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Pulver appointed to role of Assistant County Executive

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

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

With a proven track record of public service and experience at multiple levels of government, Pulver has demonstrated long-standing commitment to fiscal responsibility, notably in his current role as County Comptroller where he has safeguarded taxpayer funds, conducted audits and ensured sound financial oversight. Prior to serving as Comptroller, he served five, two-year terms as County Legislator, including six years as Legislature Chairman. He also served as the Town of Pine Plains Supervisor for 12 years and served as Vice President for the Pine Plains School District Board of Education. Additionally, he was a member of the Pine Plains Planning, Conservation Advisory Committee and Board of Assessment Review.

As Assistant County Executive, Pulver will support the County Executive in managing County operations, policies and initiatives,

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Millbrook Rotary, Arts Group to ring in 2025 with music, family fun

The Millbrook Rotary Club and Millbrook Arts Group are inviting everyone to their annual New Year’s Eve Millbrook celebration on Tuesday, Dec. 31, from 4 to 7 p.m. at Lyall Community Church and Grace Church.

The event is billed as a great time to gather with friends, family and neighbors for an unforgettable evening of live performances, family fun and community spirit.

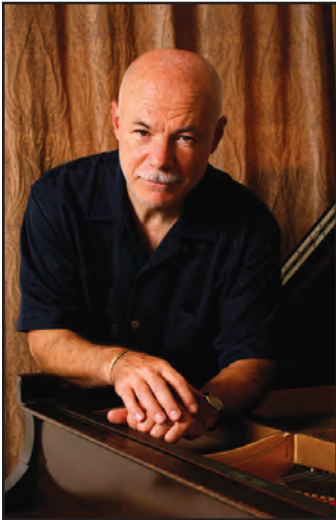
This year’s celebration features an exciting lineup of performers and activities:

- **The Larry Ham Quartet:** A masterful jazz performance featuring Larry Ham on piano, Dan Block on saxophones, Lee Hudson on bass and Tom Melito on drums. Their timeless sound will captivate jazz enthusiasts and newcomers alike.

- **Philippe Treuille:** An acclaimed composer whose work has been performed at renowned venues like Lincoln Center, offers a captivating classical music experience.

- **After Five:** Celebrate New Year’s Eve with this vibrant jazz combo led by saxophonist Jason Clinton. With an eclectic repertoire spanning jazz, swing, Latin, blues, Motown, pop rock and holiday favorites, their lively sound features

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New Year’s Eve Millbrook will feature performances by (clockwise from top left) Larry Ham and his Quartet, Grumbling Gryphons Theater, After Five and Philippe Treuille. The event will take place at Lyall Community Church and Grace Church in the village. *Courtesy photos*

Generosity flows with PV Lions Memory Tree

By Curtis Schmidt

The members of the Pleasant Valley Lions Club have always been a hearty and caring bunch of people – and those qualities shine particularly bright during the December holidays.

The current members are continuing to embrace a 30-plus year tradition with the club’s Holiday Memory Tree. (See pages 6-7 in this week’s Northern Dutchess News.)

The annual project was created by Al McGee and Gary Pfeffer to give patrons a place to remember loved ones during the holidays for \$5 per name. All funds raised fund

community causes and support for sight/hearing efforts.

Current coordinators Wayne Herr and Mark Carroll manage a database of 350-400 individuals with about 1,100-1,200 names to remember. Herr said the Club hosts a work party each fall to collate the mailing and has canvassed at ACME the two weekends after Thanksgiving. This year Acme’s corporate headquarters instituted a restrictive policy that prohibits canvassing during the Thanksgiving and Christmas season. That’s why you haven’t seen them in front of the store. The Memory Tree is published the

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Pleasant Valley Lions Club members Mary Beth Kaminsky, left, and Monica Metty, right, are pictured with Heather Andros, West Road School Weekend Wellness coordinator. *Courtesy photo*

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Northern Dutchess Hospital announces leadership transition

Denise George to retire after 25 years; Dr. Andy Wilson appointed as new president

After a distinguished 48-year career in healthcare, including 25 years at Northern Dutchess Hospital, President Denise George will retire at the end of 2024. Dr. Andy Wilson, currently serving as vice president of medical affairs, has been appointed as her successor, effective January 1, 2025.

George's leadership has been instrumental in Northern Dutchess Hospital's growth and success. During her 17 years as president, the hospital achieved numerous accolades, including the prestigious five-star rating from CMS and consistently high patient satisfaction and employee engagement scores.

"Denise has been the heart and soul of Northern Dutchess Hospital for the past 25 years," said Michelle Robertson, chief operating officer at Nuvance Health. "Her vision and dedication have not only shaped the hospital but have also had a profound impact on the entire community. We are incredibly grateful for her service and leadership."

George's decades of dedication pave the way for new leadership

George began her journey at Northern Dutchess Hospital in 1999 as vice president of clinical care services and chief

nursing officer. She later served as chief operating officer before becoming president in 2007. Her tenure was marked by strategic growth, including the successful integration of Northern Dutchess Hospital into Nuvance Health, navigating the challenges of the COVID-19 pandemic and making critical decisions to repurpose facilities for new clinical services.

"Leading Northern Dutchess Hospital has been one of the greatest honors of my life," George said. "I am deeply grateful for the support of my colleagues, the trust of our patients and the opportunity to serve this wonderful community. I am also thankful for partnering with our extraordinary donor community that has always pulled through with their generosity and love for helping the hospital to thrive. I am confident Dr. Wilson will continue to build on our successes and lead Northern Dutchess into a bright future."

Wilson is dedicated to building on George's strong foundation

Dr. Wilson joined Northern Dutchess Hospital in 2012 as medical director for the emergency department, where he quickly demonstrated his commitment to patient care and leadership. Promoted to vice president of medical affairs in 2020, he has been a key member of the hospital's executive team, playing a crucial role in clinical decision-making, operational strategy and managing the hospital's response to the pandemic.

"I am truly honored to follow in Denise's footsteps and lead Northern Dutchess Hospital into the future," Dr.



Northern Dutchess Hospital President Denise George will retire at the end of this year; Dr. Andy Wilson has been appointed as her successor. *Courtesy photos*

Wilson said. "I have had the privilege of working closely with Denise over the past 12 years, and I have seen firsthand the impact of her leadership. I look forward to continuing our work together to ensure a smooth transition and to building on the strong foundation she has established."

Susan Browning, western regional president for Nuvance Health, added, "Dr. Wilson's deep understanding of our hospital and his unwavering commitment to patient care makes him the ideal leader

to take the helm at Northern Dutchess Hospital. We are excited to see him bring our vision to life, continuing the legacy of excellence that Denise has established."

As Northern Dutchess Hospital embarks on this new chapter, the hospital remains committed to providing the highest quality care to the community it serves. A new vice president of medical affairs will transition into the role in early 2025 and George will continue to support the hospital in a consultative role to ensure a seamless transition.

Hyde Park to hold ribbon-cutting for Town Hall addition on Dec. 20

By Kate Goldsmith

The Town of Hyde Park will celebrate the completion of its Town Hall addition with a ribbon-cutting ceremony on Friday, Dec. 20, at 5 p.m. The ceremony will take place indoors at Town Hall, located at 4383 Albany Post Road (Route 9), Hyde Park.

Refreshments will be served.

The Artists' Collective of Hyde Park (ACHP) has donated a sculpture to the town. Local artist and ACHP Board Member Carl Greico will give a talk about the sculpture during the event. There also will be a display of photos donated by Town Historian Carney Rhinevault.

Contact Town Hall at (845) 229-5111 with questions.

Pulver appointed to role of Assistant County Executive

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including oversight of several County Government departments. Additionally, he will serve as a liaison between the County Executive's Office and the Dutchess County Legislature.

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

Pulver has been extensively involved in the community, in leadership roles with Dutchess Community College Board of Trustees and the Mashomack Foundation. He is a life member of the Pine Plains Hose Company, where he has volunteered for over 40 years. He has

been involved with the Lions Club and the Future Farmers of America, among other community organizations

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

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

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County's 2025 budget adopted with bipartisan support

By Kate Goldsmith

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

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

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

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

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

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

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

"I'm always a strong advocate for the representation of the too-often-ignored and struggling populations of Dutchess County. I will always be their voice," said Atkins. "This year, we have experienced an improved level of bipartisan cooperation, and I sincerely hope that my Yes

vote will encourage continued work between the Republican and Democratic Caucuses in 2025. We have urgent work to do and tackling them together increases our successes."

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

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

- \$750,000 for the Dutchess County Sheriff's Office for a contingency fund for overtime for staff at the Dutchess County Justice & Transition Center (Majority Leader Deirdre Houston);
- \$500,000 for the Department of Planning & Development to fund the Municipal Innovation Grant program with a specific focus on programming for older adults (Majority Leader Deirdre Houston);
- \$350,000 for the Department of Public Works to make repairs to the terminal building at Hudson Valley Regional Airport (Republican Legislator Tony D'Aquanni);
- \$100,000 for the Office of Veterans Affairs to expand the Veterans Microgrant Program (Republican Legislator Steve Caswell);
- \$100,000 for the Department of Planning & Development to develop a competitive grant program for organizations providing services such as meals/food to those experiencing homelessness (Assistant Minority Leader Barrington Atkins);
- \$75,000 for the Department of Planning & Development's Division of Solid Waste Management for a zero-waste consultant to conduct a solid waste study (Legislators Tony D'Aquanni-R and Lisa Kaul-D);
- \$75,000 for the County Historian to offer mini grants to local historical societies to host events commemorating the 250th anniversary of the American Revolution (Legislature Chairman Will Truitt);
- \$50,000 for the Office of Veterans Affairs to expand transportation services for veterans (Majority Leader Deirdre Houston);
- \$50,000 for the Department of Community and Family Services' Youth Division to expand grant funding for after-school programming that serves at-risk youth (Democratic Legislator Randall Johnson);
- \$50,000 for the Department of Community and Family Services to contract with a vendor for community health services at the emergency housing facility (Assistant Minority Leader Barrington Atkins); and
- \$5,000 for the Department of Health's Environmental Division to increase its feral cat spaying initiative (Republican Legislator Douglas McHoul).

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

Two Democrats, Chris Drago (District 19) and Brennan Kearney (District 11), voted against the budget.

"While the budget included a few things that we have been advocating for this year, it did not go far enough in addressing our cost of living, housing, climate, mental health, or EMS crises here in Dutchess County," stated Drago, "Our budget should reflect the priorities and urgent needs of Dutchess residents, and this one falls short of delivering real solutions to the challenges we face every day."

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

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

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

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

Millbrook Rotary, Arts Group to ring in 2025 with music, family fun

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Kate Weston's captivating vocals, Jason Clinton's expressive saxophone, Steve Raleigh's versatile guitar playing, Josh Clinton's rich piano harmonies, Chris Macchia's steady bass lines and Dan Paladino's dynamic drumming.

- **Grumbling Gryphons Theater: Performing "Trickster Coyote":** How Coyote Brought Fire to the Plains Indians!" — a tale from their production Trickster Tales: Native American Animal Legends. The Grumbling Gryphons, winner of the CT Governor's Arts Award, have toured internationally for nearly 45 years, captivating audiences with stories rooted in myths, legends, and environmental themes. Children will take part in the performance by singing, dancing, chanting, and playing a role in the play as it unfolds.
- **Family-Friendly Activities:** Enjoy face painting, a talented balloon twister, and The Bubble Bus for bubbly fun that will delight all ages.

Refreshments will be provided by the VFW and other local favorites, including Crepes Royale, ensuring there's something for everyone to enjoy.

This cherished community event is made possible through sponsorships and donations from local businesses and individuals, including: Hunt & Harvest Provisions, Marona's Market, Bank of Millbrook, Millbrook Community Partnership, GE Construction, Millbrook Historical Society, Millbrook Library, Stewart's Shops, Nan & David Greenwood, Babette's Kitchen, Dr. Margaret M. Coughlan, Tamarack Preserve, Wes Auto Body, Core Collective, Fox & the Hare, Animal Farm Foundation, Millbrook Antiques Center, Crisp Architects, Mona Staaf-Gunther, Tim & Ceil Collopy and John & Ann Gifford.

