

Ukrainian women
set 100th-year
celebration Nov. 2

By Alexander Tsahalis

For 100 years, the Ukrainian National Women's League of America (UWNLA) has been a place for Ukrainians to meet others like them and share their culture with their communities. To celebrate this milestone, a local branch will be hosting a celebration of Ukrainian women on Sunday, Nov. 2 at Locust Grove in Poughkeepsie from 11 a.m. – 5 p.m. The suggested donation for admission is \$20.

Over the past 100 years, the UWNLA has grown to 63 branches across 14 states. These branches work to "Promote and develop educational and cultural efforts and provide humanitarian assistance to Ukrainians worldwide." Branch 95 Poughkeepsie-Kerhonkson is living up to this mission and has planned an afternoon of art, music, food, and more.

The event is the brainchild of Ulana Salewycz, an artist and art therapist of Ukrainian parentage. "I decided we should show off our culture as much as possible," says Salewycz. The cultural immersion begins as soon as you walk in, as the walls feature paintings from across the last century, giving viewers the chance to see works by older female masters and their contemporaries side by side.

During the event introduction, two poets will read the poem "Hope" by Leysha Ukrainka in Ukrainian and in English. Later on, the poets will also read some of their own works. There will also be a demonstration of petrykivka by Vitalia, a refugee from Kyiv. "Petrykivka originated in a village of the same name. The village was founded by Ukrainian warriors called Cossacks who wanted independence for Ukraine," said Salewycz. These values became associated with the art of the village,

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Seven contested, six uncontested
Town Supervisor races in region

Introduction by Kate Goldsmith

Of the 14 towns in the Northern Dutchess News readership area, there are seven contested races for Town Supervisor (Amenia, Clinton, Dover, Hyde Park, LaGrange, Pine Plains, Stanford) and six uncontested (Beekman, Milan, Pleasant Valley, Rhinebeck, Union Vale, Washington) in this year's General Election.

In three of the contested races (Amenia, LaGrange and Stanford), neither of the candidates is an incumbent supervisor. In Beekman, there is one candidate on the ballot, who is not an incumbent.

The Town Supervisor position is not on the ballot this cycle in Red Hook, nor is the Mayor of Millbrook. (The Village of Millbrook holds its elections at the same time as the General Election.)

Northern Dutchess News requested that candidates participate in a roundup article to give voters some general information. Incumbents were asked to state their accomplishments during their current terms and their main goals if re-elected. Challengers (or non-incumbents in the case of Amenia, Beekman LaGrange and Stanford) were asked to share their experience relevant to the Supervisor role, and what their main goals would be if elected.



Many of the candidates provided responses, which follow.

Early voting is currently under way through Sunday, Nov. 2. See page 2 for early voting locations and hours. Voting on Election Day is from 6 a.m. to 9 p.m. on Tuesday, Nov. 4.

Readers who are unsure of their polling location can visit the Dutchess County Board of Elections website, <https://elections.dutchessny.gov/>. The website also lists polling hours and contains sample ballots for each town, including any proposals on the ballot (listed on the back of the form).

This year, all voters will be asked to

vote on a state amendment to allow an Olympic Sports Complex in Essex County on State Forest Preserve Land. The amendment would allow skiing and related trail facilities the 1,039-acre site. The amendment requires the state to add 2,500 acres of new forest land in the Adirondack Park.

A yes vote would authorize new ski trails and related facilities in the Adirondack forest preserve. A no vote would not authorize this use.

For a complete list of all Dutchess County candidates on the ballot this year, see the Public Notices on pages 17-21 in this week's papers.

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Poughkeepsie athlete's service recognized
during 'Honor-A-Veteran' Ceremony

Dutchess County Executive Sue Serino and the County's Office of Veterans Affairs honored the service and legacy of U.S. Army Sergeant Major Alex Watkins Jr., a former City of

Poughkeepsie resident, during a "Honor-A-Veteran" ceremony last week. The tribute, held at American Legion Post 1302 in Poughkeepsie, was part of a monthly series dedicated to commemorating the



The family of Sergeant Major Alexander Watkins Jr. is joined by County Executive Sue Serino and members of the Honor-A-Veteran Committee. *Courtesy photo*

lives and sacrifices of Dutchess County veterans who have passed, recognizing their enduring contributions to the nation and community.

Serino said, "Alexander Watkins proudly served in the U.S. Army for nearly three decades, earning respect for his hard work and

bravery. He was much more than a soldier, though. He was a caring father, a proud grandfather and a strong, honest man who made a lasting impact on everyone who knew him. Dutchess County is proud to celebrate the life and service of Alexander and his fellow American heroes through our 'Honor-A-Veteran' ceremonies."

Watkins distinguished himself as a Poughkeepsie High School baseball, football and track and field star, with a second-place finish in the high jump at the New York State championship meet among his scholastic athletic accomplishments. In 1959, at the age of 19, he enlisted in the U.S. Army, beginning a military career that spanned 27 years, including assignments with the 23rd Infantry Division and the 32nd Armor Regiment,

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Trout Unlimited
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AARP Envelopes

BEEKMAN

LAUREEN ABBATANTUONO (REP)



For the past five years, I have had the honor of serving as your Town Clerk and Tax Receiver. This position has taught me the importance of organization, accountability, and transparency. I took on this role with the firm belief that local government should be trusted and responsive to the needs of its residents. My experience in this capacity has allowed me to work closely with many of you, and it has only strengthened my resolve to serve our community with integrity and care. I take great pride in

Over the years, I have served on the PTA committees of Vail Farm and Union Vale Middle School, volunteered at school and community functions, and organized various drives, including those for food, coats, blood, and toys. Public service and volunteering have been the cornerstones of my life. Whether it's cheering on our youth sports teams or helping organize fundraisers, I've always believed in giving back to the community that has supported my family so generously.

One of the most meaningful experiences I've had recently was volunteering at the traveling Vietnam Wall, where I had the honor of assisting visitors in locating the names of their loved ones and guiding them through the exhibit. As the daughter of a Korean War veteran, this experience was especially poignant and emotional, filled with stories of bravery, sacrifice, and loss. I will never forget the deep

In my professional career, I have gained extensive experience in customer service and landlord management, where listening, negotiation, and problem-solving were essential to my success. My commitment to building trust and respect through clear communication and responsible management has shaped my approach to everything I do.

1) One of my top priorities is to restore a strong sense of community by bringing people together through meaningful activities and local events that remind us what it means to be connected neighbors.

2) Through careful planning and fiscal discipline, my team and I will navigate a challenging 2026 budget while maintaining essential services and protecting taxpayers' dollars.

3) I'm committed to making our town offices a place where every resident feels welcome, valued, and confident that there's always someone ready to listen and help.

My team will foster a new culture in Beekman—one built on collaboration, mutual respect, and a shared commitment to moving our community forward.

- Requesting the town's annual contribution for the operating budget of the Beekman Library be at \$636,663

DEMOCRATIC (DEM)
REPUBLICAN (REP)
CONSERVATIVE (CON)
WORKING FAMILIES (WOR)
COMMON GROUND (CG)
TEAM CLINTON (TC)

Town Supervisor races continue on page 5

Building off the success of a similar event earlier this year, the Dutchess County Division of Solid Waste Management, in collaboration with the Culinary Institute of America (CIA), invites residents to register for an innovative, free Food Repurposing Workshop. This engaging discussion and cooking demonstration, led by Jason Potanovich '96, Associate Dean – School of Culinary Arts, will educate attendees about food sustainability, showing participants how to creatively transform leftovers into delicious new dishes, minimizing food waste.

Dutchess County Executive Sue Serino said, "Food waste is a pressing issue, and we are thrilled to again work with the Culinary Institute of America to offer this valuable workshop to our neighbors. This initiative will teach practical ways to reduce waste, save money and contribute to a sustainable future. I encourage everyone interested in minimizing food waste and protecting our environment to register for an opportunity to attend this fantastic event."

Residents can register online for a chance to attend this educational event, which will take place on Thursday, Nov. 20, from 6 to 7:30 p.m. at the CIA's Hyde Park campus. This past June, Dutchess County and the CIA partnered for a Food Waste Reduction Workshop, which received rave reviews from those in attendance.

Food waste continues to pose significant environmental and economic challenges, and this event provides an opportunity for residents to learn practical

strategies for everyday cooking. The workshop offers a unique chance for residents to enhance their culinary skills, reduce food waste and support a more sustainable community.

Due to limited space, attendance for this workshop will be determined through a registration drawing. Residents interested in securing a spot must register by Nov. 5 by visiting the Dutchess County Solid Waste Management website via www.dutchessny.gov; more information is available by emailing solid-wastemgmt@dutchessny.gov or calling 845-486-2841. The drawing to select attendees will take place on Nov. 7, and those chosen will be notified shortly thereafter.

Kerry Russell, Deputy Commissioner for the Division of Solid Waste Management said, “By not utilizing our leftover food we miss an opportunity to nourish ourselves and conserve resources. In the U.S., approximately 30 percent of all waste is food waste. When we reduce food waste, we decrease our overall waste stream, lower our carbon footprint and save money. Simple actions can make a lasting difference, and we invite residents to learn how.

The Dutchess County Division of Solid Waste Management is committed to reducing waste, promoting recycling and encouraging responsible disposal practices. Through educational programs and community initiatives, the Division aims to foster a more sustainable environment. For more details, residents can visit the Division's webpage.

The Board of Education of Red Hook Central School District announces that the Board of Education meeting scheduled for Thursday, Nov. 13, 2025 has

been changed to Thursday, Nov. 6, 2025. The meeting will take place at the Mill Road Elementary School in the K-2 library at 7 p.m.

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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.

Keep Kelly Tremper Receiver of Taxes for Town of Poughkeepsie

To the editor:

I would like to express my support for Kelly Tremper for the Town of Poughkeepsie Receiver of Taxes. I first met Kelly years ago while I was out gathering petitions when I first became a member of a political committee. I recognized her from years ago as our sons played little league together. She was someone I chose to become my deputy Town Clerk in late September 2013 shortly before I took Office as your Town Clerk. She was appointed the Receiver of Taxes in January of 2021, as Karen Schubert retired.

The Receiver of Taxes is not an easy job and with upcoming reassessments and water billing troubles I respectfully suggest keeping Kelly, someone with experience in that position. She comes from a banking background, was the treasurer for her Church for many years and is someone who I would gladly have keep track of any of my balance sheets. She is personally responsible for all monies collected and must follow many NYS mandates and I am here to say she is the most qualified person to continue in this position

Felicia Salvatore
Town Clerk, Town of Poughkeepsie

Endorsing Hohmann for Town Clerk

To the editor:

I congratulate Sarah Hohmann on a successful and productive term as Hyde Park Town Clerk and I wholeheartedly endorse her for re-election to continue serving her hometown.

Sarah is an energetic, dedicated young woman, and her willingness to help our residents go beyond the Town Hall walls.

Sue Serino
County Executive

Supporting Hohman in Hyde Park

To the editor:

It gives me great pleasure to endorse Sarah Hohmann for re-election as Town Clerk. After serving over 20 years as Town Clerk, I know what it takes to do the job, and Sarah was trained by the best, and performs her duties with accuracy and dedication.

Carol Clearwater
Former Hyde Park Town Clerk

Please note: We do NOT accept negative letters (criticizing opponents) on the final publication date prior to the election.

Ukrainian women set 100th-year celebration Nov. 2

continued from cover

and Petrykivka became associated with Ukrainian independence. Other artists include a weaver, a bandura player, and a woman who specializes in pysanka, a type of decorated Ukrainian Easter Eggs. Ceramics, carved wooden candle holders, and embroidery will also be on display. There will also be foods such as borscht and traditional pastries.

As the war in Ukraine rages on, the UNWLA is using the celebration as a

chance to raise awareness and funds for those in need. "There are millions of Ukrainians who were forced to flee their homes," said Marianna Zajac, the former national president of the UNWLA. "It's a tragic situation."

The Ukrainian struggle for recognition goes back hundreds of years and even indirectly led to the founding of the UNWLA. "It formed after a group of Ukrainian women went to Washington,

D.C. for a meeting of a congress of the international women's organizations, and were rejected because Ukraine was a part of the Soviet Union and not an independent country," says Zajac. One way money will be raised is through a silent auction. The auction will have artwork made by Ukrainian children and has been organized by teachers from Wallkill.

Poughkeepsie athlete’s service recognized during ‘Honor-A-Veteran’ ceremony

continued from cover

and later with the 547th Engineer Company in Korea. He served in Vietnam, Korea and Germany, where he met his wife, Ursula. Rising to the rank of Sergeant Major (SGM), he earned numerous honors, including the Purple Heart, in recognition of his valor and dedication.

Following his retirement from the Army in 1987, Sergeant Major Watkins continued to serve his community through civilian roles, including positions at the Kirk U.S. Army Health Clinic and Ames Department Stores, and he was actively involved in veterans events. SGM Watkins was a devoted father to his

children, Schannon Clayton and Alex Fredric Watkins, and a proud grandfather. Remembered for his strength, integrity and love of the outdoors, SGM Watkins passed away on October 17, 2005 and was laid to rest at Arlington National Cemetery.

Office of Veterans Affairs Director Adam Roche said, “Sergeant Major Watkins showed us what true dedication looks like, serving his country with courage for nearly 30 years and living his life with strength and heart. His legacy reminds us that greatness comes not just from what we do in uniform, but from how we live and lead every day.”

During the ceremony, Serino and Roche and members of the Dutchess County Honor-A-Veteran Committee presented SGM Watkins’ family with several honors, including a U.S. flag flown in Dutchess County for 30 days in his memory, proclamation from Serino, a memory box from Mental Health America of Dutchess County Vet2Vet, Veterans Challenge Coin from the Dutchess County Honor-A-Veteran Committee, New York State Senate Liberty Medal from Sen. Rob Rolison and a handmade quilt from Mental Health America of Dutchess County’s Veterans Programs’ Quilts2Honor.

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Hyde Park Farmers Market finishes great season with Halloween Party



Hyde Park Farmers Market director Dot Chenevert was all smiles this past Saturday as visitors and vendors finished the 2025 season with a colorful Halloween Party. Fino Farms provided fruits and vegetables and visitors came dressed in a variety of costumes. A pirate greeted visitors at The Lion's Brew with coffee alternatives and Frost Bites - Freeze-dried Treats.



Mid Hudson Trout Unlimited (MHTU) will hold its annual Stewardship Dinner and Auction fundraiser

When: November 7, 2025
Time: 6 – 10 p.m.
Location: Beekman Golf Club, 11 Country Club Road, Hopewell Junction.



Scan Me

This event is open to the public. Tickets, \$65 per person, are available online or \$60 by check payable to MHTU. Send your check to Pat Crisci, 115 Beaver Rd., Lagrangeville, NY 12540.

For more info, please contact patcrisci@aol.com
Proceeds from the dinner and auction will help fund MHTU conservation projects such as stream cleanups, tree plantings, stream and habitat improvement, community outreach.



Dinosaur costumes and others “wowed” the crowd. A chicken skeleton greeted visitors and Bazar Bites Food Truck provided culinary treats with an FBI theme. *Photos by Curtis Schmidt and Richard Wambach*

COMMUNITY CALENDAR

Children’s Halloween Party at Morton Library
Morton Memorial Library (82 Kelly St., Rhinecliff) will host a Children’s Halloween Party on Wednesday, Oct. 29, from 4 to 5 p.m. Attendees will be spookily entertained by reading Halloween stories, and will decorate Halloween cookies. Costumes encouraged. Call (845) 876-2903 to RSVP.

Penny Social at Stanford Grange set Nov. 1
Dutchess County Pomona Grange #32 will host a Penny Social on Saturday, Nov. 1, at the Stanford Grange Hall, 6043 Route 82, Stanfordville. Doors open at 5:30 p.m. and calling begins at 7 p.m. There will be penny items, \$1 table, homemade baked goods, theme baskets, 50/50 drawing, and door prizes. Refreshments will be for sale; no outside food, please - it takes money away from the kids. Total proceeds benefit the Dutchess County Pomona Grange’s “Kids Helping Kids” Projects. For more information, contact Marilyn Brands at (845) 223-5717 or Melissa Traver at (845) 891-9779.

