er and an active member of the Poughkeepsie Tennis Club for more than 45 years. Mike lived a full, active and caring life and will be missed by many. He is survived by his loving wife, Susan Saluga, as well as his beloved children, Jamie Kulla of San Jose, California, Dr. David Kulla of NYC, Mia Kulla Fererra of Freeport, Maine, her husband Jarrod and three grandchildren, Theo, Nina and Velia. Please consider donating to Hospice.



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

## Classified

Place your ad today! Call 297-3723

Deadline Thurs at 3 p.m • Publication Wednesday

Fax your ad today! 297-6810

### ClassifiedRates

Classified Line Ads 20 words \$12.50; each additional word 20¢

Classified Display Ads \$14.50 per column inch

If submitted by deadline, ads appear in three newspapers: Northern Dutchess News, Southern Dutchess News & Beacon Free Press

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

- 100 Help Wanted 105 Employment
- Opportunity 106 Business Opportunity 107 Situations Wanted
- 120 Schools Special Instruction
- 122 Musical Instruction 140 Nursery Schools
- Child Care
- 142 Day Care 143 Baby-sitting
- Adult Care 150 Announcements
- Adoption
- Novenas
- 154 Lost & Found
- 155 Personal 200 Services
- 201 Home Improvement 202 Cleaning Services
- 203 Lawn Services Professional Services
- Tax Experts
- 223 Beauty Services 225 Business Services 226 Travel & Services
- 227 Bridal Services Financial
- 296 Mortgages 300 Real Estate
- Townhouses & Condos
- 302 Commercial Property 304 Mobile Homes
- 305 Lots & Acreage Townhomes & Condos for rent
- Classified Index 401 Apartments for Rent
- 402 Rooms for Rent 403 Furnished Rooms 404 Furnished
- Apartments 405 Wanted to Rent
- 406 Garages for Rent
- 407 Vacation Rentals 408 Houses for Rent
- Commercial Rentals
- 500 Musical Merchandise
- 501 Kid Stuff 502 Clothing
- 503 Furniture 504 Appliances
- Free Items 506 Computers
- 507 Sports Equipment
- 509 Office Equipment 510 Firewood
  - 511 Lawn & Garden Equip. Winter Merchandise
  - 516 Misc. Merchandise 700 Pets & Supplies
  - 701 Free Pets
  - 702 Lost & Found Pets 703 Pets for Adoption
  - 710 Garage & Yard Sale
  - 711 Tag Sale 712 Moving sale
  - 713 Rummage Sale
  - 714 Flea Market
  - 715 Craft Corner 716 Barn Sale
  - 717 Estate Sale
  - 718 Auctions
    - 719 Antiques

- 720 Vendors Wanted 721 Wanted to Buy
- 722 Bazaar 723 Consignments
- 724 Farmers Market
- 725 Collectibles
- 750 Events
- 800 Boats
- 801 Campers & Trailers 802 Motor Homes
- 803 Recreational Vehicles 900 Autos for Sale
- 901 Vans/SUV's
- 902 Trucks
- 903 Motorcycles
- 904 Auto Parts & Tires
- 905 Autos Wanted

### Contact Us

Call: 845-297-3723

Fax: 845-297-6810

E-Mail: sdnadvertising@aol.com

> Monday-Friday 9 am-4 pm

### 100 **Help Wanted**

### CUSTOMER SERVICE SALES ASSISTANT

We seek an energetic, enthusiastic, and wellorganized person for the position of Office Administrator/Clerical part-time. This is a parttime position of 20 to 25 hours per week at \$680. depending on workload. Need to be detail-oriented, possess good customer service skills, some cash & items handling skills.

Apply Email: billwilliams00229@gmail.com

### Museum and nature preserve in

Poughkeepsie seeks enthusiastic and organized person to manage office, bookkeeping, part-time-3 days/week, flexible schedule, \$20-\$25.00 per hour. Detail oriented, knowledge of MS Office and Quickbooks required. Contact Ken Snodgrass

#### DUTCHESS COMMUNITY COLLEGE

k.snodgrass@lgny.org

53 Pendell Road, Poughkeepsie,

New York 12601 Dutchess Community College is accepting applications for the following positions;

Campus Guard-2nd Shift Campus Peace Officer-Part Time Cleaner (Full-time)

Program Assistant - Full and Part Time, Various

Departments nfrastructure Systems Specialist Senior Systems Architecture Administrator/Full-Time