Admission buttons (tickets) will be available for a suggested donation of \$5 at Reardon Briggs, Merritt Bookstore and Village Wine & Spirits in the Village of Millbrook. If you don't get your buttons early, you can purchase them at the check-in table outside of the Thorne Center on the night of the event.

The buttons feature winning artwork submitted by Millbrook Central School District students. Of several entries, a winning design was selected and will be revealed on the event's Instagram @newyearsevemillbrook, so be on the lookout!

For more information, follow on Instagram at @newyearsevemillbrook or visit millbrookrotary.org.

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Generosity flows with PV Lions Memory Tree

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week before Christmas. Herr and Carroll have been leading the effort since 2004. Herr said they have “continued the essence of the project, each name remembered is still \$5 (no inflation here).” But this is all about giving and Lions Club members note that the Memory Tree brings out the best in people. Mike Kessler said, “When people donate money at ACME for the Memory Tree, I am often struck by how warm and generous people are. It’s an inspiration.” Lex Van Loon said, “The people from the community have big hearts and those you least expect to give, often give the most.”

Herr added, “The Holiday season is a time to remember loved ones. Our community really appreciates the opportunity to do that with the Memory Tree. Often, we get a very big ‘Thank You for doing this’ from our supporters. I know they look forward to this opportunity when they continue to participate as they move out of the area. We have folks from California, Florida, North Carolina, Virginia, Delaware, NYC, and all over the Northeast that participate.”

And what happens to the donations? Here’s a list:

- helping needy families at Christmas;
- supporting the Pleasant Valley Food Pantry;
- awarding two \$1,500 scholarships



Pleasant Valley Lions are pictured at the VFW hall after a dinner. This is a subset of the 30-person membership. From left are, Fred DeWald, Mark Carroll, Wayne Herr, Jim Reed, Ed Kinkade, Fran Traver (president), Mary Beth Kaminsky and Mike Kessler. *Courtesy photo*

to Arlington seniors who attended a Pleasant Valley school (Traver Road or West Road);

- supporting Lions Eye Bank at the Albany Medical Center;
- supporting Pleasant Valley Town sports teams;
- helping to address sight and hearing needs in the community;
- supporting eye screenings of Pleasant Valley children attending Traver Road School and the Pleasant Valley Nursery

School following the Lions SEE program;

- hosting a Car Show which has the dual role of being a community event and fundraiser;
- helping the Pleasant Valley Library sight-impaired material collection development donation; and new this year
- providing Weekend Wellness food packages to children in need at Traver and West Road schools. Mary Beth Kaminsky and Monica Metty are leading the PV Lions Weekend Wellness initiative.

NOTICE OF EARLY DEADLINE

Due to holiday press schedules for the Dec. 25, 2024 and Jan. 1, 2025 issues, the Northern Dutchess News has early deadlines for both papers.

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

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

Please contact
cschmidt@sducthessnews.com
for more information.

State police investigating body found in Hudson near Vanderbilt site

On Dec. 6, a hiker at the Vanderbilt Mansion National Historic Site observed the remains of a woman lying face down near the east shore of the Hudson River south of Bard Rock. The New York State Police in Rhinebeck and the Hyde Park Police Department began investigating the death. The body was not situated on National Park Service land, and the state investigators do not believe the death occurred on park land.

On Dec. 10, the Dutchess County Medical Examiner has confirmed the deceased as a Caucasian female with brown eyes, weighing 112 pounds, 5 feet 5 inches tall, with gray hair, no scars,

marks, or tattoos. National Park Service law enforcement and park leadership are working closely with the State Police to provide access to the Hudson River to continue their investigation. Anyone with information regarding the missing woman in the Hyde Park area is asked to contact State Investigator Filippini at (845) 677-7300. Please refer to case #NY2400970235.

The National Park Service has no further information on this New York state investigation at this time.

Northern Dutchess News has emailed a request to the State Police’s public information officer for any updates.

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Deputies injured during incident at homeless shelter

The Dutchess County Sheriff's Office reports the arrest of Isaiah E. Lodge, age 27, at approximately 6:30 a.m. on Dec. 12, 2024 during an incident at the homeless shelter on North Hamilton Street in the City of Poughkeepsie.

On the above date and time, Deputies responded to the shelter, located adjacent to the Dutchess County Justice and Transition Center, for a report of a disorderly subject causing a disturbance and threatening staff. Upon arrival, Mr. Lodge was located at the scene and became violent when approached by Deputies. At that time numerous Deputies and City of Poughkeepsie

Police Officers responded to the scene, at which time Mr. Lodge was finally subdued and taken into custody.

At this time Mr. Lodge is accused of injuring two Deputies during the above altercation; he is charged with biting both of them and putting one in a chokehold. As a result, the Deputies and Mr. Lodge were all transported to Mid-Hudson Regional Hospital for the treatment of non-life threatening injuries.

Mr. Lodge has been charged with Assault 2nd degree (Felony), Criminal Obstruction of Breathing (Misdemeanor), Obstructing Governmental Administration (Misdemeanor),

Resisting Arrest (Misdemeanor), Trespass (violation), and Disorderly Conduct (violation). After being processed he was arraigned before the City of Poughkeepsie Court and remanded to the Dutchess County Justice and Transition Center in lieu of \$100,000 cash bail or \$200,000 bond. The charges described above are merely accusations and Mr. Lodge is presumed innocent until proven guilty in a court of law.

The Sheriff's Office and City Police routinely respond to the homeless shelter for various types of incidents, many of which involve potentially dangerous individuals and unstable circumstances.

Sheriff Imperati is extremely grateful to all members of law enforcement that continue to respond and is very thankful that the injuries to the Deputies weren't more serious, saying that "As always the Deputies and City Officers responded quickly and appropriately to this dangerous situation, and I am extremely thankful that we didn't see even worse injuries. Many of the situations that we encounter at the shelter can be unpredictable and difficult to deal with, but law enforcement continues to respond and I am very proud of each and every one of them for the job that they do – not only in this instance, but every single day."



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PLEASANT VALLEY LIONS MEMORY TREE 2024