Pork Loin BBQ Fundraiser set Nov. 1 at Masonic Lodge
Hendrick Hudson Masonic Lodge, at 9 Graves St. in Red Hook, will hold its Pork Loin BBQ Fundraiser on Saturday, Nov. 1, starting at 3 p.m. The menu will include pork loin,mashed potatoes, red cabbage, apple sauce and apple crisp. The cost is \$20. Visit RedHookMasons.org or call (845) 758-8185 for more information.

Museum of Rhinebeck History sets Fall Open House & Graveyard Talk
The Museum of Rhinebeck History will hold its Fall Open House & Graveyard Talk on Saturday, Nov. 1, from 9:30 a.m. to 2 p.m., at the Quitman House, 7015 Route 9, Rhinebeck. Free admission. Looking for vendors: If you’d like to reserve a table for the Museum’s tag sale during the Fall Open House, send an email to museumofrhinebeckhistory@gmail.com.

PV Repair Cafe moved to Nov. 1
The Pleasant Valley Repair Cafe will be held Saturday, Nov. 1, 2025, at the Pleasant Valley Town Hall, Rt. 44, Pleasant Valley. The Repair Cafe was originally scheduled for Oct. 18. but had to be postponed until Nov. 1, due to unforeseen circumstances. Bring your moth-eaten sweaters, lamps, garden tools, fans, radios, vacuums and more to be repaired by our expert FIXERS. Hope to see you there as it is our LAST repair care for 2025.

Anderson Foundation for Autism Gala set Nov. 1
Join the Anderson Foundation for Autism for a festive evening of dinner, dancing, and inspiration on Saturday, Nov. 1, at The Grandview, 176 Rinaldi Boulevard, Poughkeepsie. There will be a cocktail reception at 6:30 p.m., followed by dinner and program at 7:30 p.m. The black-tie optional gala will honor Mr. and Mrs. Kevin and Katy Kollar, recipients of the 2025 VV Anderson Community Service Award. In addition, two yet-to-be-named Anderson Center team members will also be recognized with the 2025 Above and Beyond Awards (one from the children’s program, and one who works in our adult programs). Tickets must be reserved in advance; visit andersoncenterforautism.org/gala or call (845) 889-9208.

Skyllkill Embroiderers to host monthly event in Lagrangeville
Nov 5 - Freedom Plains United Presbyterian Church, 1168 Rte. 55, Lagrangeville - “From Basic to Beautiful: Hand Stitching Reimagined.” Lynn Kane of Puppy Girl Designs will present a lecture/trunk show where the history of Redwork is reviewed through antique pieces. Skylkill, a local chapter of the Embroiderer’s Guild of America presents this program beginning at 12:30pm. Join other needleworkers for fun and learning beginning at 10am or come for this program only beginning at 12:30pm. For more information visit www.facebook.com/SkyllkillEGA or email to EGASkyllkill@gmail.com.

Trout Unlimited Stewardship Dinner
Dutchess County-based Mid Hudson Trout Unlimited (MHTU), a not-for-profit 501-c3 chapter of the national conservation organization Trout Unlimited will hold its annual Stewardship Dinner and Auction fundraiser on November 7 from 6 – 10 p.m. at the Beekman Golf Club, 11 Country Club Road in Hopewell Junction. This event is open to the public. Tickets, \$65 per person, are available online at https://tu.myeventcenter.com/event/Mid-Hudson-Tu-Stewardship-Dinner-114487?redir=1 or \$60 by check payable to MHTU. Send your check to Pat Crisci, 115 Beaver Rd., Lagrangeville, NY 12540. For more info please contact patcrisci@aol.com Proceeds from the dinner and auction will help fund MHTU conservation projects such as stream cleanups, tree plantings, stream and habitat improvement, community outreach, youth summer camp and scholarship pro-

grams and outings for military veterans.
Fall Tree Planting set Nov. 8 in Red Hook
The Annual Red Hook Village Green Committee Fall Tree Planting is set for Saturday, Nov. 8. Meet at 9 a.m. at municipal lot/Village Hall for team assignments, photo ops and proper planting demonstrations. Teams will disperse to plant throughout the village. Bring shovels, rakes, gloves, etc. Please RSVP to franuku@redhookvillage.gov so she knows how many are coming.

Treat a Vet to Breakfast Nov. 9 in Poughkeepsie
The Knights of Columbus Bishop Mestice Council #15698 will host a Treat a Vet to Breakfast on Sunday, Nov. 9, from 9 a.m. to 1 p.m., at Holy Trinity School Fr. Conaty Gym, 775 Main St., Poughkeepsie. It is time for our Community to thank our Veterans for defending our great nation and their military service. The cost for adults is \$10, children ages 5-10 eat for \$5, and children under age 5 eat for free. Veterans also eat for free.

Wreath dedication to Revolutionary War hero set Nov. 9 at Rhinebeck church
Sunday, November 9, 10am. Rhinebeck Reformed Church, 6368 Mill Street. During church service there will be a wreath dedication to General Richard Montgomery on the 250th anniversary of his death. General Montgomery was a member of the Church who died in battle in December, 1775, the first American officer to die in the line of duty. Co-sponsored by Chancellor Livingston Chapter NSDAR and the Rhinebeck Reformed Church. Open to the public. Refreshments served. For information about this meeting or how to become a member, email dar-rhinebeck@gmail.com.

Dutchess Regional Photography group to meet Nov. 12
On Wednesday, Nov. 12. at 6:30 p.m., the Dutchess Regional Photography (DRP) group will hold a dinner meeting at Perkins restaurant in Wappingers Falls. The speaker will be Lisa Ann Olson and her topic will be “Landscape, Nature, Sunset and Macro Photography.” The first meeting is free. Visit www.drpp-NY.org for more information, or contact DRP President Les Muldorf at lesm1974@mac.com.

Rhinebeck Garden Club to meet Nov. 19
Rhinebeck Garden Club Monthly Meeting, Wednesday, November 19, 10am, Starr Library Community Room, 68 West Market Street. Program: “Foraging for the Holidays”. A demonstration by Jay Bell using materials gathered from your garden. Refreshments served. Most meeting are open to the public, but guests are asked to join after attending two meetings. For information about this meeting, or to become a member call Sue at 845-797-3226.

Rhinecliff Grange Soup Sales heating up
Rhinebeck Grange #896 will sponsor Rhinecliff Soup Sales on the third Thursday of the month: Nov. 20 and Dec. 18. Soup is \$10, sold by the quart. Take-out only. Pick-up location at Morton Library between 11 a.m.-12:30 p.m. and 4:30-6:30 p.m. Email: JoBaer2@gmail.com to get the soup choices for each month and pre-order on-line.

Christmas Craft Fair set Nov. 22 at Regina Coeli
Regina Coeli Parish will host its 51st Annual Christmas Craft Fair - Santa’s Express - on Saturday, Nov. 22, from 9 a.m. to 3 p.m. This craft fair features about 60 artisans from throughout the Hudson Valley. In addition, the parish will sponsor a Craft Boutique with handmade items, Bake Booth, a Basket Raffle, Promise Tree featuring gift certificates at discounted prices, Vendor item raffle and Santa’s Closet featuring new/gently used merchandise. Santa plans to make a guest appearance from 10 a.m. to 2 p.m. for your Christmas photos. Food/refreshments will be available for purchase. Admission is \$2 for adults. Parking is in the front and the rear of the building. Regina Coeli is located on Route 9 in Hyde Park.

Christmas Market Nov. 29 in Pine Plains
Christmas Market – Nov. 29, from 10 a.m. to 4 p.m. at Pine Plains Community Center, 7775 South Main Street, 2nd Floor, Pine Plains. Join us in the heart of Pine Plains for a magical Christmas Market filled with festive cheer and one-of-a-kind treasures! Stroll through a wonderland of local vendors offering home-made baked goods, artisan jams, cosy clothing, sparkling jewelry, stylish handbags, home decor and hand crafted gifts. Hosted by Just A Cook 845 justacook845@gmail.com 845-801-3482



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Italian Halloween

It's all about the candy.

Halloween in our house was different than your average American Household. Granted, we carved pumpkins, and made costumes like everyone else, but that is where the similarities ended.

When we carved pumpkins, Mom would retrieve all the pieces of the pumpkin that we discarded and roasted it with garlic and rosemary, which we would have with dinner that night.

Halloween usually was around the time we were making wine, so to my parents that was much more important than us making costumes to go begging for candy. But to us, this was the ultimate holiday. A time for us to be like regular American kids. A time for us to not have to eat homemade candy. No, this was our chance to get Snickers bars, Three Musketeers bars, Charleston Chews and gum. This was our chance to get **HERSHEY'S!**

Leading up to the big day, I can remember dreaming of pouring huge sacks of candy out on my bed and running my hands through it. My little brother and I would painstakingly plan our costumes in order to make sure we would maximize our take. Naturally, the better the costumes, the better the candy. Once people saw how creative we were, they would empty their bowls into our sacks. No, we would never think of wearing store-bought costumes (Mom wouldn't buy us one, anyway). We were artists, and we would build our own elaborate costumes! That is in between doing homework, making wine, raking leaves, and tilling the garden for the spring.

I remember the year I was going to be a robot. It was 1977 and "Star Wars" was still at the Roosevelt movie theater. I carefully saved boxes to build my robot suit. I found old cans of paint in the basement to paint my stupendous costume. In theory, I would attach a small box, for my head, on top of a big box, for my body. I would roll cardboard for my arms and legs and attach the whole thing using duct tape. Then I would carefully paint it. Punch out some holes for eye and a mouth. Add a few light bulbs, some dials, and old wires and I would be all set it my genuine "Star Wars" inspired robot suit with light bulbs, wires and dials.

My little brother was going to be a hobo. Ha! I thought, I would have to bring two sacks with me in order to collect all the candy I would get from my genuine "Star Wars" inspired robot suit with light bulbs, wires and dials.

In the days and weeks leading up to the big day, I carefully built my suit in my basement. Taping and painting with such care. Putting the old light bulbs into the

box, adding the old dials and the bits of wire in order to make it look realistic. When it was completed, in my mind, it looked like a genuine "Star Wars" inspired robot suit with light bulbs, wires and dials. It was so big, I couldn't bring it up the stairs in the house, so I had to bring it up the outdoor cellar stairs.

When the big night came, Vinny put on his torn shirt, used some charcoal from the barbecue, and put on an old hat. Big deal. I had on my genuine "Star Wars" inspired robot suit with light bulbs, wires and dials.

That night Mom sent my older brother Anthony out with us to watch over us. It was really difficult to walk with the rolled card board around my legs. That's OK, I was wearing my genuine "Star Wars" inspired robot suit with light bulbs, wires and dials, and I was going to get a truck load of candy. However, as we walked it got more and more difficult. It wasn't very flexible, so I had to ditch the arms and legs in the woods so that I could walk. My costume still looked great even without the arms and legs. I would still clean up, because I was wearing a genuine "Star Wars" inspired robot suit with light bulbs, wires and dials.

Once we hit the neighborhood, I really couldn't see too well because the holes I had put in for eyes weren't big enough. I was tripping as we went to the first few houses. I noticed Vinny got the same amount of candy as I did. Hmm. I thought that would change as we got to the really generous houses that were sure to be down the road a bit.

I took off my head by the fifth house, because I couldn't see and it was getting hot inside the box anyway. So now all had was the body and pieces were starting to fall off it also. On we went. With pieces falling off every other house, until finally, I was wearing a painted box as a costume. Not only that, I was getting the same amount at every house we went to. I had no idea what was going on!

Finally we went to our last house and it was time to start the walk home. As we walked my legs kept hitting was left of my genuine "Star Wars" inspired robot suit with light bulbs, wires and dials. By the time we got home, I had ditched the box altogether and was just walking in my NY Mets jacket that Mom insisted I wear under my costume.

When we got home, we counted our candy and to my surprise, not only did I not have more candy than Vinny, but he in fact had a few more pieces than me. I was shocked. I had put such care into building my genuine "Star Wars" inspired robot suit with light bulbs, wires and dials

and my investment didn't pan out. That's OK. At least we had our candy and in the end, that is all that mattered. Not the genuine "Star Wars" inspired robot suit with light bulbs, wires and dials. Only the candy. I ran my hands through the pile of candy. You could smell the Hershey's chocolate perfume waft in the air. It was like heaven.

The next year, I didn't bother with the huge costume plan. I took a page out of Vinny's book and was just a hobo and got the same amount of candy. As I said, it was all about the candy.

While reminiscing about your childhood Halloween, please enjoy the following recipe for Pumpkin Gnocchi. It is another use for the leftover pumpkin pieces when your kids carve out there jack-o-lanterns. Have fun! Ciao!

PUMPKIN GNOCCHI

Ingredients

- 1 small pumpkin, cut and peeled
- 1 egg
- 1 cup flour (more for dusting the board)
- Freshly ground nutmeg
- ¼ cup of grated Parmesan cheese
- 10 sage leaves, picked
- ¼ cup butter, unsalted
- salt and pepper to taste

Method

In a large double boiler, steam the pumpkin until soft, around 25 minutes. If the pumpkin feels wet, dry it out a bit by placing it in a large pan over a low heat to remove some excess moisture.

Use a potato masher to mash up the pumpkin in a large bowl then add the egg, flour, nutmeg and parmesan cheese (add some salt and pepper to taste). Using a fork, mix the ingredients together. When you are done it will look quite sticky.

On a floured tray roll your gnocchi dough into a ball and place in the refrigerator overnight. The next day, Flour a wooden board and line a tray with baking paper. With floured hands, take teaspoon sized bits and roll them into balls and place it on the baking tray.

Bring a large pot of salted water to the boil and then lower the heat to a medium boil. Drop the gnocchi pieces and let cook until they start floating to the top. Remove from the water and place on some kitchen paper to absorb the water. Keep warm.

For the sauce, heat the butter until nicely browned and it smells nutty, then add the sage leaves. Pour the browned butter sauce and sage leaves over the gnocchi and serve immediately.

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.

what's happening?

creativeliving@s Dutchessnews.com

DOT-TO-DOT PUZZLE

See page 14 for finished puzzle (no peeking!)

Stars

Stop at each star (★), then skip to the next number and start your line again. End ★ 102

THE GREATEST DOT-TO-DOT BOOKS

By David Kalvitis

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DIY skeleton: A spooky ‘skulture’

Holidays can present opportunities to squeeze some learning into fun projects. Such is the case with Halloween. You can use imagery of skeletons to teach about bones, joints, and the skeletal system. Here are some “talking points” that could be discussed as you create a DIY skeleton with your own children or students in a classroom.

The skeleton

The musculoskeletal system includes muscles and joints working with bones to provide structure to our bodies and allow movement. Besides movement, skeletons protect our body’s internal organs. Human skeletons are made up of 206 bones. Some are referred to by common names, but learning their scientific names can be fun and useful! Some easy examples are tailbone (coccyx), collar bone (clavicle), and kneecap (patella). Include a number of others, depending on the ages you are working with.

Bone types

There are several types of bones in the human body. Long bones have a long, thin shape. Examples include the bones of the arms and legs (excluding the wrists, ankles, and kneecaps). With the help of muscles, long bones work as levers to permit movement. Short bones have a squat, cubed shape. Examples include the bones that make up the wrists and the ankles. Flat bones have a broad surface. Examples include shoulder blades and breastbone. Irregular bones have a shape that does not conform to the above three types. Examples include the bones of the spine and pelvis.

Bone tissues and cells

Bones have different layers. The outer shell is called the periosteum. It contains blood vessels and nerves. Tissue below that is called compact bone, which provides protection for inner layers. Spongy bone, inside most bones, is made of a honeycombed material, which allows them to be strong yet lightweight. The innermost tissue is the bone marrow. It is a jelly-like substance found inside the cavities of some bones. It produces blood cells and platelets.