Stock Clerk Helper Head Coach-Women's Soccer (NJCAA)

Assistant Teacher-(Substitute/Floater) - Louis Greenspan

Assistant Teacher-Education Pay Care Center
Day Care Center
Assistant Teacher-Permanent Full Time - Louis
Greenspan Day Care Center
Full time and Part time Faculty (Credit/Credit Free)
Academic Support Non-Teaching Educators

We offer competitive wages and excellent benefits! Please visit our website: sunydutchess.interviewexchange.com for details and application instructions or contact the Office of Human Resources, 53 Pendell Road, Poughkeepsie, NY. Tel 1 845-431-8670

### JOBS!! JOBS!! JOBS!!

Community Services Programs, Inc., Owner & Manager of DiMarco Place I & ii Senior Housing; Meadow Ridge I & ii Family & Senior Housing; and, Highland Meadows Senior Housing seeks to fill the following FULL TIME emplymnet positions located in Wappingers Falls and Beacon:

#### MAINTENANCE TECHNICIAN 1 Position

### HOUSEKEEPER/JANITOR

1 Position

Positions have competitve salaries and excellent benefits!

Three (#) Years' Experience-3 Employment References-Background Checks. Submit resume via fax 845.297.2080 or

Community Service Programs, Inc. is an Equal Opportunity Emplyer. EOE

via email csphvhdfinc@aol.com

### (M-F 8am-6pm ET). Computer with internet is required.

is required.

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 844-947-0192 (M-F 8am-6pm ET). Computer with internet

111 Career Training

TRAIN ONLINE TO DO MEDICAL BILLING!

online at CTI! Get Trained. Certified & ready

Become a Medical Office Professional

to work in months! Call 855-543-6440.

### 201 **Home Improvement**

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 866-393-3636

Don't Pay For Covered Home Repairs Again! American Residential Warranty covers ALL MAJOR SYSTEMS AND APPLI-ANCES. 30 DAY RISK FREE/ \$100 OFF POPULAR PLANS, 833-398-0526

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off and 0% financing for those who qualify. PLUS Senior & Military Discounts. Call 1-877-763-2379

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-888-871-0194

Do you need a Roof or Energy Efficient Windows & Help paying for it? YOU MAY QUALIFY THROUGH NEW RELIEF PRO-GRAMS (800) 944-9393 or visit NYProgramFunding.org to qualify. Approved applications will have the work completed by a repair crew provided by: HOMEOWN-ER FUNDING. Not affiliated with State or Gov Programs.



### 204 Health

ATTENTION VIAGRA USERS: Generic 100mg blue pills or generic 20mg yellow pills. Get 45 plus 5 free \$99 + S/H. Call Today, 877-707-5523

### **DENTAL** Insurance

from Physicians Mutual Insurance Company

Call to get your FREE Information Kit

1-855-225-1434 Dental50Plus.com/nypress

AND THE ACTION OF THE PROPERTY OF THE PROPERTY

### Saving a Life EVERY 11 MINUTES



For a FREE brochure call: -800-404-9776

### 295

ARE YOU BEHIND \$10k OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 888-869-5361

(Hours: Mon-Fri 7am-5pm PST)

### 521 Internet

TV Internet Phone DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/23. 1-866-595-6967

### Announcement

We will have an early deadline for the Oct. 12th papers. All ad's must be submitted by Oct. 6th at noon. For futher information call: 845-297-3723 Ext. 301.

Lesbian Senior Women's Support Group, Meeting in Beacon, NY. Like minded women, join us! Email Bev at jafekbev@gmail.com



### 516 Misc. Merchandise

Turn the boxes of old comic books sitting in your garage into cash money! Call George (917) 652-9128 or email gbrook@pipeline.co

**BEST SATELLITE** TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 888-508-5313

### 721 **Wanted To** Buy

Buying diamonds, gold, silver, all fine jewelry and watches, coins, paintings, better furs, complete estates. We simply pay more! Call Barry 914-260-8783 or e-mail Americabuying@aol.