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Angiulo:Doug Malone;Joe Angiulo:Doug Malone;June Angiulo:Doug
Malone;Cortland Auser:Phyllis Menzenski;Doris Auser:Phyllis Menzenski;Kim
Austad;James Gundell;Bill Austin:Pauline & Wayne Herr;Bill Austin:Jane
Austin;Bill Austin:Fred & Maria DeWald;Bill Austin:Betsy & Ed Kinkade;Bill
Austin:Kim, Kyra, Austin;Bill Austin:The Kaminsky Family;Bill Austin:Charlie & Fran
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Loon;Una Austin:Jane Austin;Kim, Kyra, Austin;William Austin :Deidre Quinn;William
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Baker;Elizabeth G. Baker:Karen Baker;Aunt May Baker:The Kaminsky
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Balassone:Diana S. Ritchie;Alphonse John Balga;Stefanie Little;Alphonse Joseph Balga;Stefanie
Little;Dwayne Balga;Stefanie Little;Sal Baratta:Pat Aber;Aunt Carolyn Bargna:Andy, Suzanne, Sam &
Liv Sileno;Carolyn Bargna:Ginger Carroll;Helen Bargna:Ginger Carroll;Nino Bargna:Ginger
Carroll;Lauris Barrett:Catherine Kinney;George Bathrick:Hazel Dorn;Mildred Bathrick:Hazel Dorn;Gary R.
Battistoni;Glenn Battistoni;Jill M. Battistoni;Glenn Battistoni;Ronnie Berg:Karen Castella;David Bergeron:Kristine,
Sarah., Nick;Mort Berman:Carolyn & Tom Weber;Karen Bernardo:Phyllis Menzenski;The Besignano Family:The Chmura
Family;Louis Biagetti:Dana M. Biagetti;Adolph Birkenmeyer:Kathy Longbard;Anne Birkenmeyer:Kathy Longbard;Michael
Birrittella:Mark Poplawski;Suzy Bishop:Carolyn & Tom Weber;Angie Blonigen:Pat Aber;Clarence Blonigen:Pat Aber;Dale S.
Blonigen:Pat Aber;Mary Boas:Jane Austin;Phil Boas:Jane Austin;Diane Bollen:D.M. Rottkamp;Louis Bolnt:Lewis H. Dean;Jesse M.
Bontecou:Betsy & Ed Kinkade;Bill Boone:The Kessler Family;Virginia Boone:The Kessler Family;Aimee Brower:Mike & Ida Mikula;Don
Bowling:D.M. Rottkamp;Roy Boyce:The Boyce Family;Betty Branch:D.M. Rottkamp;David Brands:Charlie & Fran
Traver;Ellen Brenner:The Chmura Family;John J. Brenner:The Chmura Family;Dorothy Brill:James Gundell;Merle
Brill:James Gundell;Ruth Brooks:James Gundell;Aimee Brower:Joyce Brower;Dorcas Brower:Joyce Brower;George
Brower:Mike & Ida Mikula;George Brower:Joyce Brower;Gary Browne:Hazel Dorn;Bruce W:Mr & Mrs L Brajuha;Bill
Brue:Vicki Snitzler;Helen Brue:Vicki Snitzler;Katy Buck:Jane Austin;George “Mike” Bukantis:Myers, Bukantis & Paupst
Families;Maryann Buono:The D'Eredita & Fisher Families;Jeanetta Burrow:Linda Wilber;Troy Burrow:Linda Wilber;Donald Cady
Sr.:Jeff & Jean Cady;Mable Cady:Jeff & Jean Cady;Mike Cady:Jeff & Jean Cady;Barbara Cahill:Donna Cahill;Matthew Cahill:Donna
Cahill;Caroline Calvello:Flo McDermott;Caroline Calvello:Barbara, Kathy & Kelly;Michael Calvello Jr.:Flo McDermott;Michael Calvello
Sr.:Barbara, Kathy & Kelly;Michael Calvello Sr.:Flo McDermott;Marilyn Cardinale:Suzanne, Norman Jr. & Carolyn Cardinale ;Norman Cardinale,
Sr.:Suzanne, Norman Jr. & Carolyn Cardinale ;John Carew:James Gundell;Michael Carr:Carolyn & Tom Weber;Serge Carriere:Lex Van Loon;Alfred
Carroll:Mark Carroll;Gertrude Carroll:Mark Carroll;Peggy Carter:Mike Carter;Louise Cataldo:Doug Malone;Vincent Cataldo:Doug
Malone;Milena Caviglia:Louis & Gloria Caviglia;Francis Cawley:The Karis Family;Jane Cawley:The Karis Family;Joe Celtruda:Fred & Maria DeWald;Michael J.
Chmura:The Chmura Family;Rosina M. Chmura:The Chmura Family;Seulgi Choi:Fred Schaeffer;Marti Chubb:Tim, Jen, Emily, Kaity, and Tyler;Carmine Cianci:Pat
Cianci;Christopher Cianci:Pat Cianci;John Cianci:Pauline & Wayne Herr;John Cianci;Pat Cianci;A. Edward Ciferri:Gary Ciferri;Gloria Ciferri:Gary
Ciferri;Don Coburn :The Kaminsky Family;John Cocco:Michael & Johnna Touma;Virginia Cocco:Michael & Johnna Touma;Robert Colbert:George Sealey;Michael “Mad Mike”
Colvin:Stefanie Little;Betty Conklin:Mike & Ida Mikula;Charlie Conklin:Mike & Ida Mikula;David Conklin:The Recktenwald Family;Tim Conn:Carl and Johanna;Joyce Conrad:Ida
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Quinn;John C.:Mr & Mrs L Brajuha;Ruth C.:Mr & Mrs L Brajuha;Stephen Corns, Jr.:Agnes Corns;Steve Corns;Agnes Corns;Chris Coffey:Carolyn & Tom Weber;John Coulter:Betsy & Ed
Kinkade;Mary Ann Coutant:Glenn Coutant;Richard G. Coutant:Glenn Coutant;David A. Covell, Sr.:Lois a Covell-Carver;Victims of Covid 19:James Gundell;Covid Victims:Doug Malone;Betty
Cunliff:Betsy & Ed Kinkade;Mike Cunliff:Betsy & Ed Kinkade;Dad 2019:Pam Highbridge;Michael Daly:Ida Wacker;Mary Danaher:David & Barbara Hans;Philip Danaher:David & Barbara Hans;Skip
Daniels:Susan Feather-Gannon;Joe D'Aquanni:Betsy & Ed Kinkade;Joe D'Aquanni:Barry & Jaqueline Hutchings;Joe D'Aquanni:Jayne & John Murphy;Joseph D'Aquanni:Anne, Joe & Pat DePalma & Alicia
McAllister;Matthew Darcy:The Boyce Family;Vivian Brand Davis:Remo & Marcia Valdatta;Anna Elizabeth Day:Mary Albrecht;Benjamin Day:Mary Albrecht;Brian Day:Mary Albrecht;Lauren Day:Mary
Albrecht;Barbara Dean:Lewis H. Dean;John R. Dean:Elizabeth Dean;Marjorie H. Dean:Elizabeth Dean;Assunta DeAngelis:Chris and Annamari Muscari;Giovanni DeAngelis:Chris and
Annamari Muscari;Deceased Military Personnel:Mr & Mrs William W. Mackey;Goldie Decker:Candy Olson;James R. Decker:Mary Hanaburgh;Dawn DeFrance:Mary Hanaburgh;Lee Delaurentis:Mark Poplawski;Mike
Denick:Fred & Maria DeWald;Evalyn DePalma:Anne, Joe & Pat DePalma & Alicia McAllister;Michael DePalma:Anne, Joe & Pat DePalma & Alicia McAllister;Dr. Vincent M. DePalma:Anne, Joe & Pat DePalma & Alicia
McAllister;Jennie DEredita:The D'Eredita & Fisher Families;John D'Eredita:The D'Eredita & Fisher Families;Karen D'Eredita:The D'Eredita & Fisher Families;Antoinette DeSanto:Carolyn &
Tom Weber;James Devery:Helen Havranek;Candace DeVoe:Eric Alexander & Marcia Devoe;Donald DeVoe:Eric Alexander & Marcia Devoe;Anna DeWald:Fred & Maria DeWald;LeRoy
DeWald:Fred & Maria DeWald;Luigi DiDomenicus:Jane Austin;Marty Diesing:Anne, Joe & Pat DePalma & Alicia McAllister;Beverly M. Dimauro:Patricia & Mike Prunty;George S.
Dimauro:Patricia & Mike Prunty;Daren DiMetro:Sharon DiMetro;Daren DiMetro:Stefanie Little;Deborah DiMetro:Stefanie Little;Elizabeth M. DiPierro:Roger & Pat Mastri;Clarice E. Dobson:Karen
Baker;Franklin W. Dobson:Karen Baker;Robert E. Dobson:Karen Baker;Warren F. Dobson:Karen Baker;Joyce Dodd:Remo & Marcia Valdatta;Carole Donegan:John & Barbara Donegan;Irene
Donegan:John & Barbara Donegan;John Donegan Sr.:John & Barbara Donegan;Lucinda Dormeyer:Ida Wacker;Ella Dorn:Hazel Dorn;Raymond Dorn:Hazel Dorn;Franklin Doty:Cynthia Stirling;Olive
Doty:Cynthia Stirling;Marie & Thomas Dowd:Schollmeyer Family;Hugh Robert Downey (2 Bulbs):Susan Downey;John E. Doxsey (Daddy):Janet & Wayne Mac Isaac;Patricia Doxsey:William Doxsey;Ruth
M. Doxsey (Mommy):Janet & Wayne Mac Isaac;Marion Drewes:Arthur Drewes;Max Drewes:Arthur Drewes;Joseph Drino:Rich and Terry Drino;Kay Drino:Rich and Terry
Drino;James P. Duffy Sr.:Ed & Cheryl Sheehan;Richard Dunn:James Gundell;Bob Durland:David Surico;Grace Dvoracek:Dana M. Biagetti;Dorothy Eastwood:Ida Wacker;Herbert Eastwood:Ida
Wacker;Charles Eberwein:George Sealey;Marilynn Edmonds:Ed & Cheryl Sheehan;David & Barbara Hans;Robert French:Debby & Fred Glynn;Eleanor I. Funk:Theron Jr. Mary Ann & Elizabeth Funk;Theron Jr.
Mary Ann & Elizabeth Funk;Vito Furguglietto, Sr.:Joyce Quattrociochi;Frank Gaetano:Diana B. Gaetano;Gaetano Gaetano:Diana B. Gaetano;Mary Gaetano:Diana B. Gaetano;Helen T. Gallagher:Leonard F. Gallagher
Jr.;Leonard F. Gallagher Sr.:Leonard F. Gallagher Jr.;John Gamby, Sr.:Joyce Quattrociochi;Jack Gannon:Jane Austin;Jack Gannon:Betsy & Ed Kinkade;John (Jack) Gannon:Susan Feather-Gannon;Mary Jane
Gardner:Phyllis Menzenski;Mary Jane Gardner:Joan Eisenhut;Logan Gentry:James Gundell;Dick Germiller:Beth Van Fleet;Mary Germiller:Beth Van Fleet;Keith Gilmour:Karen Gilmour;Jimmy Gleason:Debbie & Butch
Roe;John Gleason:Debbie & Butch Roe;Stephen Gleason:Debbie & Butch Roe;Aunt Gloria:Pam Highbridge;James Glynn:Debby & Fred Glynn;John Glynn:Debby & Fred Glynn;Patrick Glynn:Debby & Fred Glynn;Burt
Gold:Betsy & Ed Kinkade;Ben Goldstein:Betty Renner;Clara Goldstein:Betty Renner;Kathryn Goldstein:Cathie & Bob Lang;William Goldstein:Cathie & Bob Lang;Richard Good:Linda McReynolds;Malcom Gordon:Carrie
DePaola;Pipper Gore:Susan Feather-Gannon;Gavin John Grant:The Boyce Family;Gun Violence Victims:James Gundell;Alice Gundelfinger:James Gundell;Ernest Gundelfinger:James Gundell;Susan Gundelfinger:James
Gundell;Werner Gundelfinger:James Gundell;Peter Gundell:James Gundell;Vicki Gundell:James Gundell;Veronica M. Guynup:Pat Aber;Florence Haight:Jayne & John Murphy;Harry Haight:Jayne & John Murphy;Harry “Ab”
Haight:Jayne & John Murphy;Hazel Haight:Jayne & John Murphy;Sheila Halsted:The Kessler Family;Barry Hamilton:Carl and Johanna;Anna S. Hampe:Mary Hanaburgh;Frank Hampe:Mary Hanaburgh;Eddie Hanaburgh:Mary
Hanaburgh;Thomas Hanaburgh:Mary Hanaburgh;Frank T. Hans:David & Barbara Hans;Helen Hans:David & Barbara Hans;Carmel Hart:Children & Grandchildren;Raymond Hart:Children & Grandchildren;Emma Havens:The Havens
Family;Lawrence Havens:Children & Grandchildren;Uncle Mark “Sparkey” Havens:Nieces & Nephews;Mark Havens:The Hart Family;Mary S. Havens:Children & Grandchildren;Tim Havens:The Hart Family;James Havranek:Helen
Havranek;Marge Heasley:Anne, Joe & Pat DePalma & Alicia McAllister;Thomas Heffner:Diana B. Gaetano;Rita Heil:Tim, Jen, Emily, Kaity, and Tyler;Phil Heiler:Charlie & Fran Traver;Albert Heim:Dana & Ray Newsom;Annie Heim:Dana &
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Gundell;Ralph Hodges:Doug Malone;Teddy Hoe:Patricia & Mike Prunty;Mary & Jack Hoey:Schollmeyer Family;Sara & Matthew Hoey:Schollmeyer Family;Lowell Hofmann:Janet Hofmann;Gladys T. Horne:Diana S. Ritchie;William D.
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Mark Carroll, Fred DeWald, Susan Feather-Gannon, Catherine Geerlings, Wayne Herr,
Pam Highbridge, MaryBeth Kaminsky, Kim Kenyon, Mike Kessler, Betsy & Ed
Kinkade, Doug Malone, Monica Metty, Merry Meyer, Jim Reed, Fred Schaeffer,
Patrica Smith, Debbie & William Spencer, Fran & Charlie Traver, Lex Van Loon,
Lee & Rob Vrablik

December 18-24, 2024 - NORTHERN DUTCHESS NEWS & Creative Living **7**

James’s Warr;ors receives over \$18,000 to support Mental Health Awareness, Suicide Prevention Programs

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

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

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

Dutchess County Executive Sue Serino, who announced last month that James’s Warriors would be a recipient of the County’s 2024 Youth Wellness Supports Microgrant program, said, “Having lost my brother to suicide over

10 years ago, I know how important it is to break the stigma and start open and honest conversations about mental health. The entire team at James’s Warriors has made a tremendous impact on our community, and I am proud to support their efforts to bring resources and understanding to the Dutchess County community.”

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

Additionally, James’s Warr;ors partner, Dr. Jaimee Arnoff, a New York State licensed psychologist, will facilitate free support sessions for students or siblings who’ve experienced a loss by suicide or overdose. Dr. Arnoff provides compassionate care and evidence-based



Courtesy image

strategies to help young people navigate grief and begin healing.

Sessions will take place in Beacon, New York, on six consecutive Wednesday evenings from January 22, 2025 through February 26, 2025, from 5 – 6 p.m. While each family will cope with loss uniquely, Dr. Arnoff and James’s Warr;ors hope to provide an opportunity for adolescents to process these feelings, develop coping skills, and find a connection at an isolating time. Space is limited;

advance registration is encouraged.

To inquire about 2025 speaking engagements or register a sibling for the support group, please email info@jameswarriors.org or fill out the contact form on the website jameswarriors.org.

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

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

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

Residents can register for the virtual meeting at dutchessny.gov/SafetyActionPlan.

County Executive Sue Serino said, “Everyone in Dutchess County deserves

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

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

The Transportation Safety Action plan is being developed to align with national and state best practices and is anticipated to be completed by the end of 2025. It will provide road owners with the data and information needed to improve safe-

ty. The plan will also enable all 30 municipalities in Dutchess County to pursue federal safety funding.

The plan will include:

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

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

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

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

send us your news
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Pleasant Valley National Guard Soldier receives new rank, new responsibilities

LATHAM, NY - Major General Ray Shields, the adjutant general for the state of New York, announces the recent promotion of members of the New York Army National Guard in recognition of their capability for additional responsibility and leadership.


Mellanie Loucks from Pleasant Valley, assigned to the Headquarters and Support Company, 42nd Division Headquarters and Headquarters Battalion, received a promotion Nov. 18, 2024 to the rank of specialist.

Army National Guard promotions are based on a soldier’s overall performance, demonstrated leadership abilities,

professionalism and future development potential. These promotions recognize the best qualified soldiers for a career in the New York Army National Guard.

Army National Guard Citizen Soldiers who serve our state and nation are eligible for monthly pay, educational benefits (from the state and federal government), travel across the globe, technical and leadership training, health and dental insurance and contributions towards retirement programs similar to a 401(k).

For more information about the New York Army National Guard, visit www.dmta.ny.gov or www.1800goguard.com.



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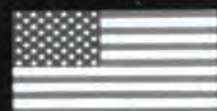
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Dutchess County’s Partnership for Manageable Growth marks milestone, preserves 5,000 acres of farmland

Dutchess County Executive Sue Serino announced on Dec. 6 that the County’s Partnership for Manageable Growth (PMG) has officially preserved more than 5,000 acres of vital farmland since the program’s inception in 1999. This milestone was achieved following the latest PMG acquisition, a 143-acre easement at Obercreek Farm in the Town of Wappinger, demonstrating Dutchess County’s continued commitment to safeguarding its environmental resources and supporting sustainable development.

Serino said, “Dutchess County is incredibly proud of reaching this major milestone in land preservation. The Partnership for Manageable Growth has long been a cornerstone of Dutchess County’s efforts to protect the environment, preserve local agriculture and maintain the scenic and rural quality of life that makes our community so special. By preserving more than 5,000 acres of farmland, we have ensured the future of farming while allowing for smart, sustainable growth.”