Our body is constantly remodeling its skeleton by building up and breaking down bone tissue. As a result, each bone is rebuilt about every decade. The bone cells involved in this process include osteoblasts (cells that build bone), osteocytes (cells that maintain bone by controlling mineral and calcium content), and osteoclasts (cells that break down old bone tissue).

Many factors work together to ensure the strength and health of bones. Bone density relies on a steady supply of dietary calcium, adequate vitamin D from sunshine and food, a healthy diet with plenty of vitamins and minerals, various hormones, and regular weight-bearing exercise.

Joints

Joints hold the skeleton together and support movement. Some joints are immovable, such as skull sutures and the articulations between the teeth and jaws. Other joints allow slight movement like the membrane between the two lower-leg bones. The most obvious joints in this



Build your own Spooky “Skulture” with everyday items. Photo by Francine Wizner

DIY skeleton are fully movable, such as those in the limbs. Fully movable joints contain a capsule of fluid and are often reinforced by ligaments. Examples of fully movable joints include elbows and hips.

You can make your own DIY skeleton out of paper towel and toilet paper rolls! Watch a “how to” video here: https://www.youtube.com/watch?v=WTk33M99G_4. Here is an organized write-up of the activity with bone cutouts: [https://www.teacherspayteachers.com/Product/BUILD-YOUR-OWN-SKELETON-MODEL-HUMAN-BODY-SYS](https://www.teacherspayteachers.com/Product/BUILD-YOUR-OWN-SKELETON-MODEL-HUMAN-BODY-SYSTEM)

TEMS-HANDS-ON-ACTIVITY-7335120.

Francine Wizner is a native of the Hudson Valley. She grew up in the Catskills of Greene County and spent over 3 decades teaching in Ulster County. She creates science-themed instructional materials and books, as well as being a Citizen Scientist in the management of her current home in an enchanted woodland of Dutchess County. Find her at <https://medium.com/@wiznerf>, <https://substack.com/@gkatzchronicle>, and <https://www.pleasantvalleymaplelodging.com>.

A & E CALENDAR

Through Nov. 13: Poughkeepsie Big Read. The Poughkeepsie Public Library District (PPLD) presents its annual program intended to encourage the community to read, discuss and participate in thematic events. In recognition of the 2026 celebration of Rev250, this year’s Big Read theme is Eve of the Revolution, and the Big Read title is “Rise to Rebellion” by Jeff Shaara. The Teen Read title is “Alexander Hamilton: The Graphic History of an American Founding Father” by Jonathan Hennessey and Justin Greenwood, and the Middle/Little Read titles are selections by Laurie R. King, including “Rebellion 1776,” “Chains” (part of her “Seeds of America” trilogy) and “Independent Dames.” Complete list of events at www.poklib.org

Oct. 30: Author talk with Bill McKibben, Morton Memorial Library, 82 Kelly St., Rhinecliff. McKibben will discuss “Here Comes the Sun: A Last Chance for the Climate and a Fresh Chance for Civilization” with Laura Flanders, 4-6 p.m. McKibben’s book is a call to action and shows how solar power is more than just a path out of the climate crisis: it is a chance to reorder the world on saner and more humane grounds. Presented in partnership with Oblong Books. Registration requested. www.oblongbooks.com

Oct. 30: Jazz Duo, 1915 Wine Cellar, 40 Cannon St., Poughkeepsie. Bob Arthurs, trumpet & vocals; Billy Stein, guitar, 7-9 p.m. (845) 232-5311

Oct. 31-Nov. 1: Live Entertainment at the Towne Crier Cafe, 379 Main St., Beacon. Oct. 31: Le Vent du Nord, 8:30 p.m. Tickets \$40 advance, \$45 door. Nov. 1: The Bob Cats play the music of Bob Dylan, 8:30 p.m. Tickets \$25 advance, \$30 door. (845) 855-1300 or www.townecrier.com

Oct. 31-Nov. 2: “Misery,” The Center for Performing Arts at Rhinebeck, 661 Rte. 308, Rhinebeck. Based on Stephen King’s iconic novel, “Misery” is a chilling descent into a world fueled by dependency and obsession. After a near-fatal car crash, best-selling romance novelist Paul Sheldon is rescued by his self-proclaimed number-one fan, the uncanny Annie Wilkes. Annie promises to nurse Paul back to health on her idyllic and remote Colorado Farm, but it soon becomes terrifyingly clear: she has no intention of ever letting him go. Presented by Definitely Human Theatre. Performances: Fri. & Sat., 8 p.m.; Sun., 3 p.m. Tickets \$25. (845) 876-3080 or www.centerforperformingarts.org

Nov. 1: Julia Keefe Indigenous Big Band, Sosnoff Theater, The Fisher Center at Bard College, Annandale-on-Hudson. The performance from the ensemble of Native and Indigenous jazz musicians, led by the celebrated vocalist and luminary Julia Keefe (Nez Perce), celebrates the start of Native American Heritage Month, 7 p.m. Bard’s Center for Indigenous Studies invites guests to join in a community gathering starting at 5:30 p.m. at the Sosnoff Theater. Before the performance, complimentary food offerings from Chef Taelor

Barton (Cherokee Nation) will celebrate seasonal Indigenous foodways. A maker’s market will feature work by local artists and information about Bard’s affiliated programs. Tickets start at \$25. fishercenter.bard.edu or (845) 758-7900

Nov. 1-2: Pine Plains Festival of Shorts, Stissing Center for Arts & Culture, 2950 Church St., Pine Plains. This new festival is a curated, non-competitive showcase of short films created by filmmakers from Pine Plains and nearby communities. The two evenings will feature a wide variety of films – documentary, animation, comedy and drama, followed by live Q&A sessions with the filmmakers themselves. Sat., 7 p.m.; Sun., 5 p.m. Fundraiser to upgrade the Stissing Center with professional-grade film screening equipment. thestissingcenter.org or (518) 771-3339

Nov. 2: Quaker Meeting House Tour, visit four historic meetinghouses and learn about Quaker history in Dutchess County, noon-4 p.m. Free. Last tour of the season. Stops on the tour include Oblong Meeting House in Pawling, Nine Partners Meeting House in Millbrook, Creek Meeting House in Clinton Corners and Crum Elbow Meeting House in Hyde Park. www.meetinghousetour.com

Nov. 4: Gabby’s Dollhouse Live, MJN Convention Center, 14 Civic Center Plaza, Poughkeepsie. A fun new sprinkle-filled adventure, live on stage, 6 p.m. In this a-MEOW-zing show, Gabby unboxes a special acorn that needs the magical touch of

a rainbow to grow. www.MJNCenter.org

Nov. 5: Joe Deninzon & Stratospheerius, Daryl’s House Club, 130 Rte. 22, Pawling. Deninzon is a singer-songwriter, electric violinist known for his work with the progressive rock group Kansas. Tickets \$28.69-\$40.02. (845) 289-0185 or darylshouseclub.com

Nov. 5: “From Basic to Beautiful: Hand Stitching Reimagined,” Freedom Plains United Presbyterian Church, 1168 Rte. 55, Lagrangeville. Lynn Kane of Puppy Girl Designs will present a lecture/trunk show where the history of Redwork is reviewed through antique pieces. Skyllkill, a local chapter of the Embroiderer’s Guild of America presents this program beginning at 12:30 p.m. Join other needleworkers for fun and learning beginning at 10 a.m. or come for this program only beginning at 12:30 p.m. For more information visit www.facebook.com/SkylkillIGA or email to EGASkylkill@gmail.com.

Nov. 5-9: Beacon Bonfire Music + Art Festival, City of Beacon. More than a festival, Beacon Bonfire is a five-day takeover of the city - transforming streets, breweries, galleries, and unexpected corners of town into stages and canvases. Inspired by the Edinburgh Fringe Festival and Burning Man, Bonfire blends grassroots energy with Beacon’s unique history, drawing artists and audiences from across the Hudson Valley and beyond. Tickets & more info: beaconbonfire.com

EXHIBITIONS

Artists' Collective Gallery of Hyde Park (ACHP), 4338 Albany Post Rd., Hyde Park. **Through October:** "In Between Layers: What the Spirit Knows," exhibition by painter Raimondo Gaby featuring works inspired by the artist's time spent with his mother on her journey with terminal cancer and afterward. (845) 366-6856, artistscollectiveofhydepark.com

Available Items, 64 Broadway, Tivoli. **Through Nov. 16:** "Above Ground," sonic sculptures by ceramicist and musician Julia Elsas. availableitems.com

Cunneen-Hackett Arts Center, 9 & 12 Vassar St., Poughkeepsie. **Through October:** Featured in the Victorian Gallery at 9 Vassar Street in Poughkeepsie, will be painter Valerie Berner with her solo show *Scenes and Scenery* from *Untold Stories*. At 12 Vassar Street in the Reception Gallery, Inna Ivanovskya and Tatiana Rhinevault present their diverse and vibrant works of art, and Lisa Weinblatt brings her renowned School Lunch painting series to the Hancock Gallery. **Nov. 3-Dec. 31:** Featured in the Victorian Gallery at 9 Vassar St. will be accomplished landscape painter Arianne Wack. At 12 Vassar St., internationally known artist Elise Pittelman will present her collection of paintings in the Hancock Gallery, and in the Reception Gallery two artists share the space - award-winning documentary photographer Alfons Rodriguez presenting his exhibit "The Melting Age" and painter Maria Krasnopolsky whose plein air series, "Renditions," will be showcased. **Free Public Art Opening Receptions** will be held in all three Art Galleries on Fri., Nov. 7, 5-7 p.m. Visitors must call the Cunneen-Hackett Arts Center Office at (845) 486-4571 for access. More info: cunneen-hackett.org

Frances Lehman Loeb Art Center, Vassar College, 124 Raymond Ave., Poughkeepsie. **Through Feb. 1, 2026:** "Chronostasia: Select Acquisitions 2020-2025," an exhibition that brings together more than 60 works acquired over the past five years. Related Programs: Thurs., Nov. 13, 5:30 p.m., "Rothko in Conversation," in Taylor 102. Christopher Rothko in conversation with Loeb Director Bart Thurber, followed by a reception in the atrium. Closing Program: Thurs., Jan. 29, 5:30 p.m., in Taylor 102, artist talk with Cecilia Vicuña. (845) 437-5632 or <https://www.vassar.edu/theloeb>

The Inn at Bellefield, 25 Old Vineyard Place, Hyde Park. **Through January 2026:** Arts Mid-Hudson presents an exhibition of alcohol ink paintings by Linda Lavin. Her semi-abstract images often echo impressionistic landscapes, alive with flow and movement. Working without brushes, she embraces the fluid, unpredictable techniques of alcohol ink on impervious surfaces such as tile, glass, and yupo paper, creating works that are both dynamic and distinctive. Artist Talk: Thurs., Nov. 13, 3-4 p.m. More info at artsmidhudson.org/art-at-the-bellefield.

LAND Gallery, 30 Charles Colman Blvd., Pawling. **Through Nov. 23:** "Wild World," photographs by Ann Shelbourne. (845) 490-2281 or www.landgalleryonline.com

Mildred I. Washington Gallery, Allyn J. Center for Science and Art, Dutchess Community College, 53 Pendell Rd., Poughkeepsie. **Through Oct. 30:** DCC's annual Faculty Art Exhibit, "Power to the People," highlights the diverse creative voices of DCC faculty through drawings, sculptures, porcelain, fabric art, oil paintings, animation, collage and photography. (845) 431-8612

Millbrook Arts Project, Millbrook Library, 3 Friendly Lane, Millbrook. **Through Nov. 1:** "Women, Water and Work: Imagining Nicaragua Exhibit," Millbrook Library and the Millbrook Arts Group partner with Artists for Soup, a non-profit organization based in Millbrook, to celebrate Latinx Heritage Month. Paintings and folk art created by Nicaraguan artists are on exhibit. <https://millbrooklibrary.org/millbrook-arts-project/>

Millbrook Vineyards & Winery, 26 Wing Rd., Millbrook. **Through Nov. 9:** "Art in the Loft," a juried exhibition and sale of fine art featuring the work 16 Arts Mid-Hudson member artists. On view daily, noon-5 p.m. Visitors are invited to vote for their favorite piece to be featured on an exclusive wine label. <https://www.artsmidhudson.org/art-in-the-loft>

Morton Memorial Library, 82 Kelly St., Rhinecliff. **Through Nov. 1:** Morton's Celebration of Fiber Arts, created by local artists. (845) 876-2903

Olana State Historic Site, Sharp Family Gallery, 5720 Rte. 9G, Hudson. **Through Nov. 2:** "What's Missing?" site-specific artworks in the Olana landscape by Ellen Harvey and Gabriela Salazar. (518) 751-6879 or www.olana.org

Thomas Cole National Historic Site, 218 Spring St., Catskill. **Through Nov. 2:** "EMILY COLE: Ceramics, Flora & Contemporary Responses," placing the art of Emily Cole (1843-1913), a professional artist and daughter of Thomas Cole, into conversation with eight, internationally celebrated contemporary artists including Ann Agee, Jacqueline Bishop, Francesca DiMattio, Valerie Hegarty, Courtney M. Leonard, Jiha Moon, Michelle Sound, and Stephanie Syjuco. The exhibition is the largest display of original painted porcelain and works on paper by Emily Cole ever shown since the 19th century. **Through Dec. 14:** "ON TREES: Georgia O'Keeffe and Thomas Cole," exhibition brings together two iconic American artists in the COLE 200 anniversary year (1825-2025). The presentation explores how Thomas Cole depicted trees in the year of his transformational first visit to Catskill, NY in 1825, and how Georgia O'Keeffe did so in her pivotal first visit to New Mexico a century later in 1929. www.thomascole.org

Tivoli Artists Gallery, 60 Broadway, Tivoli. **Through Nov. 16:** "FARM to TABLE: A Tribute to All Things Agricultural," TAG members consider what about this great valley inspires them, be it the landscape, farming seasons, or the journey and the abundance of the harvest. The exhibition offers a range of styles and responses from printmakers, photographers, painters, sculptors and mixed media artists that continue to illuminate our relationship with nature. (845) 757-2667 or www.tivoliartistsgallery.com

MONUMENTAL SCULPTURAL ARTWORK
ADDED TO VASSAR COLLEGE GROUNDS



Soaring 18 feet high, seven sentinels made of weathered steel surround a female bronze figure that appears to emerge from the earth. This dynamic and awe-inducing public artwork, situated at the northwest perimeter of the campus, is Vassar College's newest public art acquisition. The monumental sculpture, by Rose B. Simpson, a mixed-media artist from Santa Clara Pueblo, N.M., marks the first time a major outdoor work by an Indigenous artist has a permanent home on the campus. Simpson's work, entitled "Seed" (2024), was acquired by The Frances Lehman Loeb Art Center. Its location, within the College's arboretum, along with the nearby Heartwood Hotel and soon-to-be-completed Dede Thompson Bartlett Center for Admission and Career Education, serves as a means to welcome visitors, students, and members of the community. In Simpson's own words, "The ancestral sentinels are ominous as they stand watch; they behold, they reflect a critical eye at the mannerisms modern humans take for granted, or even choose. The circle of protection provides an example of where values can adjust, and a critical seriousness of the weight of what we have taken for granted. The ancestors demonstrate to the future the work that is yet to be done." Pictured: Rose B. Simpson, Kha'p'oe Ówíngheh, "Seed," 2024 (installation view, left, and detail, right). Oxidized steel, cast bronze, and native medicinal plants. *Photos by Tom Barratt*



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Agatha Christie’s chilling mystery set Nov. 7-23 at The Center

CENTERstage Productions, the resident production company of The Center for Performing Arts at Rhinebeck, invites audiences into one of Agatha Christie’s most chilling mysteries: “And Then There Were None.” The production runs Nov. 7-23, with performances Fridays at 8 p.m.; Saturday, Nov. 8, at 8 p.m.; Saturdays, Nov. 15 and 22 at 3 p.m.; and Sundays at 3 p.m. Tickets are \$25.