### 401 **Apartments for Rent**

#### **BEACON: Meadow Ridge II Senior** Residence.

Two (2) bedroom apartments available for immediate occupancy. Rent is \$1,260.00 and a month security is required. Tenants are responsible for electric for lights, cooking and air conditiong (air conditioners provided) as well as cable and telephone. Included in rent is heat, hot water, water, sewer and trash collection. Allhousehold members must be 62 years or older. Credit/Criminal Backgound Check. Property is SMOKE-FREE. Income restrictions do apply. Please call 845.297.2004 for an application. EHO

### Wappingers Falls / Village

Bright 3rd floor two-bedroom apartment located in the historic Village of Wappingers Falls. Rent is \$1,500.00 a month including heat/hot water, water, sewer, and trash removal. Rent excludes electric, phone

and cable. Security deposit of \$1,500.00 required. Laundry room on premise and off-street parking. Credit/Criminal Background check. Property is SMOKE-FREE. Income restrictions do apply. Please call 845.297.2004 for an application. EHO.

#### 412 **Real Estate Auction**

Warren County Tax Foreclosed RE Auction 25+ Properties Registration: 8AM | Auction: 10AM Warren County Courthouse 1340 State Route 9, Lake George, NY 12845 Complete information at www.AuctionsInternational.com 800-536-1401, Ext. 111

#### 503 **Furniture**

### **Great Entertainment Center**

Mahogany entertainment center 6' h x 7'1. Center holds up to 42" tv with 2 detachable bookcases. Excellent condition. Asking \$500 or best offer. Delivery not included. Poughkeepsie area. Please call 845-452-4599.

> **High Rise Bed Frame** Holds 2 twin mattresses \$75 Call 845-406-7733



NOTICE OF EARLY **DEADLINES:** 

> DUE TO A PRESS SCHEDULE

THE SOUTHERN & NORTHERN DUTCHESS NEWS WILL HAVE AN EARLY DEADLINE FOR THE OCT. 12TH ISSUE.

ALL ADVERTISING MUST BE RECEIVED BY WEDNESDAY OCT. 6TH BEFORE NOON.

> CALL: 845-297-3723 Ext. 301

For More Information.

#### 905 **Autos Wanted**

Drive Out Breast Cancer: Donate a car today! The benefits of donating your car or boat: Fast Free Pickup - 24hr Response Tax Deduction - Easy To Do! Call 24/7: 855-905-4755

### Home of the Week

Are you a Realtor? Would you like to be featured here for FREE?

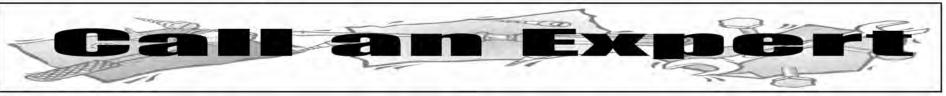


Find out how you can get this 3 x 9" (a \$391.50 value) Classified Display featured Home of the Week ad placed in two Dutchess County news publications for free when you advertise with us on a weekly basis.

Call Ann in Classifieds today for details.

(845) 297-3723 ext.300

#### Realtor Profile Tammy Jones of Tammy Jones Realty



#### Rick's Home Improvements

Maintenance and Repairs No Job Too Small 845-227-2696



#### YOUR HANDYMAN PLUS.... "PLUMBING"

Repairs and New Installations **Drains Unclogged** (Just Make A List & We'll GladlyTake Care of It) 845-264-9623



Leaf Filter

### Grading, Gravel, Excavating Drainage work

and More. 845-430-4883



### **First Class** Paving

Pot holes, driveways, Private Roads. 845-430-4883

### **AMERICAN STUMP** GRINDING

Professional Stump Grinding Years of Experience **Great Prices** 

Call Bill at 914-760-0331 or 845-226-0839







CALL US TODAY FOR A FREE ESTIMATE

BACKED BY A YEAR-ROUND





Call today to schedule your 1-855-492-6084





### PLANNING A MOVE?

Our classifieds should be your first source hether your looking to sell unwanted items fore the move, find new furnishings, or just simply a place to live

Our classified section offers: · Houses for rent · Apartments for rent · Realtors

· Schools · Professional services · And so much more

Southern Dutchess News 845-297-3723



### Nuvance Health leader to chair HV Go Red for Women campaign

Monique Corcoran, Director of Operations for the Heart and Vascular Institute of Nuvance Health, sees chairing the Go Red for Women Celebration as a natural continuation of her position to support Nuvance's clinicians as they treat and prevent cardiovascular disease.

"Educating the public and raising awareness is a key part of our work," Corcoran said. "Our doctors all work with American Heart Association guidelines, and the Go Red for Women campaign helps us carry the message of prevention to an even wider audience."