Established a quarter-century ago, the PMG was designed to address the growing need to balance economic development and environmental conservation and has become a model for how counties can proactively manage growth while protecting their natural resources. The program was designed to fund the acquisition of land or development rights to protect valuable farmland and open spaces, enabling Dutchess County to assist farmers, landowners and local land conservancies to preserve viable agricultural farmland and open space. Farmlands, such as Obercreek Farm, are protected through conservation easements so they are able to remain in active agricultural production in perpetuity, furthering Dutchess County’s support of local agriculture.

Obercreek Farm is the 29th farmland protection project completed under the PMG since 1999. The program was established to implement the goals of the Dutchess County Agricultural and Farmland Protection Plan, adopted in

1998, preserving the County’s rural character, natural beauty and agrarian heritage. In all, through the PMG, the County has protected 39 – both farmland and open space projects – in every region of Dutchess County, worth a total of more than \$42 million. The County’s PMG funding provided 25 percent of the cost, or \$481,981; the New York State Department of Agriculture and Markets contributed \$1,442,378; and the Dutchess Land Conservancy contributed \$6,000.

Certified as an organic farm by the United States Department of Agriculture, Obercreek Farm grows diversified seasonal vegetables, herbs, flowers and hops for its on-farm store and brewery. The farm property, has been in family ownership since the 1850s and is one of only a few active agricultural properties still operating in the Town of Wappinger; 143 acres of the 186-acre farm will be protected.

In addition to the ecological benefits, land preservation through PMG supports the economic viability of the County’s agricultural industry, which remains a significant contributor to the local economy. Farmers who have participated in the program have benefited from the protection of their land from future development, allowing them to continue farming for generations to come.

Eoin Wrafter, Commissioner of the County’s Department of Planning & Development, said, “Preserving more than 5,000 acres is a testament to the collaboration between Dutchess County, landowners, local municipalities, and land conservation organizations. Our PMG success reflects a shared dedication to ensuring a balance between protecting the environment and supporting smart development in our communities.”

Additional information about the PMG program is available on the Department of Planning & Development’s webpage: [https://www.dutchessny.gov/Department s/Planning/Partnership-for-Manageable-Growth.htm](https://www.dutchessny.gov/Department%20s/Planning/Partnership-for-Manageable-Growth.htm).



Dutchess County Executive Sue Serino joined County, municipal and land conservancy partners at Obercreek Farm in Wappinger recently to celebrate the latest Partnership for Manageable Growth preservation project. Below, a scenic view of Obercreek Farm in the Town of Wappinger, taken earlier this autumn. *Courtesy photos*



BOARD OF HEALTH MEETING SET FOR DEC. 19

The Dutchess County Board of Health will be holding their regularly scheduled meeting on Thursday, Dec. 19, at 4 p.m. at the Dutchess County Department of Behavioral & Community Health located at 85 Civic Center Plaza – Suite 106 in the City of Poughkeepsie or you may participate via Microsoft Teams by calling 1-516-268-4602 and enter the Conference ID number: 263 004 685#.

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

Board of Health Meetings for 2025: January 16, February 20, March 20, April 17, May 15, August 21, September 18, October 16, November 20, December 18.

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

VILLAGE OF RED HOOK COURTROOM GETS TV THROUGH GRANT PROGRAM



Justice Jonah Triebwasser obtained a New York State Justice Court Assistance Program grant of \$500 to purchase a large screen television for the village courtroom. The television will be used to show the “Welcome to Jury Duty” video to jurors, as well as evidence videos from surveillance cameras and body-camera footage. According to Mayor Karen Smythe, the television will also be available for use by the Village board, Village committees and anyone who is using the court room. Pictured are Smythe and Village of Red Hook Justice Triebwasser. *Courtesy photo*

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Holiday enjoyment often eludes those dealing with PTSD

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

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

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

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

Dutchess County, it is likely many people reading this article know a veteran who's coping with mild to severe PTS behavior in their daily interactions.

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

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

Identify your triggers

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

Set boundaries and communicate them

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

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

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

Do things that make you happy

Focus on the things that make you content this holiday season.

Look for opportunities to calm

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

Get moving

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

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

Create new traditions

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

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

Avoid unhealthy coping mechanisms

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

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

Drugs, including marijuana, can depress your nervous system, but they don't address the root cause of your symptoms. Instead of depressing your body's systems, look for healthy ways to boost endorphins and regulate your hor-

mones, like exercise and getting enough sleep.

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

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

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

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

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

988 SUICIDE & CRISIS
LIFELINE IS LIVE

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

Dialing 988:

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

A Bank for the
Next Generation

To George Whalen IV, relationships are what build community, and lending is a tool that helps people make things happen. He's seen it his whole life — the Bank of Millbrook working together with people like you, in this area that's thrived from his great grandfather's generation to his son's.

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George T. Whalen IV
Senior Vice President

December 18-24, 2024 - NORTHERN DUTCHESS NEWS & Creative Living 11



Christmas Services





All Are Welcome

Blue Christmas on
Dec. 21 at 6PM
and
Christmas Eve Services on
Dec. 24 at 7PM
Westminster Presbyterian Church
1872 Salt Point Turnpike
Salt Point, NY
www.wpcsaltpoint.org






Join Us

12/20 @ 6pm Blue Christmas Service
12/24 @ 7pm Lessons, Carols & Candlelight
All are welcome!
Pleasant Plains Presbyterian Church
2 Fiddlers Bridge Road, Staatsburg NY
845-889-4019

Christmas at Grace




Sunday, December 22, 5:00pm
Christmas Lessons & Carols
Join us for a special candlelight service
of readings and music.

Tuesday, December 24, 5:00pm
Christmas Eve Family Service
8:45-9:00pm Musical Meditation:
Special Christmas Music and Carols
led by James Ruff and the choir
9:00pm Christmas Eve Service


Wednesday, December 25 Christmas Day Service
One service at 10 a.m.

Grace Episcopal Church
3328 Franklin Avenue, Millbrook, NY
www.gracemillbrook.org (845)677-3064



Join us this Christmas Eve.
Tuesday, Dec. 24th
5:30 pm Festive Christmas Eucharist
Christmas Day Wed. Dec. 25th
9 am Peaceful morning Eucharist with
guitar accompaniment

St. Paul's Episcopal Church
The corner of Rt 44 and Traver Road
Pleasant Valley



Think Accessible Stakeholder Group to enhance community accessibility

Dutchess County Executive Sue Serino announced the successful launch of the Think Accessible Stakeholder & Community Group, which recently held its inaugural roundtable meeting to discuss strategies for making Dutchess County more accessible and inclusive for individuals of all abilities.

“Building on Dutchess County’s ThinkDIFFERENTLY initiative, Think Accessible is about making sure that every resident, and every visitor, regardless of ability, can access the services, opportunities and spaces that make Dutchess County a great place to live, work, and visit,” said Serino. “This initiative will create a more inclusive environment, while engaging local stakeholders in the process of making Dutchess County accessible to everyone.”

The meeting brought together a diverse group of stakeholders, including leaders in the local business and tourism communities, advocates, municipal leaders and community members, to share ideas and identify opportunities to improve accessibility throughout the county. Participants engaged in meaningful discussions about challenges facing individuals with disabilities and brainstormed creative solutions to enhance accessibility in public spaces, businesses and community programs.

The stakeholder group will continue to meet regularly to develop initiatives and provide ongoing feedback as the Think Accessible program evolves. Efforts will focus on fostering collaboration and

building a countywide culture of inclusion and accessibility.

Dana Hopkins, Dutchess County’s All Abilities Director, said, “The Think Accessible Stakeholder & Community Group is a powerful example of what can happen when a community comes together to prioritize inclusion. By listening to the diverse perspectives in the room, we are identifying ways to expand accessibility and build on our years-long efforts to foster an environment where everyone, regardless of ability, feels welcome and supported.”

Lisa Tarricone, Executive Director of Taconic Resources for Independence and member of the stakeholder group, said, “I am excited to work alongside community leaders and organizations to create a more inclusive and accessible Dutchess County. This initiative provides a unique opportunity to collaborate on meaningful solutions that ensure individuals with disabilities and all Dutchess County residents can fully participate in and enjoy the services, spaces and opportunities our county has to offer.”

The Think Accessible initiative will provide a platform for ongoing dialogue about best practices, community needs and opportunities for collaboration, ensuring Dutchess County remains a welcoming place for everyone.

For more information about Think Accessible and how to get involved, call the County Executive’s Office at (845) 486-2000 or email CountyExec@dutchessny.gov.

Christmas Services



Come Home This Christmas *St. Paul’s Lutheran Church of Wurtemberg*

**JOIN US
FOR SERVICES
7:00pm
Christmas Eve**

371 Wurtemberg Road
Rhinebeck, N.Y. 12572
845-876-7697





O come let us adore **HIM**

ST. STANISLAUS KOSTKA
Roman Catholic Church
Pleasant Valley



welcomes all

to REJOICE with us as we celebrate

THE NATIVITY OF THE LORD

TUESDAY, December 24TH	4:00 PM & 7:30 PM
WEDNESDAY, December 25TH	8:15 AM & 11:00 AM

SOLEMNITY OF MARY, MOTHER OF GOD

TUESDAY, December 31ST	5:30 PM
WEDNESDAY, January 1st	9:00 AM

FOR MORE INFORMATION:
Visit saintstanislaus.net or scan our QR code:

1590 Main Street | 845.635.1700



First Presbyterian Church of Pleasant Valley
1576 Main St., Route 44, Pleasant Valley
www.pvpresby.com





Christmas Eve Service
7:00 p.m. in person
or
Zoom at Meeting
380 532 465
Password 6353289
**Lessons, carols, and
candlelight**

HOLIDAY HAPPENINGS

Through Dec. 21: Festive Holiday Tours, Mount Gulian Historic Site, 145 Sterling St., Beacon. Tour the Dutch Colonial home of the Verplanck family. The site's historic rooms will be decorated in different styles: opulent Victorian style décor adorning the dining room; charming, rustic decor in the study; contemporary holiday displays embellishing the home's main room. Adding to the twinkle of holiday decorations, the museum's collection of fine decorative pieces will contribute to the home's comfort and cheer. Holiday tours Dec. 18-21 offered at noon, 1 & 2 p.m. Reservations are preferred but walk-ins will be welcomed if space allows. Admission is \$12 adult; \$10 senior; \$8 youngsters (6-18 years of age). Children under 6 and Mount Gulian members are free. Call (845) 831-8172 or email at info@mountgulian.org to make reservations.

Through Dec. 21: The 16th Millbrook Library Holiday Silent Auction, 3 Friendly Lane, Millbrook. The silent auction will run from in the library's upstairs gallery. The auction's closing celebration will be held at the library from 3:30 to 5 p.m. on Dec. 21, with final bids accepted no later than 4 p.m. that day. These events are free and open to all. For more information visit <https://millbrooklibrary.org/holiday-silent-auction/>.

Through Dec. 22: "A Christmas Carol," The Center for Performing Arts at Rhinebeck 661 Rte. 308, Rhinebeck. Celebrate the holiday season with Charles Dickens' classic tale, brought to life with timeless Christmas carols. Perfect for audiences of all ages. Performances: Fri. & Sat., 8 p.m.; Sun., 3 p.m. Special Matinee: Sat., Dec. 21, 3 p.m. Tickets \$25. (845) 876-3080 or www.centerforperformingarts.org

Through Dec. 22: Dinner Theater "A Christmas Carol" presented by Theatre on the Road. Experience the joy of Christmas as you're invited to feast with the Cratchit family including Bob, Mrs. Cratchit, Belinda and everyone's favorite - Tiny Tim. In scenes right out of Dickens' classic book, you'll be treated to visits from Ebenezer Scrooge, his Nephew Fred, the Man of Goodwill, the ghost of Jacob Marley and the three spirits of Christmas. In addition, holiday carolers will entertain at your table. Suitable for the entire family. Tickets at www.theatreontheroad.com or call the venues where phone numbers are provided. Schedule: Wed., Dec. 18: The Venue Uptown at the Best Western, Kingston, 7 p.m.; Thurs., Dec. 19 & Fri., Dec. 20: Buttermilk Falls Inn, Milton, 6 p.m.; Sat. Dec. 21, Soyuzivka Heritage Center, 216 Foordmore Rd., Kerhonkson, noon; Sat., Dec. 21, Hudson House Distillery, West Park, 7 p.m. (845) 834-6007. Sun., Dec. 22, The Eldred Preserve, Eldred, 7 p.m.