Following the success of “Murder on the Orient Express” (Fall 2024) and “The Mousetrap” (February 2025, in collaboration with Up In One Productions), CENTERstage Productions returns with another Christie classic, this time tackling one of her darkest and most psychologically complex works.

In “And Then There Were None,” 10 strangers are summoned to a remote island under mysterious circumstances. Each guest hides a terrible secret, and as

they begin to die one by one, it becomes clear that a murderer is among them. Trapped by a storm and haunted by a sinister nursery rhyme, the survivors must uncover the killer before no one is left alive.

CENTERstage’s recent Agatha Christie productions have drawn enthusiastic crowds and acclaim for their atmosphere, suspense, and ensemble performances. With “And Then There Were None,” the production dives deep into the psychological tension that made Christie the best-selling mystery writer of all time.

Directed by Emily DePew, with assistant direction by Justin Doro, the production features Joe Bongiorno, Michael Britt, Tom Bunker, David Foster, Lucas Hopper, Morgan McKinley, Lindsay Moravec, David Shakopi, Thom Webb, Wendy Urban-Mead, and Elaine Young.

Recommended for ages 13+.



The cast of Agatha Christie’s “And Then There Were None” comes to The Center for Performing Arts at Rhinebeck Nov. 7-23. *Courtesy photo*

Tickets are available at www.centerforperformingarts.org or by calling the box office at (845) 876-3080.

The Center is at 661 Route 308, just east of Rhinebeck Village.

County sets 2nd annual ‘America Recycles Day Art Challenge’ for students

Dutchess County Executive Sue Serino has announced the return of the County’s “America Recycles Day Art Challenge,” aimed at educating students about recycling and encouraging them to creatively reuse materials that are often discarded.

The initiative, open to all school-aged students in Dutchess County, offers young people the chance to explore creative reuse to ensure a sustainable future.

Students are encouraged to create two- or three-dimensional artwork using recyclable materials like paper, plastic, aluminum and glass. While non-recyclable items like glue or tape can be used for construction, the focus is on reimagining waste into art. Submissions must be registered and sent in by Nov. 10, and will be judged based on clarity, description, and creativity.

Winners will be selected in four age categories: Kindergarten-2nd Grade, 3rd-5th Grade, 6th-8th Grade and 9th-12th Grade.

The winning pieces will be announced on Nov. 14, the day before America Recycles Day, and displayed at the FDR Presidential Library & Museum in Hyde Park from Nov. 17 to Dec. 5, 2025.

Local schools, homeschool groups and

any other school-aged child interested in taking advantage of this fun opportunity can visit the Division of Solid Waste Management’s website at dutchessny.gov/solidwaste for details. For questions, contact Recycling Educator Dani White at solidwastemgmt@dutchessny.gov or by calling (845) 486-2841.



Re-ELECT

Common Sense
Experienced Leadership

Scott Cookinham

Pleasant Valley Councilman

“I have lived in Pleasant Valley my entire life and being a public educator and having a construction background I know what it takes to serve the public and how to get things done.”

Background:

Lifelong Pleasant Valley Resident, Wife Becky, Children Scott Jr., Zack
Daughter In Law Lexi, Granddaughter Raelyn

Goals:

- * We need to “Start what we finish, roll up our sleeves and do what it takes to accomplish town objectives.”
- * Create a Master Plan for town water inclusive of funding
Address defective Property Tax rolls
- * Work to obtain grant funding for Town needs, Water, Records Management, Highway infrastructure & Town Parkland.
- * Update our Utility and Property Tax Assessments
- * Address unenforced Zoning Laws, and staffing issues.
- * Improve Recreation for our Youth & Seniors.
- * Address Traffic issues and control growth.
- * Expand Needed Town Services at minimum cost.
- * Tighten fiscal controls and waste.



November 4, 2025

Spackenkill girls, boys are MHAL soccer runners-up

By Morgan E. Maier

The Spackenkill High School Spartans were a pair of one-goal victories away from Mid-Hudson Athletic League hardware. First up, the girls faced a tough Mount Academy squad and NYS record-setting goal scorer Brooke Huelatt, and fell 3-2.

They held Huleatt to a single goal, as the Spartan defense stood strong against the speedy Mount lineup. Cadence Koehler brought her team back within one late in the second half off a beautiful Grace Krakowski cross, but Nina Wright's second of the night stood as the Eagles' gamewinner. Olivia Stout scored Spack's lone goal in the first half. In the nightcap MHAL final, Spackenkill stacked up against the Wallkill Panthers and their 15-game winning streak. With 20 minutes gone in the first half, Wallkill struck first. Despite a plethora of second-half chances, Spackenkill couldn't break through, forcing just two shots on goal. The Panthers held on 1-0 to remain undefeated and win the championship.

Arlington volleyball gets 10th sweep vs. Haldane - In one of their most dominant showings of the season, Arlington swept Haldane 25-9, 25-10, 25-9. Sadie Murphy had 9 assists and 4 aces. Caroline

Urso had 6 kills and 4 aces. Avery Cunningham and Corrine Jarc had 4 kills, with Jarc adding six aces. Amelia Giorgi had 8 kills, 6 aces, and 9 assists. The following night, Arlington outlasted Brewster on senior night, narrowly eclipsing the Bears 15-13 in the deciding fifth set. Giorgi secured another triple-double, with 16 kills, 18 digs, and 14 assists, plus five aces. She was one of five Admirals with double-digit digs: Jarc (18), Murphy (13), Alyssa Reilly (11), and Urso (10). Urso's 13 kills got her another double-double. Murphy led the way with 21 assists and 13 digs, while Jarc added 18 digs and Stella Mahon added seven kills.

Dover downs Spackenkill in football, 34-10 - On October 24, the Dover Dragons ended a 14-year drought against Spackenkill with force. With the defense allowing just 10 Spackenkill points, Dover scored in all four quarters. Connor Drnek was a force on his feet, rushing for 146 yards and two touchdowns. Matt Ogana ran in two of his own. Vinny Colombo added a pick-six, returning an interception 52 yards to the end zone. Kayden Brinson had two sacks. Dover improved to 6-2 with the win and will celebrate senior night at 7 p.m. on 10/30.

Bridge Authority advises customers of billing error

The New York State Bridge Authority (NYSBA) has advised E-ZPass customers enrolled in the NYSBA Commuter Plan of a recent billing error and the steps being taken to correct the matter.

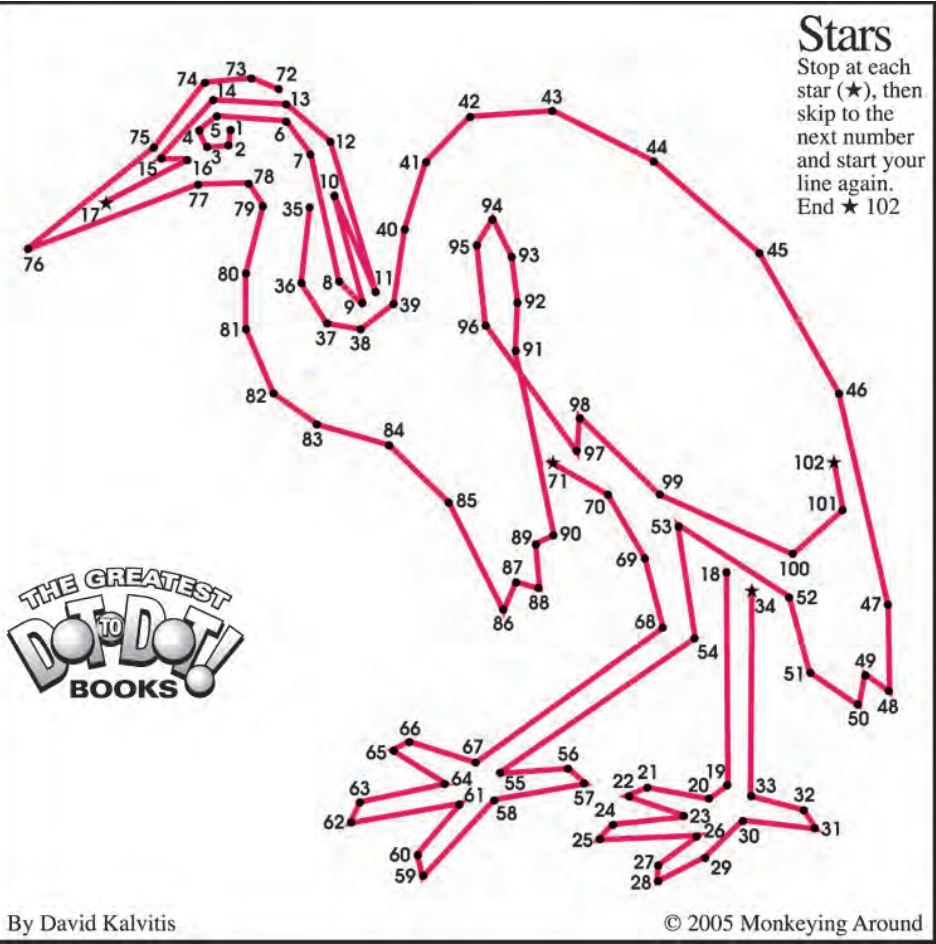
The billing issue affected only New York and New Jersey E-ZPass customers who participate in the NYSBA Commuter Plan, approximately 8,000 accounts in total. This plan allows frequent users of the Authority's crossings – including the Bear Mountain, Newburgh-Beacon, Mid-Hudson, Kingston-Rhinecliff, and Rip Van Winkle Bridges – to cross at a reduced toll of \$1.40 per trip. Customers must complete at least 17 trips during each 30-day billing cycle. Any trips not taken are billed at \$1.40 and appear as "Unused Commuter Trips."

The Authority recently became aware of erroneous charges generated by its outside

vendor related to the Commuter Plan. These charges occurred during the period of October 9-10. NYSBA has been working closely with the E-ZPass NY Customer Service Center to correct the matter and has directed that refunds are to be issued for impacted accounts.

Customers who continue to notice any issues with their E-ZPass account are encouraged to contact the EZPass NY Customer Service Center at 800-333-TOLL (800-333-8655).

NYSBA also reminds Customer Plan participants that they may pause their plan up to four times a year for a minimum of one week if they do not anticipate making frequent trips across the Authority's bridges. Account information can be accessed at www.e-zpassny.com or through the TollsNY mobile app.



RESORTS WORLD CASINOS

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WIN A FREE CRUISE FOR TWO

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MUST BE 18 YEARS OF AGE OR OLDER TO PLAY THE NEW YORK LOTTERY GAMES, PLEASE PLAY RESPONSIBLY. 24-HOUR PROBLEM GAMING HOTLINE: 1-877-8-HOPENY(846-7369)

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THANK YOU TO OUR ARMED FORCES

In honor of the Marine Corp Birthday and Veterans Day, Coppola's would like to say thank you to our active and former armed forces personnel, November 10, 2025, thru November 11, 2025. On those dates veterans and active personnel eat for free. (One free meal for the veteran per table. For eat in only. Not good with any other offers, discounts, coupons or gift certificates)

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Field Hall Foundation provides \$15K grant to United Way’s Crisis Fund

At a recent check presentation, United Way of the Dutchess-Orange Region received a \$15,000 grant from the Field Hall Foundation to support United Way’s Crisis Fund. The grant will help seniors in Dutchess County who are facing a financial emergency.

Founded in 2019, United Way’s Crisis Fund was established to help households

respond to immediate crisis or hardship. The Crisis Fund helps residents address their short-term financial crises before they become financial catastrophes. Recognizing seniors on fixed incomes as a vulnerable population in changing times, United Way created the Crisis Fund for Seniors Program, a program component of our Crisis Fund directly

addresses the crisis needs of those aged 60 and above in Dutchess County.

Jeannie Montano, President & CEO of United Way of the Dutchess-Orange Region, said, “Our ongoing partnership with the Field Hall Foundation is invaluable. Given that Dutchess County’s demographics are shifting toward an older population, many of whom are on fixed incomes, it is essential to increase

support for seniors facing financial hardship. We are profoundly grateful for the Foundation's commitment to this critical need.”

United Way of the Dutchess-Orange Region supports over 25,000 individuals annually with essential supplies and crisis funding. To support United Way’s programming or learn more about its work in the community, visit www.uwdor.org.

Pleasant Valley Repair Café closes 2025 season Nov. 1

Submitted by Jean Curlee

The final 2025 Pleasant Valley Repair Café will be held Saturday, Nov. 1, from 10 a.m. to 2 p.m., at the Pleasant Valley Town Hall, 1554 Main St. (Route 44), Pleasant Valley.

The Pleasant Valley Repair Café started in 2022 by the Town’s Climate Smart Task Force.

Everything is about making repairs. Volunteer repair experts are available to

make repairs free of charge. Bring your broken items, (toasters, lamps, hair dryers, clothes, toys or anything that is broken). If we can’t fix or repair it, we make recommendations.

By promoting repairs, Climate Smart wants to help reduce mountains of waste. According to Jean Curlee, Coordinator of the PV Repair Café, “We throw away piles of stuff in landfills, when a simple repair can make it work again.”

Repair Cafés are also meant to put

neighbors in touch with each other, creating new friendships and sharing repair knowledge and practical skills close to home.

Curlee points out that repairs can save money, resources, help minimize CO2 emissions and reduce waste sent to landfills. But, most of all she wants everyone to know how much fun repairing things can be, and how easy it often is. Our fixers share their knowledge by showing anyone how to make repairs themselves. Donations are appreciated. Visit our

Facebook Page: [PVRrepaircafe.com](https://www.facebook.com/PVRepaircafe.com)

The Repair Café concept arose in Amsterdam, the Netherlands, by Martine Postma in 2009, and she started the Repair Café International Foundation (see Repaircafe.org/en).

Go to www.Repaircafehv.org for more information and a calendar of all the Repair Cafes in the Hudson Valley.

Save the dates: Pleasant Valley 2026 Repair Cafés are set Jan. 17, March 21, May 16, Aug. 15 and Oct. 17.

OBITUARIES

Joanne H. Mihocko

Joanne H. Mihocko, nee Janina Honora Konczyk, 81, of Hyde Park, left this Earth for the beautiful realm of Heaven on October 17, 2025. Born, March 8, 1944, in Altgarmsiel Germany, she was the daughter of the late Wojciech (John) and Leokadia (Lydia) Konczyk.

Joanne was a 1962 graduate of Our Lady of Lourdes High School.

On January 18, 1964, Joanne married Paul A. Mihocko, together they spent over 60 years as husband and wife. Mr. Mihocko survives at home.

Joanne dabbled as a Swimsuit Model at Woolworth’s Department Store, enjoyed being a dental hygienist and then took on the hardest job of all - raising four children!

The neighborhood kids were often found at the Mihocko House at all hours of the day and night! On Sunday’s the neighborhood was charmed by the Polka Hour blaring on the outside speakers. She was proud of her Polish and Ukrainian roots.

She hosted and judged many “Olympic Games” poolside all while Neil Diamond was playing through the speakers. Truth be told, every child that graced her home knows every single Neil Diamond song by heart to this day! She had the pleasure of seeing Neil in concert multiple times.

She loved animals and flowers! Feeding the birds (even the geese until they took over) and loved taking power walks at Vanderbilt’s or the Rail Trail. Walking and fresh air, no matter what the weather was like outside, gave her renewed energy where she felt she could tackle anything!

Joanne had a keen sense of style and attention to detail. She never once left the house unless she was perfectly coiffed. That meant hair and makeup were “magazine ready” and usually it meant a pair of heels (with stockings) even if she decided on jeans. She took great pleasure in ensuring her house was comfortable yet stylish and chic.