Corcoran is chair of the Go Red for Women campaign in the Hudson Valley, the capstone event of which is the Go Red for Women Celebration on Friday, Nov. 18, from 11 a.m. to 1:30 p.m. at the Culinary Institute of America, 1946



Monique Corcoran

Campus Drive, Hyde Park.

"We're seeing that cardiovascular disease is becoming more and more prevalent, and that COVID really accelerated it," Corcoran said. "The predictions that tell us how many people will develop cardiovascular disease are staggering. Some people are predisposed to cardiovascular disease, but much of it is preventable. There is a lot that people can do, and the Go Red for Women Celebration will provide a lot of information that people can put into action."

Corcoran has been at the Heart Center for three years. She oversees 11 locations, 38 cardiologists, 20 nurse practitioners and physicians assistants, who serve close to 10,000 patients per month. Corcoran also oversees the administrative operations of the facilities.

Before coming to the Heart Center, Corcoran lived in Vermont, where she had been the Director of Operations for the Departments of Orthopedics and Anesthesiology at the University of Vermont Health Network in northern New York and Vermont.

She is a native of Connecticut, and has a bachelor's degree from the University of Hartford in organizational communication. She is also a fellow in the American College of Medical Practice Executives Medical Group Management Association. She and her husband Drew live in Rhinebeck. They have two grown children, one in Albany and one in New York City, and recently rescued two

French Brittany Spaniels.

Corcoran is excited about the "Reclaim Your Rhythm" theme of Go Red for Women this year, and looks forward to building it into the program.

"Music is powerful and is really accessible to people," she said. "Most people have a smart phone. Music therapy is effective, music is motivation to exercise, and we can use it as a relaxation response to slow down our heart rate and elevate our mood."

While everyone at the Go Red for Women Celebration will learn how they can prevent heart disease, Corcoran stressed the challenges that working mothers face, and how Go Red can help them prevent heart disease.

"It's important that all women know that heart disease is the leading killer of women, and that we can take steps to prevent it," Corcoran said. "But working moms are the group that are the most susceptible to developing heart disease. They are working full time and raising their families, and working moms put themselves last, always. We need to really look at how we can support working mothers, not just during the first few months of a baby's life, but forever."

The American Heart Association is committing more research dollars and resources towards maternal health.

"We're fortunate to have Monique leading the Go Red for Women campaign this year," said Alex DiCicco, academic quality analyst at Johnson & Wales University, and chair of the Hudson Valley Board of Directors of the American Heart Association. "Her vision for sharing the message of prevention, and leveraging music to help do that, will make a big difference in our community. I think this year's Go Red for Women Celebration will be one of our most impactful yet."

## NORTHERN DUTCHESS NEWS ALL LOCAL ~ ALL THE TIME

www.sdutchessnews.com

### Tired of Chasing Your Big Bank?

Discover the Benefits of Banking Local With US.

Switch to an award-winning, hometown bank that puts customers and community first!



- Instant-Issue Mastercard®
   Enhanced Debit Card
- Safe Deposit Boxes
- Free Notary Service
- Online and Mobile Banking
- Access to 55,000 Surcharge-Free<sup>2</sup> ATMs World-wide
- 5 Locations in Dutchess County

Open a personal or business checking account at our **Hyde Park** location in the 4246 Albany Post Road Plaza (Route 9) and we'll deposit

\$250\*

into your new account.

### \*\*\*\*

"Dora, Andrew, Kelly and the rest of the staff are awesome! I wish I could have banked with them a long time ago for my business and personal accounts. They helped me go through the process smoothly with genuine smiles.

Thank you!"

CECILIA BENITEZ-TRESCO NY CAREGIVERS



5 Locations in Dutchess County 866.440.0391 / UlsterSavings.com

**★ EQUAL HOUSING LENDER** | **MEMBER FDIC ★ Certain conditions apply.** 











\*This offer is good for personal checking accounts opened at our 4240 Albany Post Road, Hyde Park branch through December 31, 2022. Recurring payroll, social security or pension direct deposit must be active within 90 days of opening your new checking account in order to receive \$250 bonus credit to your new USB checking account. You must be 18 years of age to open this account. Bonuses are considered interest and will be reported on IRS Form 1099-INT. Offer available with new checking account relationships only. Offer does not apply to accounts opened online. Other conditions may apply.