Through Dec. 29: Holiday Tours, Wilderstein Historic Site, 330 Morton Rd., Rhinebeck. Festive yuletide decor by florists and other local businesses will be featured through the mansion. This guided tour includes the landscape, exterior of the mansion, first and second floors, and video. Tickets are \$18 and may be purchased upon arrival. Arrive about 15 minutes early, as space on each tour is limited. Tours on Fridays, Saturdays & Sundays at noon, 1, 2 & 3 p.m. (845) 876-4818 or <https://wilderstein.org/>

Through Dec. 29: The Wonderland of Lights, Dutchess County Fairgrounds, 6636 Rte. 9, Rhinebeck. A holiday attraction for the entire family. Immerse yourself in holiday cheer as you drive through hundreds of expertly crafted lights displays accompanied by festive sounds of the season. Hours: 5-9 p.m. (open until 9:30 p.m. on Fridays and Saturdays). <https://www.thewonderlandoflights.com/>

Dec. 18: The Winter Ensemble presents: Reflections on the Holiday Season, Locust Grove Estate, 2683 South Rd. (Rte. 9), Poughkeepsie. The Winter Ensemble of Putnam Chorale's program includes beautiful historical carols, like Here We Come a Wassailing; arrangements by the prolific American composer, Gwyneth Walker, such as Bring a Torch; lyrical, contemporary pieces by the Norwegian composer, Ola Gjeilo, and movements from Vivaldi's soaring and uplifting Gloria. 7-8:30 p.m. Tickets \$20 adult, \$18 senior, children age 12 & younger free. www.lgny.org

Dec. 20: Bard College Conservatory of Music Presents "Come Out of the Cold: A Winter Cabaret," Fisher Center Luma Theater, Bard College, Annandale-on-Hudson. A celebration of seasonal cheer, warmth, and song, 7 p.m. The inaugural, intimate winter cabaret features Countertenor Anthony Roth Costanzo and blends treasured holiday classics and art song intended to transport audiences to a world of winter joy and musical splendor. Tickets \$45 GA (\$5 for Bard students). fishercenter.bard.edu/events/winter-cabaret/ or (845) 758-7900

Dec. 20: Blue Christmas Service, Pleasant Plains Presbyterian Church, 2 Fiddlers Bridge Rd., Staatsburg. This worship service aims to offer comfort to those who are grieving and those who are struggling to find joy and hope during the holidays, 6 p.m. All are welcome. (845) 889-4019

Dec. 20: Pawling Concert Series: Orchestra New England Holiday Concert, Trinity Pawling School, All Saints' Chapel, 700 Route 22, Pawling. Woodwind members from the Orchestra New England will present holiday music for woodwind quintet, keyboard, and percussion, 8-10 p.m. The program will include arrangements from Tchaikovsky's Nutcracker Ballet, Vaughan Williams' Greensleeves, traditional seasonal carols, and other holiday favorites. Cost: \$40. (845) 855-3100 or <http://www.pawlingconcertseries.org>

Dec. 20-22: "Nut/Cracked" by The Bang Group, Kaatsbaan Cultural Park, 120 Broadway, Tivoli. The Bang Group's beloved, witty response to "The Nutcracker" has enthralled audiences for more than two decades. Choreographer David Parker draws inspiration from across the dance spectrum, blending tap, ballet, disco, and even bubble wrap to create a unique performance that reimagines Tchaikovsky's iconic score. With renditions ranging from Duke Ellington to Glenn Miller, "Nut/Cracked" transforms the familiar into something delightfully unexpected. Performances: Dec. 20-21 at 8 p.m.; Dec. 22 at 2 p.m. Cost: \$45 General, \$36 students. (845) 757-5106 or <https://kaatsbaan.org>

Dec. 21: "A Celtic Christmas" by A Taste of Ireland, Bardavon 1869 Opera House, 35 Market St., Poughkeepsie. Watch two star-crossed lovers twirl beneath the mistletoe as award-winning Irish musicians complement the world's best Irish dancers to deliver a heart-warming performance that will leave your feet tapping, eyes shining and your soul wanting more! Immerse yourself in the magnificence of the traditional Celtic landscape and let the magic of Christmas in Ireland transport you to a world full of excitement and wonder — a world where energetic music and dance embody the beating heart of the festive season. Featuring a powerful mix of traditional tunes, heartfelt ballads and all your favorite carols, 7:30 p.m. Tickets \$71, \$61, \$51, \$41. (845) 473-2072 or <https://www.bardavon.org/>

Dec. 21: Free Christmas Movies & Food Drive, Lyceum Cinemas, 15 Old Farm Lane, Red Hook. Choice of 3 Christmas movies for children and their families: "The Polar Express," rated G starring Tom Hanks is a Christmas classic based on the book by Chris Van Allsburg; "Elf," rated PG starring Will Ferrell, Bob Newhart and James Caan; and "It's a Wonderful Life," rated PG, starring Jimmy Stewart and Donna Reed. The films will be offered at 10:30 a.m. on Saturday, Dec. 21, and upon entry everyone may choose which film they prefer to see. Admission is free, but tickets must be obtained in advance from any of the following local merchants: MHVFCU, Red Hook branch; Minuteman Press; Subway; Red Hook T's; Village Pizza III; Savona's Restaurant, Red Hook; Historic Village Diner; Ben & Gracies; Charlie O's Restaurant, and The Red Hook Diner. Santa will be on hand at 9:30 a.m. to talk to the children. Please bring a non-perishable food item for distribution to needy families in the area.

Dec. 21: Ginger-neering House Building Competition, Mid-Hudson Discovery Museum, 75 N. Water St., Poughkeepsie. Friendly csmpetition where engineering, creativity, and holiday spirit come together, 2 p.m. Showcase your skills and imagination by designing and building edible structures entirely out of gingerbread, royal icing, and other sweet decorations, while combining the principles of design, stability, and construction. Entries will be judged on creativity, structural integrity, and overall presentation. Entries will be judged by other museum guests; the winning team will be announced on Fri., Dec. 27. Prizes include a museum membership, museum admission tickets, and a museum gift basket. COST: \$20 per team + museum admission (Includes gingerbread house and supplies; 4 people per team, must include 1 child per team.) Register at <https://mhdm.org/>

Dec. 21: Holiday Market, Bangallworks, 97 Hunns Lake Rd., Stanfordville. 9 a.m.-4 p.m. Info: Bangallworkscraftevents97@gmail.com

Dec. 21: Winter Solstice Celebration, Olana State Historic Site, 5720 Rte. 9G, Hudson. Free access to Olana's historic interiors, a bonfire, a live set with DJ Jared, drop-in activities and games, choir performance, and much more, 1-5 p.m. Special events will take place throughout the afternoon at both the Frederic Church Center for Art & Landscape and the East Lawn near the Historic House. Details at OLANA.org/solstice.

Dec. 22: Festive Family Day, Locust Grove Estate, 2683 South Rd. (Rte. 9), Poughkeepsie. Bring the whole family for a tour appropriate for ages 4 and up. This year's theme is Merry Music: Favorite Holiday Songs. Find Nutcrackers, Angels, Fairies, Stars, Jingle Bells, and more hidden among 25 decorated Christmas Trees celebrating favorite songs throughout our historic Mansion. Noon-3 p.m. Tickets \$12. www.lgny.org

Dec. 24: A Service of Lessons, Carols and Candlelight, Pleasant Plains Presbyterian Church, 2 Fiddlers Bridge Rd., Staatsburg. All are welcome to attend, 7 p.m. (845) 889-4019

Dec. 24: Christmas Eve Candlelight Service, Grace Bible Fellowship Church, 6959 Rte. 9, Rhinebeck. 7 p.m. All are welcome. (845) 876-6923, (845) 876-2122 or fdciron@aol.com

Dec. 28: Winter Holiday Concert, Pleasant Valley Library, 1584 Main St. (Rte. 44), Pleasant Valley. Join Katie DeFiglio, a "Soprano and Her Ukulele," for an afternoon of fun holiday songs, including a sing-along, 12:30-1:30 p.m. Katie, originally from Poughkeepsie, is dedicated to creating well-being and joy through her singing, music, and teaching. With a versatile style that includes pop, jazz, folk, classical, opera, and musical theatre, she has performed for over 25 years. Free, but registration required at (845) 635-8460 or <https://pleasantvalleylibrary.org/>.

Dec. 31: Ars Choralis New Year's Eve Concert, Old Dutch Church, Kingston. "Together We Rise," a concert of love designed to uplift the spirit with words and music, recognizing the beauty and wonder of our common humanity, 6 p.m. Free. <https://arschoralis.org/>

Dec. 31: New Year's at Noon, Mid-Hudson Discovery Museum, 75 N. Water St., Poughkeepsie. A festive way to celebrate New Year's Eve as a family and ring in the New Year, 10:30 a.m.-12:30 p.m. New Year's @ Noon features music provided by Lutz Entertainment, special activities for kids of all ages, refreshments, and of course, noisemakers, as we count down to noon. Tickets \$16. <https://mhdm.org/event/new-years-noon-2/>

No Dots
Connect Numbers:
1 - 81

By David Kalvitis

© 2004 Monkeying Around

Tip: Aim for the middle of each number.



Snacks in a snap

Easy nibbles for the busy holiday season

Well, my friends, this has never happened before. In the last week I’ve started four different articles but here we are on the fifth, because those just didn’t pan out. I have struggled a time or two before when coming up with ideas of what to write, but never have I made so many failed attempts in one go. It might surprise you to hear that I didn’t get overly frustrated, but I suppose that just comes with writing these articles for so long. If this is the first time I’ve been this stumped in 18 years, I hardly think that’s something to complain about!

So this being the fifth and final try, I did what I always do when facing writer’s block and stepped away for a few minutes, got myself another cup of coffee and am now snuggled back in my chair with my dachshund (very aptly named Pip) in the hope that something will come to me. And just like that, it has!

I think part of the reason ideas and productivity sometimes don’t flow is that we all get stuck from time to time. It doesn’t really matter what it is we’re trying to do; life just has a way of gumming up the creative works. We can get overwhelmed or distracted when there’s too much going on and not enough time for it all, like we tend to this time of year especially, which is actually what ended up inspiring this article in the end. As part of my mind was trying to decide on an article topic and part was also trying to plan this year’s Christmas menu while worrying about countless other things, it occurred to me that all I really wanted to do was fix myself a snack, curl up and savor a little peaceful me time. That’s when jingle bells and angel trumpets sounded to let me know I’d just found what to write about, because I’m not the only one feeling that way.

I realize we’re all busy and many of us have things to worry about, which can certainly leave us feeling less than festive. So maybe I can give you some simple ideas to help you skate through any rough patches so we can all set stress aside and enjoy what the season’s really about. A few easy but delicious recipes to indulge in over the next few weeks might go a long way toward easing our burdens and slowing us down enough to savor the holidays. Sounds good to me anyway, and I feel better already!

Any time of year and for any (or no) occasion, making a meal of appetizers is my favorite way to eat, and it’s even more so when shared with people I love. If, like me, you’ve grown a little weary of the beloved charcuterie board, allow me to share some fun, festive, tried-and-true recipes you can use from now until the New Year and beyond to take its place. They’re all easy nibbles, some are super quick to make, some can be made ahead, most are reasonable and a fair few you may already have the ingredients for or can keep on hand for when you need to whip something up. Make one or more to enjoy while you decorate, wrap presents or watch a movie or combine several and throw yourself a party. Invite some friends over or break them out for visiting family, or just fix yourself a little plate and curl up on the couch. Breathe deep, nibble, repeat.

QUICK & EASY

Let’s start things off with some things you just need to assemble, that are pretty to look at and have a nice contrast of

flavors.