Along with her husband, JoAnne is survived by her children Jennifer Mihocko-Tierney and husband Rick Tierney, Paul Mihocko and Partner Barbara Patsey, David Mihocko and wife Melissa Kuo Mihocko, Heather Mihocko and husband Craig Jasenski; five grandchildren, Andrew Mihocko, Brett Mihocko, Mia Mihocko, Tristan Mihocko and Ryan Mihocko. Joanne is also survived by her sister Mary Robards and nephews Richard Robards, Jason and (Kathleen) Robards and their children Jason and Lydia. She is also survived by her handsome cat Midnight, affectionately known as “Big Boy”.

A celebration of life was held Saturday October 25, 2025, at the Inn at Bellefield / Hyde Park.

Joanne’s family respectfully requests memorial donations to be made to Town & Country K9 ResQ LTD. www.townandcountryk9resq.org. Arrangements are under the direction of Sweet’s Funeral Home, Hyde Park.

Robert Edward Murphy Sr.

Robert Edward Murphy Sr., age 94, passed away at home on October 7, 2025. He was born in Ballston Spa, New York on January 1, 1931 the son of John F. Murphy Sr. and Rachel A. (Mitchell) Murphy. He graduated in June of 1948 from Poughkeepsie High School also graduated from Dutchess Community College as well as attended classes at Marist College. Bob served four years with the United States Air Force obtaining the rank of Staff Sergeant. He was of the Catholic faith.

On April 12, 1953, he married the love of his life, Nancy Sue Major, in the Church of the Nativity, City of Poughkeepsie NY. They spent 72-years together until Nancy’s death on July 17th of this year.

Bob retired from IBM in 1986 after 34 years of service in Poughkeepsie, Kingston, East Fishkill and ending in Charlotte, NC.

With a growing family, Bob, along with his father-in-law, built the family’s “forever” home on Creek Road in Pleasant Valley. Bob was a very active member in the recreation activities in Pleasant Valley. He was one of the founding members of the Valley Youth Sports Association, long time Little League coach (Van’s Lawnmower Shop team) and served on the Pleasant Valley Recreation Commission in the late 1960’s becoming the chairman in the 1971. Bob was instrumental in obtaining grant funding that allowed the Town of Pleasant Valley to purchase and start the development of the Bower Park on North Avenue and the Helen Aldrich Park on Hibernia Road. Bob served as the Town of Pleasant Valley Special Projects Coordinator, being appointed by Supervisors John Stewart and James Geary. He ran for Town Supervisor in 1975. Bob also served on the Board of Directors of the Pleasant Valley Free Library and was a member of the Pleasant Valley Lions Club. In 1974 he was awarded “The Person of the Year” by the Pleasant Valley Chamber of Commerce. In 1978, Bob was transferred by IBM to the Charlotte North Carolina facility.

In retirement, Bob and Nancy managed a Senior Citizens Residential Park – Lakeside Terrace in Fruitland Park, Florida. They moved back to New York State in 2017.

Bob was predeceased by his wife Nancy, parents John (Jack) and Rachel Murphy, sister Winifred (Winnie) and her husband Gabriel (Bill) Trabucco, brothers John Jr. (Johnny) and Ronald and wife Dorothy Murphy, daughter-in-law Jodi Murphy and grandson Robert E. Murphy III, parent-in-laws John (Jack) and Elizabeth (Betty) Major and sister-

in-law Jacqueline (Jackie) and her husband Fred Snitzler.

Bob is survived by children: John (Jayne), Robert Jr., Mark (Karen), Daniel, Nanci (Brian) Sikora, Susan Fowler, Patrick (Wendy), Michael (Debbie), and former daughter-in-law Denise (Donegan) Williams. 22 grandchildren – Jennifer (Ray), Debra (Steve) Thomas, Stephanie, Christopher, Nicholas, Kelley (Greg), Ryan (Sara), Scott (Heather), Kelly, Andrew (Maria), Amber (Rich), Bryan, Jordan (Katherine), Heather, Kyle (Samantha), Mark Jr, Zack (Charlotte), Matty, Annie, Jack and Grace. 15 great-grandchildren, Devin, Taryn, Jamie, Brad, Ben, Emma, Madyn, Ryder, Blake, Jake, Eleanor, Nolan, Scarlett, Gavin and Oliver. One niece – Vicki Snitzler-Neeck (Marshall) and three nephews – Gary Trabucco (Kathy), David (Peggy) and Darren (Debbie) Murphy.

There will be no calling hours. A private burial service will be held for family members. Arrangements have been entrusted to Allen Funeral Home, Pleasant Valley.

Candace Shyer

Candace “Candy” Shyer, 73, passed away peacefully on October 14, 2025, surrounded by her loved ones at Columbia Memorial Hospital in Hudson, NY.

Born on March 27, 1952, in Brewster, NY, she was one of four daughters of Harlan John and Ethel Dorothy (Nied) Howlett.

Candy graduated from Arlington High School in 1970 and went on to attend Dutchess Community College, where she met the love of her life, Eric. The two were married on June 8, 1974, and together shared more than 50 years of adventure, laughter, and happiness.

Candy continued her education, ultimately earning her master’s degree. She held multiple teaching certifications and discovered a deep passion for education that guided her lifelong career. She went on to serve as the Assistant Commissioner with for the Office of Assessment, Standards, and Curriculum at the New York State Department of Education in Albany, NY, where her dedication and leadership left a lasting impact.

In her free time, Candy found joy in baking, and those lucky enough to taste her creations were always grateful for her generous spirit. She also enjoyed gardening, nurturing both her plants and the people around her with equal care. Music was another of Candy’s great loves—she and Eric began singing together at local coffeehouses in the ’70s and later in life at their churches, sharing their talents with others.

Deeply rooted in her faith, Candy was devoted to helping others and to serving her church community. She was a Deacon at Emmanuel Reformed Church in Castleton and a longtime member of Brunswick Church.

Through her work with organizations such as St. Paul’s Women’s and Children’s Shelter, she gave selflessly of her time and compassion—especially through her efforts to provide book bags each year for students in need.

In addition to her beloved husband Eric of Hudson, NY, Candy is survived by her children, Dan Shyer of Glenville, NY; Maggie (Eric) Barie of Tampa, FL; and Kim (Troy) Antal of Hudson, NY; her cherished grandchildren, Josie, Jocelyn, Doug, and Cole; her sisters, Kim Rosado of Germantown, NY, Melissa (Mike) Levy of Red Hook, NY, and Coral Howlett of Hudson, NY; as well as several nieces, nephews, extended family members, and dear friends.

In lieu of flowers, the Shyer family kindly requests that donations be made in Candy’s memory to St. Paul’s Women’s Shelter, an organization close to her heart. This can be done directly through Emmanuel Reformed Church here, <https://encountererc.churchcenter.com/giving/to/shyer-memorial>.

A celebration of life will take place at Emmanuel Reform Church, 1150 Maple Hill Rd. Castleton, NY 12033, on November 8th beginning at 11 a.m., reception to follow.

Funeral arrangements have been entrusted to Burnett & White Funeral Homes, 7461 S. Broadway, Red Hook, NY 12571.

Gloria Jean Wallace

Gloria Jean Wallace (née Newkirk), aged 85, passed away on October 18, 2025, in her lifelong hometown of Poughkeepsie, NY. Born on September 25, 1940, in Poughkeepsie, she was the daughter of the late Abraham and the late Mary Ada Litts Newkirk.

Gloria lived a full life marked by dedication to her community and family.

Gloria graduated from Poughkeepsie Schools and recently retired in June 2025 from her long-standing role as a Post SolderInspector at Marco Board House. Known for her joyous spirit and love for leisure, she enjoyed music, dancing, playing bingo, visiting casinos, and the thrill of playing scratch-off tickets.

She leaves behind a loving family, including her daughters, Patricia Jessup of Lagrange, NY, Mary Poskitt of Bartow, Florida, Sharon and her husband Bruce Terrelonge of Wappingers, NY, and Stephanie Williams of Wappingers, NY. She was preceded in death by her son, John Wallace Jr.

Gloria was a cherished grandmother to nine grandchildren, twenty-six great-grandchildren, and one great-great-grandchild.

Calling hours were held on Thursday, October 23, 2025, with services following, at the Timothy P. Doyle Funeral Home, Poughkeepsie, NY. A graveside service took place at on Friday, October 24, 2025, at St. Peter’s Cemetery in Poughkeepsie.

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LEGAL NOTICE			
To all voters of Dutchess County, New York			
General Election, Tuesday, November 4, 2025			
The following is a true and correct list of all nominations of candidates for the offices to be filled at the General Election to be held on Tuesday, November 4, 2025, certified to us or filed in our office pursuant to the provisions of Election Law.			
PARTY	ID	PARTY	ID
Democratic	DEM	Pawling Values	PV
Republican	REP	Freedom Party	FP
Conservative	CON	United Fishkill	UF
Working Families	WOR	Community First	CF
Common Ground	CG	United 4 Pawling	U4P
Team Clinton	TC	PK's Choice	PKC
Hyde Park 1st	HP1	Homegrown R.H.	HRH
PETITION PARTY	OFFICE DESCRIPTION	CANDIDATE NAME	
DEM, CON	STATE SUPREME COURT JUSTICE – 9TH JUDICIAL	VERRIS B SHAKO	
DEM, CON	STATE SUPREME COURT JUSTICE – 9TH JUDICIAL	DIANE M CLERKIN	
DEM, CON	STATE SUPREME COURT JUSTICE – 9TH JUDICIAL	JOHN P COLLINS JR	
DEM	STATE SUPREME COURT JUSTICE – 9TH JUDICIAL	DESMOND C LYONS	
REP, CON	STATE SUPREME COURT JUSTICE – 9TH JUDICIAL	RAYMOND P RAICHE	
REP	STATE SUPREME COURT JUSTICE – 9TH JUDICIAL	GEORGE A SMITH	
REP	STATE SUPREME COURT JUSTICE – 9TH JUDICIAL	KIEL E VAN HORN	
REP	STATE SUPREME COURT JUSTICE – 9TH JUDICIAL	THOMAS HUMBACH	
DEM, WOR	COMPTROLLER	DAN AYMAR-BLAIR	
REP, CON	COMPTROLLER	WILLIAM G TRUITT	
REP, CON	FAMILY COURT JUSTICE	TRACY MACKENZIE	
DEM, WOR	COUNTY COURT JUSTICE	KARA GERRY	
REP, CON	COUNTY COURT JUSTICE	EDWARD NED MCLOUGHLIN	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 1	TREVOR REDL	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 1	ROBERT V GORMAN	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 2	EMMA ARNOFF	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 2	RYAN TRAVELPIECE	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 3	DAVID SIEGEL	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 3	MICHAEL POLASEK	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 4	BRENDAN LAWLER	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 4	ANTHONY AVELLO	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 5	ANNA SHAH	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 5	TONY D'AQUANNI	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 6	LISA KAUL	
DEM	DUTCHESS COUNTY LEGISLATURE – DISTRICT 7	TRISH PRUNTY	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 7	LEW DARROW	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 8	CRAIG BRENDLI	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 9	BARRINGTON ATKINS	
DEM	DUTCHESS COUNTY LEGISLATURE – DISTRICT 10	RANDY JOHNSON	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 11	BRENNAN KEARNEY	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 12	JOHN METZGER	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 13	KEITH ODUMS	
REP	DUTCHESS COUNTY LEGISLATURE – DISTRICT 13	KEVIN M GILES	
CON, FP	DUTCHESS COUNTY LEGISLATURE – DISTRICT 13	MICHAEL KUZMICZ JR	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 14	ALIX WINSBY	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 14	LYNNE MIELE-VERSACI	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 15	ROBERT FAUST	
DEM, WOR, UF	DUTCHESS COUNTY LEGISLATURE – DISTRICT 16	YVETTE VALDES SMITH	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 16	JOHN FORMAN	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 17	DOUGLAS AA MCHOUL	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 18	MOLLY RHODES	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 19	CHRIS DRAGO	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 19	TONYA PULVER	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 20	KRISTOFER MUNN	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 20	MARK MARONEY	
DEM	DUTCHESS COUNTY LEGISLATURE – DISTRICT 21	ERIC ECKLEY	
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 21	STEPHEN M CASWELL	
DEM, WOR	DUTCHESS COUNTY LEGISLATURE – DISTRICT 22	HEIDI TUCCI	

Legal continued on next page

DUTCHESS COUNTY 2025 GENERAL ELECTION	
LEGAL NOTICE	
ALL POLLS ARE OPEN FROM 6:00 A.M. TO 9:00 P.M.	
GENERAL ELECTION NOVEMBER 4, 2025	
GENERAL ELECTION NOTICE	
Pursuant to the provisions of Section 4-120 of the New York State Election Law, NOTICE IS HEREBY GIVEN that there will be a General Election held on Tuesday, November 4, 2025, in Dutchess County. The polls will be open from 6:00 a.m. to 9:00 p.m.	
We, Erik J. Haight and Lisa Jessup, Commissioners of Elections for the County of Dutchess, State of New York, do hereby certify the following offices and propositions that may be lawfully voted for in the said election.	
The offices and propositions to be voted on are listed below:	
SUPREME COURT JUSTICE- 9th DISTRICT	
(4) JUSTICE OF THE SUPREME COURT	
DUTCHESS COUNTY	
(1) COUNTY COMPTROLLER	
(1) FAMILY COURT JUSTICE	
(1) COUNTY COURT JUSTICE	
(25) MEMBER OF DUTCHESS COUNTY LEGISLATURE	
TOWN OF AMENIA	
(1) TOWN SUPERVISOR	
(1) TOWN CLERK	
(1) TOWN JUSTICE	
(1) SUPERINTENDENT OF HIGHWAYS	
(2) MEMBER OF TOWN COUNCIL	
(1) MEMBER OF TOWN COUNCIL – UNEXPIRED TERM	
TOWN OF BEEKMAN	
(1) TOWN SUPERVISOR	
(1) SUPERINTENDENT OF HIGHWAYS	
(2) MEMBER OF TOWN COUNCIL	
TOWN OF CLINTON	
(1) TOWN SUPERVISOR	
(1) TOWN JUSTICE	
(2) MEMBER OF TOWN COUNCIL	
TOWN OF DOVER	
(1) TOWN SUPERVISOR	
(1) TOWN JUSTICE	
(2) MEMBER OF TOWN COUNCIL	
(1) TAX COLLECTOR	
TOWN OF EAST FISHKILL	
(1) TOWN SUPERVISOR	
(1) SUPERINTENDENT OF HIGHWAYS	
(2) MEMBER OF TOWN COUNCIL	
TOWN OF FISHKILL	
(1) TOWN CLERK	
(2) MEMBER OF TOWN COUNCIL	
TOWN OF HYDE PARK	
(1) TOWN SUPERVISOR	
(1) TOWN CLERK	
(1) SUPERINTENDENT OF HIGHWAYS	
(4) MEMBER OF TOWN COUNCIL	
(1) RECEIEVER OF TAXES	
TOWN OF LAGRANGE	
(1) TOWN SUPERVISOR	
(1) SUPERINDENTENT OF HIGHWAYS	
(2) MEMBER OF TOWN COUNCIL	
TOWN OF MILAN	
(1) TOWN SUPERVISOR	
(1) TOWN CLERK/TAX COLLECTOR	
(1) TOWN JUSTICE	
(2) MEMBER OF TOWN COUNCIL	
TOWN OF NORTH EAST	
(1) TOWN JUSTICE	
(2) MEMBER OF TOWN COUNCIL	
(1) TOWN ASSESSOR	
TOWN OF PAWLING	
(1) TOWN SUPERVISOR	
(1) TOWN CLERK	
(1) SUPERINTENDENT OF HIGHWAYS	
(2) MEMBER OF TOWN COUNCIL	
(1) TAX COLLECTOR	
TOWN OF PINE PLAINS	
(1) TOWN SUPERVISOR	
(2) MEMBER OF TOWN COUNCIL	
TOWN OF PLEASANT VALLEY	
(1) TOWN SUPERVISOR	
(1) TOWN JUSTICE	
(2) MEMBER OF TOWN COUNCIL	
TOWN OF RED HOOK	
(1) TOWN CLERK/TAX COLLECTOR	
(2) MEMBER OF TOWN COUNCIL	
TOWN OF RHINEBECK	
(1) TOWN SUPERVISOR	
(1) TOWN JUSTICE	
(1) SUPERINTENDENT OF HIGHWAYS	
(2) MEMBER OF TOWN COUNCIL	
TOWN OF STANFORD	
(1) TOWN SUPERVISOR	
(1) TOWN CLERK	
(1) TOWN JUSTICE	
(1) SUPERINTENDENT OF HIGHWAYS	
(2) MEMBER OF TOWN COUNCIL	
TOWN OF POUGHKEEPSIE	
(1) TOWN SUPERVISOR	
(1) TOWN CLERK	
(6) MEMBER OF TOWN COUNCIL	
(1) SUPERINTENDENT OF HIGHWAYS	
(1) RECEIVER OF TAXES	
(1) LIBRARY TRUSTEE	
VILLAGE OF MILLBROOK	
(1) TRUSTEE	
VILLAGE OF PAWLING	
(1) MAYOR	
(2) TRUSTEE	
TOWN OF UNION VALE	