CAPRESE SKEWERS – A practically bite-sized take on the classic salad that just happens to be red and green. Thread appetizer or cocktail skewers with a grape tomato, bocconcini (mini mozzarella ball) or cube of fresh mozzarella and a fresh basil leaf. Arrange on a platter and drizzle with olive oil and balsamic glaze. For company, place them in a circle for a wreath effect and a little fancier than a crudite platter.

PEPPER JELLY APPETIZER – So easy and so good! Place a room temperature block of cream cheese on a platter, top with pepper jelly, garnish with some seasonal greens and serve with Ritz crackers and a spreader. Spicy-sweet and creamy with the salty-buttery goodness of the crackers = pure joy!

WHIPPED RICOTTA – This one isn’t quite a straight-up assembly since you alter the ricotta, but it only takes about 10 minutes to make. Start by putting 1lb of whole milk ricotta in a large bowl with 1 tablespoon of honey and about 1 teaspoon of salt (no more than that). Beat until smooth with a hand mixer or food processor, then pour in 2 tablespoons of a good quality olive oil and continue mixing until combined. Transfer to a shallow serving bowl, drizzle with a little olive oil, add freshly cracked pepper and a pinch of flaky salt and serve with pita wedges, lightly toasted baguette slices or crackers. You can also top it with chopped green olives and roasted red peppers.

UPDATED CLASSICS

These are familiar throwbacks but with little upgrades to dress them up for company.

PIGS IN BLANKETS – Adapted from a Food & Wine recipe. Sure, they may seem a little dated, but they’re classic for a reason and still a favorite for many. My family’s made them part of our Christmas Eve for as long as I can remember! Cocktail franks seem harder to find every year, so just use your favorite hot dogs or even chicken sausage. Your wiener of choice gets a delicious flavorful glaze, and I’ve swapped out the usual pre-made crescent dough for puff pastry ‘cause I’m so fancy! Assemble these (in about 20 minutes) up to a day ahead and make sure they’re chilled before baking so they puff up and make you proud.

INGREDIENTS

3 tablespoons butter
3 tablespoons brown sugar
2 tablespoons honey
1/2 cup Dijon mustard
2 sheets thawed (in the fridge) frozen puff pastry
Freshly ground pepper to taste
8 hot dogs, cut into thirds
1 egg
Coarse or flaky sea salt

METHOD

Line 1-2 baking sheets with parchment paper and set aside. Preheat oven to 375 degrees.

For the glaze, place butter, brown sugar and honey in a medium saucepan and cook over medium heat until melted, whisking to blend. Remove from heat and stir in mustard, whisking until smooth. Set aside.

Unfold one sheet of puff pastry on a lightly floured surface and roll it into a (12-inch) square. It will be about 1/8-inch thick. Cut in half, then cut each half into

6 equal pieces (I prefer triangles because they hold the meat more securely). Brush the dough with the honey mustard glaze not quite to the edges, sprinkle evenly with pepper and place hot dog pieces on the end of each piece of dough (the wider end if cut into triangles) and roll them up. Place them seam-side down on baking sheet, about 1-inch apart. (If making ahead, stop here, cover with plastic wrap or foil and refrigerate).

Make an egg wash by mixing the egg with 1 tablespoon of water. Brush tops of pastry rolls and sprinkle with coarse salt. Repeat with second pastry sheet. Refrigerate at least 15 minutes before baking.

Bake 30-40 minutes until puffed up and golden brown. Check after 30 minutes to make sure they don’t burn. Serve immediately. You don’t need dipping sauce but you may want to break out the bubbly.

Makes 24 snuggled in pigs.

PUFF PASTRY PIZZA BITES – If you’re getting the idea that puff pastry is your best friend, you’re right. I keep some in the freezer at all times for all things sweet

and savory. Here it glams up humble pizza. Using one sheet makes 28-32 2-inch bites. You should figure on 5 puffs per person, so double it for a crowd. Use store-bought sauce and pre-shredded mozzarella and this is done, start to finish, in about 30 minutes.

INGREDIENTS

1 sheet thawed frozen puff pastry
Pizza sauce (for topping and dipping)
About 2 cups shredded mozzarella cheese
Dried oregano, salt and pepper to taste

METHOD

Preheat oven to 375 degrees. Line a baking sheet with parchment paper.

Unfold puff pastry on a lightly floured work surface and roll slightly to eliminate creases. Cut into 2-inch squares (you should be able to get 4x7 from one sheet of pastry). Transfer squares to baking sheet. Alternatively, you can try to carefully cut the pastry right on the parchment and transfer to the baking sheet.

Spread a spoonful of sauce in the center of each square. Top with mozzarella and sprinkle with oregano, salt and pepper.

continued on page 17

COMING THIS HOLIDAY SEASON

DRIVE-THRU LIGHT SHOW

THE WONDERLAND OF LIGHTS

DUTCHESS COUNTY FAIRGROUNDS

RHINEBECK, NEW YORK

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Keep America Great

Something to ponder as the new year approaches

Over a lunch of quesadillas at La Hacienda de Mexico in Arlington, I heard the whole story.

Rosa Rojo was born in Guadalajara in 1964, on the poor side of town. She remembers that her grandmother, who was “elegant,” would not even visit her family's house when she came to town. They had to meet her at her hotel. As the Mexican economy fell into a deep recession in 1982, jobs disappeared. People started heading north, among them Rosa's next door neighbor Ramiro. Ramiro arrived in Poughkeepsie, finding work at the Eveready Diner. He lived in a house with 15 other immigrants. On a trip home, Rosa and Ramiro fell in love and got married. Back in Poughkeepsie, Ramiro eventually saved enough money to send for his wife and their two children.

A woman with short grey hair and glasses is sitting at a wooden table in a restaurant. She is wearing a grey hoodie with "NIKE TEAM NEW YORK" printed on it. She is smiling at the camera. In front of her is a bowl of colorful, triangular chips. The background features a brick wall, a doorway, and a potted plant.

Rosa at La Hacienda de Mexico. Photo by Mark Adams. Below, left: Rosa (on the left) as a child in Mexico. Below: Rosa (on the right) with her family. *Courtesy photos*

Now Rosa and Ramiro own their own home. Rosa works as production manager at a wholesale nursery. Paco is a loan officer at a bank. Ramiro Jr. works at Merrill Lynch. Rosa's daughter, who was born in Poughkeepsie, is also a loan officer, and her youngest son Joseph is a police detective.

There was a flip side to Reagan's "amnesty" act. It became illegal for an employer to "Knowingly" hire an undocumented worker. The idea was to discourage illegal entry.

Employers are required to fill out an "I-9" form so that all employees pay taxes and social security. If an undocumented person presents a phony social security card, that person still pays social security and income tax. I am amazed at the num-

ber of people I meet who think that undocumented workers get a “free ride” without paying taxes. The vast majority of the – what is it – 11 million or 18 million – undocumented people in this country, in my experience, pay taxes.

Come on, folks – sending them all home on “day one” would not only create a humanitarian crisis. It would wreck the economy. We need people like Paco, Ramiro, Jennifer and Joseph to Keep America Great.

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



what's happening? _____
 _____creativeliving@s dutchessnews.com

Sports Museum of Dutchess County announces Pat Zerbe Women's Room

The Sports Museum of Dutchess County announces the curation of the Pat Zerbe Women's Room, an exhibit to celebrate generations of women in Dutchess County sports history. A trail-blazer of women's sports in Dutchess County, Pat Zerbe has made an impact on local athletics and culture for decades. The museum will be collecting artifacts (photographs, equipment, newspaper clippings, medals/trophies, etc.) to display in the women's room.

Please message or call 845-476-2314 to make an appointment for a donation.



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EXHIBITIONS

Art Gallery 71, 71 E. Market St., Rhinebeck. **Through Jan. 5:** “American Landscapes,” a collection of works by this month’s guest featured artist, Bennet Harris Horowitz. Horowitz explores the pictorial tension between flat geometry and the illusion of space in his large, colorful landscape paintings. www.artgallery71.com

Bannerman Island Gallery, 150 Main St., Beacon. **Through January:** “The True Story of Bannerman’s Island,” Bannerman Castle Trust’s 30th anniversary exhibition featuring fine art, historic & contemporary photographs, Bannerman Island antiques & artifacts. www.bannermancastle.org

Cunneen-Hackett Arts Center, 9 & 12 Vassar St., Poughkeepsie. **Through Dec. 27:** Featured in the Victorian Gallery at 9 Vassar St. will be Lala Montoya, and at 12 Vassar St., John McGiff will showcase his work in the Hancock Gallery and Logan Lapointe will be featured in the Reception Gallery. 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. 2, 2025:** “Reproductive: Health, Fertility, Agency,” an exhibition that brings together diverse artistic perspectives to address critical issues including birth, miscarriage, pleasure, access to abortion, trauma, and the loss of fertility. Through a range of media and approaches, the artists provide a space for reflection and dialogue on these vital topics, challenging viewers to engage with the complexities of reproductive experiences and the pursuit of agency. (845) 437-5632 or <https://www.vassar.edu/theloeb>

Franklin D. Roosevelt Presidential Library & Museum, 4097 Albany Post Rd. (Rte. 9), Hyde Park. **Through December:** Developed in collaboration with a distinguished committee of scholars, “Black Americans, Civil Rights, and the Roosevelts, 1932-1962” centers the historical voices of many Black community leaders, wartime service members, and ordinary citizens who engaged the Roosevelt administration directly and who pushed for progress. Within this context, the exhibit examines the political evolution of both Franklin and Eleanor Roosevelt regarding racial justice. www.fdrlibrary.org

Hyde Park Library Annex, 2 Main St., Hyde Park. **Through December:** Wildlife Photography by Daniel Schoonmaker from September to December. Proceeds from the sale of the photos will benefit the library’s accessibility project. (845) 229-7791

LAND Gallery, 30 Charles Colman Blvd., Pawling. **Through Dec. 30:** Holiday Show, new photographs by Jane Haslam, Phyllis Chadwick, Linda T. Hubbard and Rebecca Tocci, as well as handcrafted woodwork by Ed Bryan, handmade soap by Genevieve St Louis Jan, jewelry by Karen Ostrom and pottery by Ann Heywood. www.landgalleryonline.com

Rhinebeck Bank, 6414 Montgomery St., Rhinebeck. **Through January:** Artworks by Deztiny Di Meo on display. A Hyde Park resident, Di Meo utilizes a mix of different media to create her artwork, including acrylic paint, marker, pen, and paper clippings. Her artwork has been displayed at the Hyde Park Library, the Millbrook Library, and The Crafted Kup as part of WomensWork.Art Gallery. <https://deztinydimeo.com/art>.

Below: An example of DiMeo’s work. Courtesy image



Tivoli Artists Gallery, 60 Broadway, Tivoli. **Through Dec. 21:** Annual Holiday Show, exhibiting handmade gift items in a variety of media including jewelry, prints, paintings, ceramics, cards, ornaments, small works and handcrafted pieces. **Closing Cookie Reception:** Sat., Dec. 21, 4-6 p.m. (845) 757-2667 or www.tivoliartistsgallery.com.

WomensWork.art, 12 Vassar St., 3rd Floor, Poughkeepsie. **Through Dec. 22:** “Spirit of the Season: A Small Works Exhibition,” small gifts created by local artists Suzanne Bonser, Elinor Levy, Nikki Hung and Kat Spontak. (845) 293-3660 or info@womenswork.art

Love to Cook

continued from page 15

Bake until puffed and golden and cheese is melted, 15-18 minutes (check after 15). Serve immediately with a side of pizza sauce in case anyone wants to dip.
Makes 28-32.

While this hasn’t been among my best articles, I hope it serves as a little gift from me to you and that you will add these recipes to your repertoire for times when you need to satisfy a craving, feed family or company or have yourself a little celebration. Holidays give us a lot to celebrate but can also be stressful so let’s make time for a little bit of decadence and savor the good life whenever we can.

There’s so much to celebrate and be thankful for and a bright New Year ahead. I wish you all the love in the world, peace, joy and the happiest of holidays. Cheers!

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

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Local 4H'ers gain knowledge at NY Leadership Conference

This past month, NY Governor Kathy Hochul hosted the first ever NY Youth Agriculture Leadership Conference in Albany. The theme was, "The Future of Food is Your Future, Too." By application only, the Dutchess County 4-H program was represented by three outstanding members - Maeve Lomoriello, Marleah Catuzza and Hope Miller.

The conference made space for collaboration among youth agriculture organizations and provided young leaders with the opportunity to connect with state leaders to better understand how policy shapes the interconnected food, agriculture and natural resource industries.

Alongside the networking and leadership opportunities the conference made possible, youth cultivated their knowledge in a variety of agricultural issues affecting NY in break-out rooms, learned about policies affecting the agriculture industry, explored careers in agriculture and connected with key decision makers on these topics.

When reflecting on the experience, Maeve, a member of the Kids 4 Kids 4-H Club said, "I was able to improve my leadership and communication skills while making some new friends."

Marleah, a member of the Golden Fleece 4-H Club reflected on the knowledge she gained. "The conference was an excellent opportunity to expand my knowledge of issues in the agricultural industry such as learning about food insecurity and how to safeguard livestock from harmful agents," she said.

4-H membership opens up opportunities for youth from leadership conferences to skills-based learning experiences, the sparks to ignite your passion are waiting for you! Members such as Marleah, Maeve and Hope were well prepared for this leadership experience through participation in the Public Presentation Program, agricultural projects and the mentorship of incredible volunteers such as their 4-H Club Leaders.



Dutchess County 4-Hers Maeve Lomoriello and Marleah Catuzza are pictured at the 2024 New York Youth Agriculture Leadership Conference. Courtesy photo

Serino announces Fly Car Grant Awards recipients

Dutchess County Executive Sue Serino announced on Dec. 9 the recipients of the County's new Fly Car Grant Awards, which provide critical funding for life-saving equipment to fire departments, rescue squads, and ambulance corps for their "fly car" vehicles.

"Fly cars are an essential component of our EMS system, providing rapid care when every second matters," said Serino. "These vehicles are often the first on the scene, equipped with the tools and expertise needed to stabilize patients in life-threatening situations. By supporting our first responders with these grants, we're not only enhancing emergency response capabilities but also reinforcing our commitment to the health and safety of Dutchess County residents."

The following organizations have been awarded up to \$20,000 in funding for life-saving equipment for their fly car vehicles:

- Arlington Fire District - \$20,000 for a LUCAS 3.1 Chest Compression System by Physio-Control;
- Beacon Volunteer Ambulance Corp - \$15,688 for a Lifeline ARM Chest Compression System;
- Beekman Fire District - \$20,000 for a Stryker LUCAS device;
- Fairview Fire District - \$19,980 for equipment to enhance critical response efficiency;
- Hughsonville Fire Department - \$20,000 for equipment to enhance basic life support capabilities;
- Hyde Park Fire Department - \$12,000 to replace defibrillators and other equipment;
- J.H. Ketcham Hose Co., Inc. - \$7,172 to provide automated external defibrillators and Trauma/O2 Backpacks;
- LaGrange Fire District - \$5,700 to purchase an automated external defibrillator;
- New Hamburg Fire District - \$19,981 to purchase an automatic chest compression device; and
- Union Vale Fire Department - \$20,000 for resources to restructure response of a rescue squad.

As part of the program, the fly cars will display branded, unified recruitment messaging encouraging residents to explore career and volunteer opportunities in EMS. The messaging will direct individuals to a centralized web address that provides information on EMS opportunities, including details about local



As part of County Executive Sue Serino's fly car grant award program, grant recipient departments' fly cars will display branded, unified recruitment messaging encouraging residents to explore career and volunteer opportunities in EMS. This is a rendering for the County's Dept. of Emergency Response EMS Coordinator vehicle. Individual departments' vehicles will be modified based on vehicle type, and in accordance NYS Department of Health standards. *Courtesy photo*

paramedic programs. Dutchess County Legislature Chairman Will Truitt said, "The health and safety of the people we represent must remain a top priority for Dutchess County. This grant program is an essential piece to ensuring that those that we ask to confront the challenging landscape of emergency response are properly equipped when they arrive on scene."

Paul Rogers, Jr., Chief of the Hughsonville Fire Department, said, "This Fly Car grant provides life-saving equipment to help us provide critical, immediate help at the scene of an emergency. We are grateful to County Executive Serino for her support in tackling the challenges we face with EMS and we look forward to working together with Dutchess County on this initiative and other endeavors."

This initiative is part of Dutchess County's continued investment in addressing the EMS crisis through innovative programs and partnerships. Serino previously announced a \$2 million historic investment in EMS in her 2025 Executive Budget Proposal, which includes the launch of supplemental ambulance coverage, as well as workforce development initiatives and a public education campaign. The Dutchess County Legislature approved (by a vote of 23-2) the 2025 Budget at their Board Meeting on Monday, Dec. 9, with the full 2025 Budget process to be completed by Dec. 18, with the adoption of the tax levy.

A & E CALENDAR

Dec. 19: "Premier Performances" Film Series, Bardavon, 35 Market St., Poughkeepsie; and UPAC, 601 Broadway, Kingston. Series focuses on legendary stars of stage and screen in some of their most memorable roles. This month: "The Wizard of Oz" (1939), shown at both the Bardavon and UPAC, 7:30 p.m. Bardavon screening features a 30-minute pre-show concert by Juan Cardona Jr. on the Bardavon's Mighty Wurlitzer organ, courtesy of the New York Theatre Organ Society. Free. www.bardavon.org

Dec. 20-22: Live Music at the Towne Crier Cafe, 379 Main St., Beacon. Dec. 20:

The McKrell's Holiday Show featuring Kevin McKrell, 8 p.m. Tickets \$25 advance/ \$30 door. Dec. 21: Slambovian Circus of Dreams: 'A Very Slambovian Christmas,' 8 p.m. Tickets \$35 advance/ \$40 door. Dec. 22: The Costellos Annual Christmas Show with special guests, 5:30 p.m. Tickets \$20 advance/ \$25 door. (845) 855-1300 or www.townecrier.com

Dec. 20: Richard's Rhinecliff Acoustic Show, Morton Memorial Library, 82 Kelly St., Rhinecliff. Featuring: Paul Clarke, Rick & Marilyn, Princes of Serendip, Tim Kapeluck, 8-10 p.m. Donations to Morton suggested. More info at (845) 876-7007

Mid Hudson Trout Unlimited to host Second Saturday Flying series

Mid Hudson Trout Unlimited to host Second Saturday Flying Series on Jan. 11, Feb. 8 and March 8 at noon at the Plan Bee Farm Brewery, 115 Underhill Road, in Poughkeepsie.

Join them for fly tying instruction, fly tying demonstrations, and Plan Bee's

unique craft beers.

All are welcome – beginners, experts, guys and gals. Free and open to the public.

For more information, contact Pat Crisci patcrisci@aol.com.

what's happening? — creativeliving@sdutchessnews.com

COMMUNITY CALENDAR

Hyde Park Chamber to hold festive event Dec. 19

On Thursday, Dec. 19, the Chamber will hold an evening of festive fun and community spirit at Coppola's in Hyde Park, starting at 6 p.m. This free event is the perfect way to celebrate the season, connect with fellow members, and spread holiday cheer. They'll also be collecting toys for Toys for Tots—a wonderful cause that brings joy to children during the holidays. For every member who brings a toy, you'll be entered into a drawing to win a fabulous gift basket. Register at <https://www.hydeparkchamber.online/special-events>.

Rhinecliff Soup Sales set Dec. 19

It's time for Fall Rhinecliff Soup Sales, sponsored by Rhinebeck Grange #896. Mark your Calendar for Thursday, Dec 19, 11 a.m.-12:30 p.m. Sold by the Quart. \$10. quart. Take Out Only. Rhinecliff Firehouse, corner of Shatzell Ave. and Orchard, Rhinecliff. Pick up at side window on Orchard St. NEW! Pick up also available at Morton Library between 4:30 and 6:30 p.m. Proceeds go toward the General Fund of Rhinebeck Grange #896 to support community events. Email: JoBaer2@gmail.com to be emailed the soup choices for each month and pre-order online.

Pleasant Valley Community Gardens kicks off 2025 season

It's dark days of winter outside, but Pleasant Valley Community Gardens is already planning for its next season. The organization will meet on Thursday, Jan. 9, at 6 p.m. at the Pleasant Valley Community Library. No experience necessary. PV Community Gardens is a committed group of volunteers learning as they grow vegetables and flowers in their garden in Helen Aldrich Park on Route 115. Everything grown is to benefit Pleasant Valley Ecumenical Food Pantry. Meet your neighbors, learn about the seeding planting and more while you help feed your community! See our Facebook page and web site at www.pleasantvalleycommunitygardens.com.

Repair Cafe set Jan. 11 in Hyde Park

The Hyde Park Repair Café will take place on Saturday, Jan. 11, from 10 a.m. to 2 p.m., at The United Methodist Church, 1 Church St., Hyde Park. Bring your beloved but broken items in for free repairs and advice. For more information, go to www.ClimateSmartHydePark.org or see the Facebook event at <https://www.facebook.com/share/15VdWivFPL/>

Pleasant Valley Repair Cafe set Jan. 11

The Pleasant Valley Repair Cafe will kick off the new year, Saturday, Jan. 11, at the Town Hall, Route 44, from 10 a.m. to 2 p.m.

The kick off will feature a Learn to Knit Class at 12:30 p.m. and a Sharpening Class from 1 to 2 p.m. Bring whatever needs sharpening, (knives, scissors, tools). Both classes will have a limit of 10, so arrive 15 minutes early.

A skilled team of "fixers" have much experience

working on antique lamps and clocks, but it takes time, so come early and be patient. Computers, vacuums, clothing, moth-eaten sweaters, electronics, video games and cell phones are just a few of what can be repaired. The cafe features fresh coffee, tea, muffins, cookies and fruit. Everything is free, but donations are appreciated, as they help feed the staff and buy parts for repairs.

Pancake Breakfasts set at Rhinecliff Firehouse

The Rhinecliff Volunteer Fire Company and Rescue Squad will host Winter Pancake Breakfasts from 8 to 11:30 a.m. on the following Sundays: Jan. 12, Feb. 9 and March 9. Enjoy a pile-high of "Rhinecliff's Best" pancakes, sausage, fruit, coffee and juice. It's all-you-can-eat so bring your appetite and your friends. The cost is \$10 for adults, \$4 for children, and free for children age 5 and younger. Breakfasts will be served at the Rhinecliff Firehouse (corner of Shatzell & Orchard in Rhinecliff). Proceeds will support the Rhinecliff Volunteer Fire Co. For more information, call Cynthia at (845) 876-5738 or email: csaniewski1@gmail.com.

Winter Soup Sales to benefit Rhinebeck Grange

It's time for Winter Soup Sales in Rhinecliff, sponsored by Rhinebeck Grange #896. Mark your calendar for the following Thursdays: Jan. 16, Feb. 20 and March 20. The cost is \$10 per quart (two pint-size containers). Take-out only. Pick up at the Rhinecliff Firehouse, corner of Shatzell Ave. and Orchard Drive, Rhinecliff, at the side door on Orchard Drive, from 11 a.m. to 12:30 p.m. Proceeds support the Rhinebeck Grange.

New: Pick up also available at Morton Library (82 Kelly St., Rhinecliff) from 4:30 p.m. to 6:30 p.m.

Email JoBaer2@gmail.com to be sent the soup choices for each month and to pre-order online.


For more information, contact Joe Baer at (845) 876-6488, JoBaer2@gmail.com.

ONGOING

Meals on Wheels of Hyde Park and the Village of Rhinebeck is seeking volunteer drivers during the hours of 11 a.m. and 12:30 p.m. Drivers are needed Monday-Friday. You can drive one or more days each week or substitute as needed. All drivers work in teams so couples or friends are encouraged to volunteer together. For more information visit www.mealsonwheelsofhp.org or, contact Andrea Tkazyik at (845) 229-5896.

The New to You Thrift Shop at St. Christopher's in Red Hook has cold-weather clothing, with everything from shoes to coats, bags, scarves, hats...Come in and outfit yourself for the chillier times. The prices are amazing. And while the ladies are browsing clothing, we have children's clothing and toys and games. The shop is at 30 Benner Road in Red Hook by St. Christopher's School. Open Thursdays and Saturdays.