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Legal Notices	Legal Notices	Legal Notices	Legal Notices	Legal Notices	Legal Notices	Legal Notices
					* Legal cont. from previous page	
REP	DUTCHESS COUNTY LEGISLATURE – DISTRICT 22	JOSEPH TRESCA		(1) TOWN SUPERVISOR		
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 23	CHRIS ROLISON		(1) TOWN CLERK		
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 24	ANDREW J HOUSE		(1) TOWN JUSTICE		
DEM	DUTCHESS COUNTY LEGISLATURE – DISTRICT 25	ERIC ALEXANDER		(1) SUPERINTENDENT OF HIGHWAYS		
REP, CON	DUTCHESS COUNTY LEGISLATURE – DISTRICT 25	DEIRDRE A HOUSTON		(2) MEMBER OF TOWN COUNCIL		
DEM, WOR	AMENIA – TOWN SUPERVISOR	ROSANNA L HAMM		(1) TAX COLLECTOR		
REP, CG	AMENIA – TOWN SUPERVISOR	TERRENCE P MCCAULEY		TOWN OF WAPPINGER		
DEM	AMENIA – TOWN CLERK	DAWN MARIE KLINGNER		(1) TOWN SUPERVISOR		
DEM	AMENIA – TOWN JUSTICE	CHRISTOPHER G KLINGNER		(1) TOWN JUSTICE		
DEM, REP, CG	AMENIA – SUPERINTENDENT OF HIGHWAYS	MEGAN M CHAMBERLIN		(4) MEMBER OF TOWN COUNCIL		
DEM	AMENIA- MEMBER OF TOWN COUNCIL	WALTER R DIETRICH		TOWN OF WASHINGTON		
DEM, WOR	AMENIA- MEMBER OF TOWN COUNCIL	CHARLIE MILLER		(1) TOWN SUPERVISOR		
REP, CG	AMENIA- MEMBER OF TOWN COUNCIL	BRAD H REBILLARD		(2) MEMBER OF TOWN COUNCIL		
REP, CG	AMENIA- MEMBER OF TOWN COUNCIL	NICOLE MAHEARN		CITY OF BEACON		
DEM	AMENIA – MEMBER OF TOWN COUNCIL	VICKI DOYLE		(2) COUNCILMEMBER AT LARGE		
	UNEXPIRED TERM			(4) COUNCILMEMBERS		
REP, CG	AMENIA – MEMBER OF TOWN COUNCIL	JAMIE F DEINES		CITY OF POUGHKEEPSIE		
	UNEXPIRED TERM			(1) COUNCILMEMBER AT LARGE		
REP	BEEKMAN – TOWN SUPERVISOR	LAUREEN ABBATANTUONO		(8) COUNCILMEMBERS		
REP	BEEKMAN – SUPERINTENDENT OF HIGHWAYS	ANTHONY COVIELLO		PROPOSITIONS:		
REP	BEEKMAN- MEMBER OF TOWN COUNCIL	KATE BLAKE		PROPOSAL NUMBER ONE, AN AMEDEMMENT		
REP	BEEKMAN- MEMBER OF TOWN COUNCIL	GINA RAGUSA		AMENDMENT TO ALLOW OLYMPIC SPORTS COMPLEX IN ESSEX		
CON	BEEKMAN- MEMBER OF TOWN COUNCIL	FRANK M LEMAK V		COUNTY ON STATE FOREST PRESERVE LAND. ALLOWS SKIING AND		
DEM	CITY BEACON – COUNCIL MEMBER AT LARGE	AMBER GRANT		RELATED TRAIL FACILITIES ON STATE FOREST PRESERVE LAND. THE		
DEM, WOR	CITY BEACON – COUNCIL MEMBER AT LARGE	PALOMA WAKE		SITE IS 1,039 ACRES. REQUIRES STATE TO ADD 2,500 ACRES OF NEW		
DEM, WOR	CITY BEACON – WARD 1 COUNCILMEMBER	LASTAR GORTON		FOREST LAND IN ADIRONDACK PARK.		
DEM	CITY BEACON - WARD 2 COUNCILMEMBER	ZACK SMITH		A YES VOTE AUTHORIZES NEW SKI TRAILS AND RELATED FACILITIES		
DEM, WOR	CITY BEACON - WARD 3 COUNCILMEMBER	SERGEI KRASIKOV		IN THE ADIRONDACK FOREST PRESERVE. A NO VOTE DOES NOT		
DEM, WOR	CITY BEACON - WARD 4 COUNCILMEMBER	CAROLYN BENNETT GLAUDA		AUTHORIZE THIS USE.		
DEM	CITY POUGHKEEPSIE- COUNCIL MEMBER AT LARGE	DARON H WILSON		AMENIA		
PKC	CITY POUGHKEEPSIE- COUNCIL MEMBER AT LARGE	YOUSEF M HADDAD		SHALL THE ANNUAL CONTRIBUTION OF THE TOWN OF AMENIA FOR THE		
DEM	CITY POUGHKEEPSIE – WARD 1 COUNCILMEMBER	ERNEST J HENRY		OPERATING BUDGET OF THE AMENIA FREE LIBRARY BE INCREASED BY		
REP	CITY POUGHKEEPSIE - WARD 1 COUNCILMEMBER	AARON SCOTT		TWENTY THOUSAND (\$20,000) DOLLARS TO THE SUM OF TWO HUNDRED		
DEM, WOR	CITY POUGHKEEPSIE - WARD 2 COUNCILMEMBER	EVAN R MENIST		SIXTY-FIVE THOUSAND (\$265,000) DOLLARS ANNUALLY?		
DEM	CITY POUGHKEEPSIE - WARD 3 COUNCILMEMBER	TERRICIENA A BROWN		SHALL THE TOWN OF AMENIA DULY APPROVE RESOLUTION NO. 28 OF		
DEM	CITY POUGHKEEPSIE - WARD 4 COUNCILMEMBER	NATHAN A SHOOK		2025, ADOPTING LOCAL LAW NO 1 OF 2025, REPEALING LOCAL LAW NO		
DEM	CITY POUGHKEEPSIE - WARD 5 COUNCILMEMBER	ONDIE D JAMES		1 OF 2022 AND OPTING-IN TO ALLOW CANNABIS RETAIL DISPENSARIES		
DEM, WOR	CITY POUGHKEEPSIE - WARD 6 COUNCILMEMBER	CHRISTOPHER A GRANT		WITHIN THE TOWN OF AMENIA?		
DEM, WOR	CITY POUGHKEEPSIE - WARD 7 COUNCILMEMBER	NEDRA R THOMPSON		SHALL THERE BE APPROVED AND ADOPTED IN THE TOWN OF AMENIA,		
DEM, WOR	CITY POUGHKEEPSIE - WARD 8 COUNCILMEMBER	DANIEL L ATONNA		NEW YORK, A LOCAL LAW ENTITLED "EXTENDING THE TERM OF OFFICE		
REP	CITY POUGHKEEPSIE - WARD 8 COUNCILMEMBER	AUSTIN MORA		OF SUPERVISOR", WHICH EXTENDS THE ELECTIVE TERM OF OFFICE OF		
DEM, TC	CLINTON – TOWN SUPERVISOR	MICHAEL WHITTON		THE SUPERVISOR FROM TWO YEARS TO FOUR YEARS, AS ENACTED BY		
REP	CLINTON – TOWN SUPERVISOR	DEAN MICHAEL		THE TOWN COUNCIL OF THE TOWN OF AMENIA ON MARCH 6, 2025.		
REP, CON	CLINTON – TOWN JUSTICE	BARBARA SEELBACH		BEEKMAN		
DEM, TC	CLINTON – MEMBER OF TOWN COUNCIL	ELIOT WERNER		SHALL THE ANNUAL CONTRIBUTION OF THE TOWN OF BEEKMAN FOR		
DEM	CLINTON – MEMBER OF TOWN COUNCIL	SAPNA MOUDGIL-SHAH		THE OPERATING BUDGET OF THE BEEKMAN LIBRARY BE AT SIX		
REP	CLINTON – MEMBER OF TOWN COUNCIL	KATHERINE K MUSTELLO		HUNDRED THIRTY-SIX THOUSAND SIX HUNDRED SIXTY-THREE		
REP	CLINTON – MEMBER OF TOWN COUNCIL	CHARLES J WYANT JR		(\$636,663) DOLLARS ANNUALLY?		
TC	CLINTON – MEMBER OF TOWN COUNCIL	HANNAH BLACK		CLINTON		
DEM, CF	DOVER – TOWN SUPERVISOR	LINDA FRENCH		SHALL THE ANNUAL CONTRIBUTION OF THE TOWN OF CLINTON FOR THE		
REP, CON	DOVER – TOWN SUPERVISOR	RICHARD C YENO		OPERATING BUDGET OF THE CLINTON COMMUNITY LIBRARY BE		
REP, CON	DOVER – TOWN JUSTICE	R. WREN ABRAMS		INCREASED FROM ONE HUNDRED FIFTY-FOUR THOUSAND EIGHT		
REP	DOVER – TAX COLLECTOR	DINA MARIE YENO		HUNDRED DOLLARS (\$154,800) ANNUALLY TO ONE HUNDRED SIXTY-		
DEM, CF	DOVER – MEMBER OF TOWN COUNCIL	ED FRIEND		ONE THOUSAND EIGHT HUNDRED DOLLARS (\$161,800) ANNUALLY?		
REP, CON	DOVER – MEMBER OF TOWN COUNCIL	ROY T HOLMES		DOVER		
REP, CON	DOVER – MEMBER OF TOWN COUNCIL	SUSAN L JACKSON		SHALL THE ANNUAL CONTRIBUTION OF THE TOWN OF DOVER FOR THE		
REP, CON	EAST FISHKILL – TOWN SUPERVISOR	NICHOLAS D’ALESSANDRO		OPERATING BUDGET OF THE DOVER PLAINS LIBRARY BE AT THREE		
REP, CON	EAST FISHKILL – SUPERINTENDENT OF HIGHWAYS	KENNETH WILLIAMS		HUNDRED NINETY-FIVE THOUSAND DOLLARS (\$395,000.000)		
DEM	EAST FISHKILL – MEMBER OF TOWN COUNCIL	JOHNATHON FALCONE		ANNUALLY.		
DEM	EAST FISHKILL – MEMBER OF TOWN COUNCIL	FRANCINE CARACAPPA		NORTH EAST		
REP, CON	EAST FISHKILL – MEMBER OF TOWN COUNCIL	EMANUELE MARINARO		"SHALL THE ANNUAL CONTRIBUTION OF THE TOWN OF NORTH EAST		
REP, CON	EAST FISHKILL – MEMBER OF TOWN COUNCIL	THOMAS FRANCO		FOR THE OPERATING BUDGET OF THE NORTH EAST-MILLERTON		
REP, CON	FISHKILL – TOWN CLERK	COOPER M LEATHERWOOD		LIBRARY BE INCREASED BY FIFTY THOUSAND DOLLARS (\$50,000) TO		
DEM, WOR, UF	FISHKILL – MEMBER OF TOWN COUNCIL	JACQUELINE BARDINI		THE SUM OF TWO HUNDRED TWENTY FIVE THOUSAND (\$225,000)		
DEM, WOR, UF	FISHKILL – MEMBER OF TOWN COUNCIL	DON PRZYTULA		ANNUALLY?"		
REP, CON	FISHKILL – MEMBER OF TOWN COUNCIL	DOUGLAS DELLIPAOLI		PAWLING		
REP, CON	FISHKILL – MEMBER OF TOWN COUNCIL	REBECCA TOMPKINS		SHALL THE ANNUAL CONTRIBUTION OF THE TOWN OF PAWLING FOR		
DEM	HYDE PARK – TOWN SUPERVISOR	ANDRE J CLARKE		THE OPERATING BUDGET OF THE PAWLING FREE LIBRARY BE		
REP, CON	HYDE PARK – TOWN SUPERVISOR	ALFRED D TORREGGIANI		INCREASED BY \$100,000 ANNUALLY TO THE SUM OF \$550,000 DOLLARS		
DEM	HYDE PARK – TOWN CLERK	AZRA DAIE		ANNUALLY.		
REP, CON	HYDE PARK – TOWN CLERK	SARAH J HOHMANN		PINE PLAINS		
DEM	HYDE PARK – SUPERINTENDENT OF HIGHWAYS	RAY DAVIS		SHALL THE ANNUAL CONTRIBUTION OF THE TOWN OF PINE PLAINS FOR		
REP, CON	HYDE PARK – SUPERINTENDENT OF HIGHWAYS	RODNEY J WAGER		THE OPERATING BUDGET OF THE PINE PLAINS FREE LIBRARY BE		
				INCREASED TO THE SUM OF TWO HUNDRED TWENTY THOUSAND		
				DOLLARS (\$220,000.00) ANNUALLY?		
				PLEASANT VALLEY		
				SHALL THE ANNUAL CONTRIBUTION OF THE TOWN OF PLEASANT		
				VALLEY FOR THE OPERATING BUDGET OF THE PLEASANT VALLEY FREE		
				LIBRARY BE AT FIVE HUNDRED THIRTY SEVEN THOUSAND DOLLARS		
				(\$537,000) ANNUALLY?		
				POUGHKEEPSIE PUBLIC LIBRARY		
				SHALL THE 2026 LIBRARY DISTRICT BUDGET, AS SUBMITTED BY THE		
				COUNCIL OF TRUSTEES OF THE POUGHKEEPSIE PUBLIC LIBRARY		
				DISTRICT, BE APPROVED AND SHALL THE COUNCIL OF TRUSTEES		
				AUTHORIZE ESTIMATED EXPENDITURES OF \$12,296,928 FOR LIBRARY		
				DISTRICT OPERATIONS FOR THE YEAR JANUARY 1-DECEMBER 31, 2026,		
				WHICH INCLUDES \$1,345,138 OF PREVIOUSLY AUTHORIZED COMBINED		
				DEBT SERVICE FOR THE YEAR OF JANUARY 1-DECEMBER 31, 2026 AND,		
				FURTHER, SHALL THE COUNCIL OF TRUSTEES BE AUTHORIZED TO		
				INSTRUCT THE CITY OF POUGHKEEPSIE AND THE TOWN OF		
				POUGHKEEPSIE TO COLLECT TAXES ON ITS BEHALF FOR THE		
				FINANCING OF LIBRARY DISTRICT OPERATIONS AND DEBT SERVICE AS		
				PRESCRIBED IN THE LIBRARY DISTRICT'S SPECIAL LEGISLATION AS		
				AMENDED IN 1994, 1997, 2006 AND 2016?		
				RHINEBECK		
				SHALL THE ANNUAL CONTRIBUTION OF THE TOWN OF RHINEBECK FOR		
				THE OPERATING BUDGET OF THE STARR LIBRARY BE INCREASED BY		
				EIGHTY-TWO THOUSAND DOLLARS (\$82,000) TO THE SUM OF FIVE		
				HUNDRED FORTY-SIX THOUSAND AND EIGHT HUNDRED DOLLARS		
				(\$546,800) ANNUALLY?		
				STANFORD		
				SHALL THE ANNUAL CONTRIBUTION OF THE TOWN OF STANFORD FOR		
				THE OPERATING BUDGET OF THE STANFORD FREE LIBRARY BE AT TWO		
				Legal continued on next page		

Legal Notices	Legal Notices	Legal Notices	Legal Notices	Legal Notices	Legal Notices	Legal Notices
	Legal continued from previous page			Legal continued from previous page		
DEM DEM	HYDE PARK – RECEIEVER OF TAXES HYDE PARK – WARD 1 MEMBER OF TOWN COUNCIL	CINDY TODD MARC PRINE		HUNDRED THOUSAND FOUR HUNDRED DOLLARS (\$200,400) ANNUALLY?		
REP, CON	HYDE PARK - WARD 1 MEMBER OF TOWN COUNCIL	NICOLE A NOAKES		TOWN OF POUGHKEEPSIE		
DEM	HYDE PARK - WARD 2 MEMBER OF TOWN COUNCIL	GREG KOMAR		SHALL THE TERM OF OFFICE OF THE TOWN CLERK OF THE TOWN OF POUGHKEEPSIE BE INCREASED FROM TWO YEARS TO FOUR YEARS, WITH THE FOUR YEAR TERM OF OFFICE COMMENCING ON JANUARY 1, 2026?		
REP, CON	HYDE PARK - WARD 2 MEMBER OF TOWN COUNCIL	LIZ MESQUITA		PLEASE NOTE THAT COMPLETE COPIES OF THE ABOVE PROPOSALS AND RELATED DOCUMENTATION ARE AVAILABLE FOR THE PUBLIC AT THE DUTCHESS COUNTY COUNCIL OF ELECTIONS, 112 DELAFIELD ST SUITE 200, POUGHKEEPSIE, NEW YORK (845) 486-2473 www.dutchesselections.com		
DEM, HP1	HYDE PARK - WARD 3 MEMBER OF TOWN COUNCIL	PAUL DONNELLY		LISA JESSUP and ERIK J HAIGHT, Commissioners of Elections		
REP, CON	HYDE PARK - WARD 3 MEMBER OF TOWN COUNCIL	GREGORY A CAMPUS				
DEM, WOR	HYDE PARK - WARD 4 MEMBER OF TOWN COUNCIL	ROGERRIO RODRIGUEZ				
REP, CON	HYDE PARK - WARD 4 MEMBER OF TOWN COUNCIL	DONALD E PRUSAKOWSKI SR		NOTICE OF SUBMISSION OF QUESTION TO THE VOTERS OF THE TOWN OF PLEAS- ANT VALLEY AT THE NEXT GEN- ERAL ELECTION	that at such hearing any person may be heard in favor of or against the Prelimi- nary Budget as com- piled for or against any item or items there in contained.	-Wednesday, No- vember 5, 2025 at 5:00PM PURPOSE: 1) To provide an opportunity for public input on the 2026 Preliminary Budget.
DEM REP, CON WOR REP, CON	LAGRANGE – TOWN SUPERVISOR LAGRANGE – TOWN SUPERVISOR LAGRANGE – TOWN SUPERVISOR LAGRANGE – SUPERINTENDENT OF HIGHWAYS	JAMES A FREDRICKSON ANTHONY MARINARO THERESA A MORLEY JOHN WISSEMAN		Notice is hereby given that, pursuant to NYS Education Law §259(1)(13), and in accordance with the provisions of the NYS Election Law, the fol- lowing question will be submitted to the qual- ified voters of the Town of Pleasant Valley at the General Election to be held on the 4th day of November, 2025:	Pursuant to Section 108, of the Town Law, the proposed salaries of Elected Town Offi- cials are hereby spec- ified as follows: SUPERVISOR. . . . \$24,836.00 C O U N C I L P E R - S O N S – 4 @ \$ 8,300.00 TOWN CLERK \$38,764.00 HIGHWAY SUPER- INTENDENT \$74,200.00	2) Executive Session: 101.5(F) Personnel & Attor- ney/Client Privilege Mary Beth Muir, Town Clerk Town of Pleasant Valley
DEM	LAGRANGE – MEMBER OF TOWN COUNCIL	PETER J TUROFF			By order of the Town Board, Catherine Gill, Town Clerk	
DEM	LAGRANGE – MEMBER OF TOWN COUNCIL	MICHAEL A MAHER				
REP	LAGRANGE – MEMBER OF TOWN COUNCIL	FRANCO GIANGRASSO				
REP, CON	LAGRANGE – MEMBER OF TOWN COUNCIL	SUSAN CONDON				
CON	LAGRANGE – MEMBER OF TOWN COUNCIL	ALFRED P RABASCO				
WOR	LAGRANGE – MEMBER OF TOWN COUNCIL	ALLYSON PERSAUD				
WOR	LAGRANGE – MEMBER OF TOWN COUNCIL	REESE PERSAUD				
DEM DEM DEM REP DEM DEM REP DEM DEM, REP DEM	MILAN – TOWN SUPERVISOR MILAN – TOWN CLERK/TAX COLLECTOR MILAN – TOWN JUSTICE MILAN – TOWN JUSTICE MILAN – MEMBER OF TOWN COUNCIL MILAN – MEMBER OF TOWN COUNCIL MILAN – MEMBER OF TOWN COUNCIL NORTH EAST – TOWN JUSTICE NORTH EAST – TOWN ASSESSOR NORTH EAST – MEMBER OF TOWN COUNCIL	WILLIAM JEFFWAY INGRID KULICK SLADE MEAD LAWRENCE M LONGO GLENN LOUIS WEINRICH CLINTON BOND JR GLENN J CARREZOLA CASEY MCCABE KATHERINE JOHNSON RACHELE GRIECO COLE		SHALL THE ANNUAL CONTRI- BUTION OF THE TOWN OF PLEAS- ANT VALLEY FOR THE OPERATING BUDGET OF THE PLEASANT VALLEY FREE LI- BRARY BE AT FIVE HUNDRED THIRTY SEVEN THOUSAND DOLLARS (\$537,000) ANNUALLY?	PUBLIC HEARING PLEASE TAKE NO- TICE the Milan Town Board will be holding a public hearing on 11/06/2025 at 6:55pm on the 2026 contract between the Town of Milan and the Milan Volunteer Fire De- partment, Inc. Said hearing will take place at the Milan Town Hall, 20 Wilcox Circle. By order of the Milan Town Board Catherine Gill, Town Clerk	TOWN OF PLEAS- ANT VALLEY 2026 ELECTED OFFICIALS SALARIES TOWN SUPERVISOR \$45,000.00 HIGHWAY SUPERINTENDENT \$79,655.00 TOWN CLERK \$54,136.00 TOWN BOARD MEMBERS (4 @ \$8,840.00) \$35,360.00 TOWN JUSTICES (2 @ 32,448.00) \$64,896.00
DEM, REP, CG	NORTH EAST – MEMBER OF TOWN COUNCIL	CHRISTOPHER MAYVILLE				
REP, U4P CON REP REP, CON	PAWLING – TOWN SUPERVISOR PAWLING – TOWN SUPERVISOR PAWLING – TOWN CLERK PAWLING – SUPERINTENDENT OF HIGHWAYS	CATHERINE GIORDANO JAMES SCHMITT CHERYL KNOWLES ROBERT F BRILL JR		Further notice is hereby given that the said election shall be held at the following lo- cations in the Town of Pleasant Valley: Town Hall Traver Road School West Road School Pleasant Valley Fire House Salt Point Fire House on the 4th day of No- vember 2025, and that the polls will be open on that day between the hours of 6 a.m. and 9 p.m. Mary Beth Muir Town Clerk, Town of Pleasant Valley		
REP REP, CON	PAWLING – TAX COLLECTOR PAWLING – MEMBER OF TOWN COUNCIL	BARBARA TYSON CORINNE MUSELLA-PITT				
REP, CON	PAWLING – MEMBER OF TOWN COUNCIL	JAMES MCCARTHY				
U4P	PAWLING – MEMBER OF TOWN COUNCIL	ANDREA HUNT				
U4P	PAWLING – MEMBER OF TOWN COUNCIL	JOSEPH B FURLONG				
DEM REP DEM	PINE PLAINS – TOWN SUPERVISOR PINE PLAINS – TOWN SUPERVISOR PINE PLAINS – MEMBER OF TOWN COUNCIL	KEVIN JOSEPH WALSH BRIAN WALSH TREVOR ROUSH				
DEM	PINE PLAINS – MEMBER OF TOWN COUNCIL	MURPHY BIRDSALL				
REP	PINE PLAINS – MEMBER OF TOWN COUNCIL	ROBERT AMBROSE				
REP	PINE PLAINS – MEMBER OF TOWN COUNCIL	DAVID PRENTICE				
REP	PLEASANT VALLEY – TOWN SUPERVISOR	MARY E ALBRECHT				
REP, CON	PLEASANT VALLEY – TOWN JUSTICE	DARREN H FAIRLIE				
DEM, WOR	PLEASANT VALLEY – MEMBER OF TOWN COUNCIL	MEGHAN BORLAND				
DEM	PLEASANT VALLEY – MEMBER OF TOWN COUNCIL	MERRY MEYER				
REP, CON	PLEASANT VALLEY – MEMBER OF TOWN COUNCIL	MICHAEL S RIFENBURGH				
REP, CON	PLEASANT VALLEY – MEMBER OF TOWN COUNCIL	SCOTT C COOKINHAM SR				
DEM	RED HOOK – TOWN CLERK/ TAX COLLECTOR	DEANNA COCHRAN				
DEM, HRH	RED HOOK – MEMBER OF TOWN COUNCIL	KRISTINA DOUSHARM				
DEM, HRH	RED HOOK – MEMBER OF TOWN COUNCIL	KENNETH MIGLIORELLI				
REP, CON	RED HOOK – MEMBER OF TOWN COUNCIL	DAVID MERGENDAHL				
DEM DEM DEM	RHINEBECK – TOWN SUPERVISOR RHINEBECK – TOWN JUSTICE RHINEBECK – SUPERINTENDENT OF HIGHWAYS	ELIZABETH SPINZIA LISA RUBENSTEIN ROBERT WYANT		LEGAL NOTICE NOTICE OF HEAR- ING UPON PRELIM- INARY BUDGET NOTICE is hereby given that the Prelimi- nary Budget for the Town of Milan, NY for the fiscal year begin- ning January 1st, 2026, has been com- pleted and filed in the office of the Town Clerk at 20 Wilcox Cir- cle Milan, NY, where it is available for inspec- tion by any interested person at all reason- able hours.		
DEM	RHINEBECK – MEMBER OF TOWN COUNCIL	DEBBIE HECHT		FURTHER NOTICE is hereby given that the Town Board of the Town of Milan will meet, and review said Preliminary Budget and hold a public hear- ing thereon, at the Mi- lan Town Hall at 6:50 PM on the 6th day of November 2025 and		
DEM	RHINEBECK – MEMBER OF TOWN COUNCIL	DANA COLLEEN PETERSON				
DEM, WOR REP DEM, REP DEM, REP	STANFORD – TOWN SUPERVISOR STANFORD – TOWN SUPERVISOR STANFORD – TOWN CLERK STANFORD – TOWN JUSTICE	JULIA DESCOTEAUX MICHAEL ROCHE RITAMARY BELL DENNIS E SMITH				
	Legal continued on next page					

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REP	STANFORD – SUPERINTENDENT OF HIGHWAYS	JAMES MYERS JR	
DEM, WOR	STANFORD – MEMBER OF TOWN COUNCIL	THEODORE E SECOR	
DEM	STANFORD – MEMBER OF TOWN COUNCIL	CHARLES CUNNINGHAM	
REP	STANFORD – MEMBER OF TOWN COUNCIL	DURGA G TAYLOR	
REP	STANFORD – MEMBER OF TOWN COUNCIL	FRANK MARCIN	
DEM, WOR	TOWN POUGHKEEPSIE – TOWN SUPERVISOR	REBECCA EDWARDS	
REP, CON	TOWN POUGHKEEPSIE – TOWN SUPERVISOR	LARRY SHEEHAN	
DEM, REP	TOWN POUGHKEEPSIE –TOWN CLERK	FELICIA SALVATORE	
REP, CON	TOWN POUGHKEEPSIE – SUPERINTENDENT OF HIGHWAYS	MIKE SIMON	
DEM, WOR	TOWN POUGHKEEPSIE – RECEIEVER OF TAXES	NICOLE GEMMATI	
REP, CON	TOWN POUGHKEEPSIE – RECEIEVER OF TAXES	KELLY TREMPER	
DEM, WOR	TOWN POUGHKEEPSIE – WARD 1 MEMBER OF TOWN COUNCIL	GREGORY FREEMAN	
REP, CON	TOWN POUGHKEEPSIE - WARD 1 MEMBER OF TOWN COUNCIL	BILL REUTER	
DEM, WOR	TOWN POUGHKEEPSIE - WARD 2 MEMBER OF TOWN COUNCIL	BARBARA LAIRD	
REP, CON	TOWN POUGHKEEPSIE - WARD 2 MEMBER OF TOWN COUNCIL	ALEXANDER CUESTA	
DEM, WOR	TOWN POUGHKEEPSIE - WARD 3 MEMBER OF TOWN COUNCIL	SHANTHA THANGIAH	
REP, CON	TOWN POUGHKEEPSIE - WARD 3 MEMBER OF TOWN COUNCIL	ANNE BURGER	
DEM, WOR	TOWN POUGHKEEPSIE – WARD 4 MEMBER OF TOWN COUNCIL	EMILY WATSON	
REP, CON	TOWN POUGHKEEPSIE - WARD 4 MEMBER OF TOWN COUNCIL	ADAM GOLDFISH	
DEM, WOR	TOWN POUGHKEEPSIE - WARD 5 MEMBER OF TOWN COUNCIL	RYAN SHARPE	
REP, CON	TOWN POUGHKEEPSIE - WARD 5 MEMBER OF TOWN COUNCIL	JENNIFER BETZ	
DEM, WOR	TOWN POUGHKEEPSIE - WARD 6 MEMBER OF TOWN COUNCIL	ANN SHERSHIN	
	LIBRARY TRUSTEE TOWN OF POUGHKEEPSIE	SOPHIA KOZLOWSKI SCIACCA	
REP, CON	UNION VALE – TOWN SUPERVISOR	STEVEN FRAZIER	
REP, CON	UNION VALE – TOWN CLERK	ANDREA CASEY	
REP, CON	UNION VALE – TOWN JUSTICE	STEPHEN DIAMOND	
REP, CON	UNION VALE – SUPERINTENDENT OF HIGHWAYS	EDWARD KADING	
REP, CON	UNION VALE – TAX COLLECTOR	KAYE SAGLIBENE	
DEM	UNION VALE – MEMBER OF TOWN COUNCIL	ANGELA SHELDON	
REP, CON	UNION VALE – MEMBER OF TOWN COUNCIL	KEVIN T HARRINGTON	
REP, CON	UNION VALE – MEMBER OF TOWN COUNCIL	JOSHUA M REDINGER	
REP	VILLAGE OF MILLBROOK – TRUSTEE	THEODORE BRIGGS	
REP	VILLAGE OF PAWLING – MAYOR	LOUIS MUSELLA	
PV	VILLAGE OF PAWLING – MAYOR	LAURI TAYLOR	
REP, PV	VILLAGE OF PAWLING – TRUSTEE	STEPHEN PEZZELLA	
REP, PV	VILLAGE OF PAWLING – TRUSTEE	JERRY LOCASCIO	
REP	WAPPINGER – TOWN SUPERVISOR	JOSEPH D CAVACCINI	
REP, CON	WAPPINGER – TOWN JUSTICE	HEATHER L KITCHEN	
DEM, WOR	WAPPINGER – WARD 1 MEMBER OF TOWN COUNCIL	SAMTREO TUCKER	
REP, CON	WAPPINGER - WARD 1 MEMBER OF TOWN COUNCIL	WILLIAM H BEALE	
DEM, WOR	WAPPINGER - WARD 2 MEMBER OF TOWN COUNCIL	HEATHER O'DELL	
REP, CON	WAPPINGER - WARD 2 MEMBER OF TOWN COUNCIL	SARA SHEEHAN	
DEM	WAPPINGER - WARD 3 MEMBER OF TOWN COUNCIL	ROBERT COFER JR	
REP	WAPPINGER - WARD 3 MEMBER OF TOWN COUNCIL	CHRISTOPHER PHILLIPS	
DEM	WAPPINGER - WARD 4 MEMBER OF TOWN COUNCIL	LINDA IBRAHIM	
REP	WAPPINGER - WARD 4 MEMBER OF TOWN COUNCIL	ALFRED J CASELLA	
REP	WASHINGTON-TOWN SUPERVISOR	GARY CIFERRI	
DEM	WASHINGTON-MEMBER OF TOWN COUNCIL	SUSAN MANCUSO	
DEM	WASHINGTON-MEMBER OF TOWN COUNCIL	MAXINE VERNE	
REP	WASHINGTON-MEMBER OF TOWN COUNCIL	NICHOLAS GALENTE	
REP	WASHINGTON-MEMBER OF TOWN COUNCIL	DOUGLAS GILES	
LISA JESSUP and ERIK J. HAIGHT, COMMISSIONERS DUTCHESS COUNTY COUNCIL OF ELECTIONS 112 DELAFIELD ST, SUITE 200 POUGHKEEPSIE, NY 12601 845-486-2473 elections.dutchessny.gov			

Foam & Wash honors Veterans with free car washes on Veterans Day

Foam & Wash Car Wash is proud to honor the brave men and women who have served our country by offering free \$25 Ceramic Car Washes to all active-duty military personnel and veterans on Veterans Day, Tuesday, November 11.

This annual tradition, now in its 20th year, is a heartfelt thank-you to those who have sacrificed for our freedom. Veterans and active-duty service members are invited to visit any of Foam & Wash’s six softcloth car wash locations in Poughkeepsie, Wappingers Falls, Fishkill, Newburgh, or Vails Gate, including 15 North Grand Avenue, Poughkeepsie, and 20 Merritt Blvd, Fishkill, from 8 a.m. – 6 p.m. on November 11. Simply inform the staff of your military service— no ID required.

“Veterans Day is the highlight of our year at Foam & Wash,” said Todd Baright, “My family and I are deeply grateful for the sacrifices made by our service members. Offering free car washes is a small way to express our gratitude and celebrate their service.”

As a family-owned business since 1966, Foam & Wash has grown from one of the nation’s first coin-operated car washes in Vails Gate to operating 13+ properties with 130 dedicated associates. In addition to soft-cloth and touch-free car washes, they offer self-service car washes, dog washes, a laundromat, and a Shell gasoline station with a convenience store.

For more information, visit www.foamandwash.com or contact Chrissy Hippauf at 845-297- 5484 Ext. 100. Foam & Wash is proud to support Grace for Vets, a national program honoring veterans through free car washes. Locations: Poughkeepsie, Wappingers Falls, Fishkill, Newburgh, Vails Gate.

4-Hers present to county legislators in celebration of National 4-H Week



From left in back are Kristin Ludl (CCEDC), Carolyn McGraw (4-H Program Leader), Ann Sartori and Robin Shultz. From left in front are Mary Lou Carolan (CCEDC), Natalie Shultz, Margot LaPorte, Landon Mishk and Maddie Sartori. *Courtesy photo*

Four Dutchess County 4-H members were invited to present at a meeting of the Dutchess County Legislature on Tuesday October 14. A commendation was presented by Legislator Deirdre Houston, District 25, in celebration of National 4-H Week, October 5-11, 2025. A second proclamation from County Executive Sue Serino was also presented.

Margot LaPorte, 15 of Poughkeepsie, Landon Mishk, 16 of Millbrook, Maddie Sartori, 17 of Millerton, and Natalie Shultz, 17 of Wingdale, gave prepared speeches to a packed chamber about their Dutchess County 4-H experiences.

LaPorte is a member of the Dragons & Damsels 4-H Club and is home-schooled. She has been able to pursue her love of the outdoors through 4-H in Dutchess County and is taking college credit classes locally.

Mishk is a member of the Kids 4 Kids 4-H Club and attends Millbrook High School. Some of his favorite 4-H memories are at the Dutchess County Fair, spending time with his friends and his dairy goats.

Sartori is a member of the Top Dogs 4-H Club and attends Our Lady of Lourdes High School. Her mentors and trainers from the 4-H dog program inspired her love of dog sports and her plans to become a professional dog trainer.

Shultz is a member of the Got Goat Milk and Here Comes the Beef 4-H Clubs and attends Dover High School. She shared how she met her best friend through 4-H and has ambitions to pursue veterinary medicine after high school.

Thank you to all members of the county legislature for inviting 4-H members to present and for recognizing their accomplishments and personal growth through 4-H. Dutchess County 4-H staff and families are incredibly grateful for this opportunity and for the support of the county legislature.

Civic engagement opportunities like this challenge 4-H youth to develop a deeper understanding of local government, community development and how to voice their concerns as citizens. This along with other critical life skills such as leadership, public speaking and responsibility are built into existing 4-H positive youth development frameworks that grow future leaders once youth graduate the 4-H program.

Dutchess County 4-H reaches over 2,000 youth ages 5-18 within the county through traditional 4-H clubs, Ag in the Classroom, afterschool programs and community events. 4-H is the flagship program of Cooperative Extension, operating nationally through each state’s land-grant university system. Cornell Cooperative Extension Dutchess County (CCEDC) is located at the Farm & Home Center on Route 44 in Millbrook. For more information about 4-H or CCEDC, visit ccedutchess.org.

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DUTCHESS COUNTY POLLING PLACES Pursuant to the provisions of New York State Election Law, NOTICE IS HEREBY GIVEN that a Primary Election will be held in the below listed towns/cities in Dutchess County on Tuesday, November 4, 2025. ALL POLLS ARE OPEN FROM 6:00 A.M. TO 9:00 P.M. Qualified voters may vote at ANY poll site location WITHIN YOUR TOWN OR CITY. 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Kasin Way, Beacon Fishkill All Town Hall 807 Route 52, Fishkill Fishkill All Van Wyck Hall 1095 Main St, Fishkill Fishkill All Brinkerhoff Elementary School 16 Wedgewood Rd, Fishkill Fishkill All Slater Chemical Fire House 76 Old Glenham Rd, Glenham Hyde Park All North Park Elementary School 1593 Route 9G, Hyde Park Hyde Park All Board of Elections Training Facility 4280 Albany Post Rd, Hyde Park Hyde Park All Roosevelt Fire House #3 830 Violet Ave, Hyde Park Hyde Park All Roosevelt Fire House #2 265 Cream St, Poughkeepsie LaGrange All Overlook Primary School 11 Mapleview Rd Ext, Poughkeepsie LaGrange All Freedom Plains Presbyterian Church 1168 Route 55, LaGrangeville LaGrange All LaGrange Fire House #3 (Southwest LaGrange) 21 Red Oaks Mill Rd, Poughkeepsie LaGrange All Town Hall 120 Stringham Rd, LaGrangeville Milan All Town Hall 20 Wilcox Circle (off Route 199), Milan North East All Northeast-Millerton Library Annex 28 Century Blvd, Millerton Pawling All Lathrop Center 2 Lakeside Dr, Pawling Pawling All Holmes Whaley Lake Civic Association 239 Route 292, Holmes Pine Plains All Stissing Mountain High School 2829 Church St, Pine Plains Pleasant Valley All Salt Point Fire House 30 Cottage St, Salt Point Pleasant Valley All West Road Intermediate School 181 West Rd, Pleasant Valley Pleasant Valley All Traver Road Primary School 801 Traver Rd, Pleasant Valley Red Hook All Tivoli Fire 2 Tivoli Commons, Tivoli Red Hook All Bertelsmann Campus Center 30 Campus Rd, Annandale-on-Hudson Red Hook All Mill Road Intermediate School 9 Mill Rd, Red Hook Red Hook All Red Hook High School 103 West Market St, Red Hook Rhinebeck All Starr Library 68 West Market St. Rhinebeck	Rhinebeck All Pavilion at Brookmeade 34 Brookmeade Dr, Rhinebeck Stanford All Town Hall – Ground Level 26 Town Hall Rd, Stanfordville Town of Poughkeepsie All East End Fire House #2 2886 Route 9D, Wappingers Falls Town of Poughkeepsie All Sheafe Road Elementary School 287 Sheafe Rd, Wappingers Falls Town of Poughkeepsie All Vassar Road Elementary School 174 Vassar Rd, Poughkeepsie Town of Poughkeepsie All Oak Grove Elementary School 40 Kerr Rd, Poughkeepsie Town of Poughkeepsie All Poughkeepsie Community Room 19 Tucker Dr, Poughkeepsie Town of Poughkeepsie All Lutheran Care Center – Rear Entrance 965 Dutchess Tpke, Poughkeepsie Town of Poughkeepsie All Town Hall 1 Overocker Rd, Poughkeepsie Town of Poughkeepsie All Violet Avenue School 191 Violet Ave, Poughkeepsie Town of Poughkeepsie All Spackenkill High School 112 Spackenkill Rd, Poughkeepsie Town of Poughkeepsie All Vassar College, The Aula at Ely Hall 124 Raymond Ave, Poughkeepsie Town of Poughkeepsie All Poughkeepsie United Methodist Church 2381 New Hackensack Rd, Poughkeepsie Union Vale All Union Vale Fire House, Station #1 3373 Route 82, Verbank Wappinger All Village Hall 2582 South Ave, Wappingers Falls Wappinger All Hughsonville Fire House 88 Old Hopewell Rd, Wappingers Falls Wappinger All Mid-Hudson Chinese Christian Church 306 All Angels Hill Rd, Wappingers Falls Wappinger All Ketcham High School 99 Myers Corners Rd, Wappingers Falls Wappinger All New Hackensack Fire House 217 Myers Corners Rd, Wappingers Falls Washington All Millbrook Fire House 20 Front St, Millbrook	LISA JESSUP and ERIK J. 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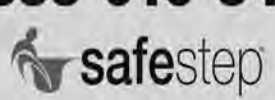
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5	1	2	4	1	4
2	3	5	3	5	3
1	4	2	1	2	1
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SUDOKU

This week's answer

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

Answers to this
week's diversions

(puzzles on page 15)

GOLDEN LIVING

Note: OFA's main office and all Friendship Centers are closed in observance of Election Day, Tuesday, Nov. 4.

2025 OFA PROM RECAP

Our thanks to the older adults who enjoyed the 2025 OFA Senior Prom on Oct. 20 at Villa Borghese in Wappinger Falls. Pictures from the prom are available at www.facebook.com/DutchessCountyOFA. Congratulations to this year's Duke and Dutchess, Jerry and Donna Muryne!

We know many prom "regulars" like to know what the following year's prom theme will be, so ... without further ado ... it's "Hawaiian Luau."

We're adding other honorees to next year's prom. More on that next year! The tentative 2026 prom date is Monday, Oct. 19, 2026. We'll confirm the date and venue during the summer of 2026.

Many thanks to The Pines at Poughkeepsie for their support of the prom, especially through the music of the Bob Martinson Band.

HEALTHY HOLIDAY TRADITIONS CAN LAST ALL YEAR

It starts with Halloween candy. Then, the Thanksgiving feast. After that, a solid month of holiday food shows up to tempt you, straight through to New Year's Eve and - are those Valentine's chocolates in stores already? Since when did St. Patrick's Day and Passover involve so much candy? And the Easter Bunny is close behind, then Mother's Day, then...

To paraphrase the old sports broadcaster's saying: You can't stop them, you can only hope to contain them. That's how it goes with holiday traditions and the food associated with them.

Enjoy, in moderation, while not overindulging - but that's tough

sometimes. When nonna makes her cannoli, saying "no" might not be an option. Here's some ideas on how to negotiate the maze of treats:

- Reinvent leftover Halloween candy: Leftover bags of M&Ms can become part of a make-your-own trail mix. Add healthier items like pretzels, nuts and dried fruits. Save other small candies for decorating gingerbread.

- Substitutions are your friend: Olive oil can be an effective stand-in for butter. If you don't want to impart the typical olive oil flavor to a recipe, use light olive oil. Other good substitutes include low-fat or condensed milk for whole or heavy cream. Surprisingly, avocado can be swapped for butter in many chocolate dishes, although you'll need to keep close tabs on moisture levels since avocado adds more moisture to a dish than butter does.

- Trying to keep sodium intake down? Herbs and spices can step in for salt in all kinds of dishes.

- If you're baking: A recipe that calls for white flour can work just as well with a 50-50 mix of white and whole-wheat flour. Vanilla, almond and peppermint extracts can add flavor and reduce the need for sugar or butter. If you're feeling experimental, black bean brownies are both delicious and healthy. The beans take on many characteristics of chocolate chips.

- Burn off what you can: An occasional indulgence within a generally healthy diet is no problem. Problem is, the holiday season comes with so many occasions between now and springtime. The average person can gain up to 10 pounds just between Halloween and New Year's Day. There aren't enough hours in the day to exercise away more than a few

over-indulgences, so choose your treats wisely.

- Exercise has plenty of other benefits: Even if you never lose a single ounce through exercise, it reduces the risk of dementia, cancer, heart disease and diabetes. Strive for four 30-minute walks in a week, whether outdoors or through mall-walking. Housework, gardening, chopping wood, walking the dog: it all counts as exercise. Any amount of physical activity you can manage is superior to being sedentary. Check with your healthcare provider before beginning any exercise program, and see dutchessny.gov/seniorexercise for more on organized exercise activities for Dutchess County older adults.

- It's about the right food choices: 80 to 90 percent of weight management is about the food you eat. Exercise can help, but keeping yourself healthy involves making good nutrition choices in the first place. OFA can help. Our monthly Nutrition News, which you receive as a Friendship Center or Home Delivered Meals client, comes with great advice backed by sound science, as well as

large-print recipes that check off the three key requirements for a nutritious diet for older adults: easy to make, tasty, and healthy.

OFA HOMEBOUND FLU/COVID VACCINATIONS, NOW THROUGH EARLY DECEMBER

For the homebound older population of Dutchess County, doing the day-to-day tasks that most of us take for granted can be an insurmountable challenge. Using essential services like healthcare comes with the difficulty of getting to a medical office and back. It's no easy task for homebound individuals to get the periodic vaccinations they need. That's why the Office for the Aging is bringing back its annual Homebound Vaccination program for homebound Dutchess County residents over age 60, available now through Friday, Dec. 5.

Influenza is generally seasonal, but COVID-19 is year-round. Homebound individuals can contact OFA at ofa@dutchessny.gov or 845-486-2555, and our staff will arrange for in-home vaccinations for COVID-19 and/or influenza.



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*Entries must be made at an Ulster Savings Bank branch between October 24, 2025 and November 1, 2025. No account opening is required and will not increase your chances of winning. Employees and immediate family members of Ulster Savings Bank and its subsidiaries are not eligible to win. Entrants must be 18 years of age or older. One entry per person. Winner will be notified by phone. ** No surcharge fees at Ulster Savings Bank and Allpoint ATMs applies to Ulster Savings Bank cardholders only. Fees may apply at other ATM locations.

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