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News for Older Adults, Their Families and Caregivers
Todd N. Tancredi, Director
Dutchess County
Office for the Aging

SUCCESSFUL AGING TIPS
FROM...KEITH RICHARDS?

“Sometimes, you know, a bell rings and something inside says, ‘Hey pal, enough.’”

Nothing more to healthy aging than that, in the words of the legendary Rolling Stones guitarist, known as much for his partying as his musicianship. It hasn’t been his wealth that helped him make changes for the better as he turns 81 this week, and that should give all of us hope no matter what our past habits have been. “It’s good for your health to play rock ‘n’ roll in a clean-living band like the Rolling Stones. You should try it.”

He’s been able to stay mentally and physically active, doing the things he loves, with lifelong friends; and to improve his chances of being able to do those things for the rest of his life, his bad habits needed replacing with good habits.

What are your good habits? As with many older adults, it was injuries suffered in a fall that spurred Keith to make improvements.

One thing you can do that Keith can’t? Sign up for an OFA “A Matter of Balance” class. So here’s your chance. If you’re concerned about falls, our next “Matter of Balance” series begins in two or three months, depending on when classes are scheduled. Contact OFA to reserve a spot now, at (845) 486-2555 or ofa@dutchessny.gov.

“And really, there’s nothing quite like having your kids or your grandkids or the people you know and love still say you’re okay, because quite honestly I don’t know if I am or not.”

We couldn’t have put it better.

OFA HOLIDAY HOURS AND WINTER WEATHER INFORMATION

OFA offices and Friendship Centers will be closed on Christmas Day, Wednesday, December 25th; and New Year’s Day, Wednesday, January 1st. All offices and Friendship Centers are open regular weekday hours otherwise.

In the event of inclement winter weather, we post cancellation and delay information on Dutchess County social media at www.facebook.com/DutchessCountyOFA and www.facebook.com/DutchessCoGov, along with www.x.com/DutchessCoGov.

Not online? We also share inclement-weather information with area broadcasters, although not every radio station reads on-air cancellation lists.

In anticipation of winter weather affecting Home Delivered Meals (HDM) services, our HDM clients receive shelf-stable meals in advance of both bad weather and scheduled holidays – see below.

WINTER HOLIDAYS

OFA, Friendship Centers, and Dutchess County Government offices are closed on the following winter holidays:

Christmas Day (Wednesday, 12/25/24)
New Year’s Day (Wednesday, 1/1/25)
Martin Luther King, Jr. Day (Monday, 1/20/25)
Lincoln’s Birthday (Wednesday, 2/12/25) (NY State holiday)
Presidents Day (Monday, 2/17/25)

‘FRIENDLY CALLS’ DECEMBER/ JANUARY VOLUNTEER ORIENTATIONS

With OFA’s “Friendly Calls” program, you can choose to make phone calls to

older adults at risk of social isolation, or you can choose to receive calls - or you can do both. For those of you who haven’t volunteered before and are exploring your possibilities, “Friendly Calls” can be ideal. A typical “Friendly Calls” series takes place once a week, for 20-30 minutes a call, for eight weeks. “Friendly Calls” volunteers must be at least 18 years of age. Those who wish to receive calls must be Dutchess County residents at least 60 years of age.

Upcoming “Friendly Calls” orientations at OFA headquarters at 114 Delafield St. in Poughkeepsie are scheduled as follows:

Monday 12/30, 1:30pm
Tuesday 1/7/25, 10:00am
Monday 1/13/25, 1:30pm
Tuesday 1/21/25, 10:00am
Monday 1/27/25, 1:30pm

To schedule your orientation – they last about an hour – here at our Poughkeepsie office, call 845-486-2555 during business hours, or email ledgar@dutchessny.gov.

OFA HOMEBOUND VACCINATION PROGRAM - NOW THROUGH JAN. 31

Are you a homebound older Dutchess County resident, or the caregiver for one?

If the homebound individual in question is unable to get a COVID booster and/or influenza vaccine through traditional channels due to their condition, OFA can help. Our staff can arrange for in-home vaccinations, while supplies last, through Friday, January 31st, 2025.

Contact OFA during business hours at 845-486-2555 or ofa@dutchessny.gov to find out more.

For the purposes of this program, “homebound” is defined as an individual who is unable to leave home due to physical limitations, cognitive impairment, other chronic conditions, a lack of transportation, visual impairments, and without caregivers available to get the individual in question to a vaccination provider in person.

FROM DUTCHESS COUNTY SHERIFF KIRK IMPERATI

As we approach the holiday season, it’s important to stay vigilant about consumer safety. The holiday shopping rush can attract scammers and thieves looking to take advantage of unsuspecting buyers.

Be cautious when shopping online—ensure websites are secure and watch out for deals that seem too good to be true. If you’re shopping in person, always keep an eye on your belongings and be aware of your surroundings.

Additionally, be mindful of holiday package thefts; consider using secure delivery options or having packages sent to a trusted neighbor or local pickup center.

By staying alert, we can all help ensure a safe and joyful holiday season for everyone.

Follow the Sheriff’s Office on Facebook at facebook.com/DutchessCountySheriffsOffice

For a printable Scam Prevention Resources flyer, visit dutchessny.gov/scamprevention

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

Red Cross: Bring joy by giving blood or platelets

As holiday celebrations continue into December, the American Red Cross encourages donors to keep the blood supply top of mind by giving blood or platelets this month. Type O negative blood donors and those giving platelets are especially urged to give now to help ensure patients can continue to receive the care they need in the coming weeks.

Record-breaking November travel is expected to carry into the new year, which could cause some potential donors to put off blood donation until after the holiday season. In addition to millions of Americans traveling to spend holidays with loved ones, extended vacations are also surging in popularity at a time when fewer people may be available to give lifesaving blood products.

Bring joy to someone facing a medical emergency; give something that means something with a blood or platelet donation. Schedule an appointment this December by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Those who come to give through Jan. 3, 2025, will receive an exclusive Red Cross long-sleeved T-shirt, while supplies last. For details on the offer, visit RedCrossBlood.org/Gifts.

UPCOMING BLOOD DONATION OPPORTUNITIES

COLUMBIA

Canaan: 12/27/2024: 1 p.m. - 6 p.m., Canaan Fire Company, 2126 Route 295

Claverack: 12/28/2024: 8 a.m. - 1 p.m., Claverack Library, 629 NY-23B,

DUTCHESS

Fishkill: 12/20/2024: 10 a.m. - 2 p.m., Village of Fishkill - Van Wyck Hall, 1095 Main St

Hyde Park: 12/27/2024: 10 a.m. - 3 p.m., St. James Episcopal Church, 4526 Albany Post Rd.

Poughkeepsie: 12/31/2024: 12 p.m. - 5 p.m., Poughkeepsie Galleria, 2001 South Road

Tivoli: 12/26/2024: 9 a.m. - 2 p.m., The Masonic Lodge in Tivoli, 7 N Rd

Wappingers Falls: 12/23/2024: 10 a.m. - 3 p.m., Grace Bible Church, 158 Myers Corners Rd

GREENE

Athens: 12/26/2024: 11:30 a.m. - 4:30 p.m., Sleepy hollow Lake, 102 Lisa Ln

Coxsackie: 12/27/2024: 1 p.m. - 6 p.m., Gospel Community Church, 121 Mansion Street

Greenville: 12/28/2024: 8 a.m. - 12 p.m., Asbury United Methodist Church, 5830 State Route 81

ORANGE

Goshen: 1/3/2025: 10 a.m. - 4 p.m., Goshen Christian Reformed Church, 2448 NY-17A

Middletown: 12/19/2024: 10 a.m. - 3 p.m., Town of Wallkill Town Hall, 99 Tower Dr

Monroe: 12/30/2024: 1 p.m. - 6 p.m., St. Paul Lutheran Church, 21 Still Rd.

New Windsor: 12/28/2024: 8 a.m. - 1 p.m., New Windsor Fire Department, 275 Walsh Ave.

Newburgh: 12/19/2024: 9 a.m. - 3 p.m., American Red Cross Hudson Valley Chapter, 356 Meadow Ave

Port Jervis: 12/31/2024: 10 a.m. - 2 p.m., St Peters Lutheran Church, 31 W Main St

Washingtonville: 12/21/2024: 10 a.m. - 2 p.m., VFW Post 8691, 44 E Main St

ULSTER

Highland: 12/30/2024: 12 p.m. - 5 p.m., Highland Hose Company 1, 25 Milton Ave

Kingston: 12/24/2024: 10 a.m. - 2 p.m., Veterans of Foreign Wars, 708 E Chester St

Kingston: 12/27/2024: 10:30 a.m. - 2:30 p.m., Health Alliance Hospital, 75 Mary’s Ave

Wallkill: 12/19/2024: 1 p.m. - 6 p.m., Wallkill Reformed Church, 45 Bridge St

Wallkill: 12/27/2024: 12 p.m. - 5 p.m., Shawmagunk Town Hall, 14 Central Ave

How to donate blood

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver’s license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

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



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

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

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

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

Parisi said, “This is not a challenge that law enforcement can tackle alone. The fight against drug addiction and overdose deaths requires a collaborative, multifaceted approach. It involves law

enforcement, healthcare providers, community organizations, and our legal system working together. I thank every partner who helps in this fight against addiction and assists with prevention and education in our community. Your work does not go unnoticed or unappreciated, but today I want to highlight the exceptional work of our Drug Task Force.”

Parisi is a proponent for intelligence-led policing and smart prosecution. In today’s evolving landscape of crime, law enforcement and criminal justice, the integration of intelligence led policing and smart prosecution is critical in building safer communities. This approach focuses on data-driven strategies that enable law enforcement to proactively identify and prevent crime before it occurs while smart prosecution ensures that resources are directed toward cases that have the greatest potential to positively impact public safety.

To combat this epidemic, the Dutchess County Drug Task Force took a thorough look at how drug investigations were approached from 2019 to 2022 and examined the data relating to overdose deaths to proactively see what could be done differently. As a result of this review, the Drug Task Force implemented an Intelligence Based Policing Approach to narcotic and dangerous drug investigations and enforcement. This new approach involved a 7-point plan which was implemented from April 2023 to October 31, 2024.

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

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

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

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

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

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

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

“Public safety has been one of my top priorities, and over the past year, we have worked hard to ensure the Drug Task Force has the tools they need to succeed and prioritized giving them every possible advantage in this fight,” said Dutchess County Executive Sue Serino. “Between the heroic actions of the Task Force, and the work of our Department of Mental Health and the many community agencies who are working to together to address this epidemic, we have created a system that not only addresses the immediate crisis, but also provides lasting support for those on the road to recovery. I commend the work of Detective Sergeant Adam Harris and the entire DTF, as well as the leadership of District Attorney

Parisi and Sheriff Kirk Imperati for their tireless efforts that have resulted in this incredible achievement.”

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

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

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

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

1. Dutchess County Sheriff’s Office Law Enforcement Division (Coordinator and 3 investigators)
2. City of Beacon Police (Assistant Coordinator)
3. Town of East Fishkill Police (1 Investigator)
4. Town of Hyde Park Police (1 Investigator)
5. Town of Poughkeepsie Police (1 Investigator)
6. City of Poughkeepsie Police (1 Investigator)
7. District Attorney’s Office (Investigator, Legal Secretary, Crime Analyst)

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

Tivoli resident graduates from Albany College of Pharmacy and Health Sciences

ALBANY - Thirty-one students from Albany College of Pharmacy and Health Sciences in Albany have an extra reason to celebrate this holiday season as they graduate and become part of the College’s growing alumni base.

Thomas D’Angelo of Tivoli graduated with a MS in Biomedical Sciences.

The December graduates hail from six

states in the United States, including New York, Florida, Massachusetts, Oregon, Rhode Island and Texas, as well as countries, Canada and Pakistan.

These students walked with classmates in the College’s 144th Commencement in May 2024 and then returned to campus to finish up their degree requirements.

Sheriff's Office warns of increasing scams

The Dutchess County Sheriff's Office warns the residents of Dutchess County and surrounding areas about scams that once again seem to be on the rise.

Scams are ways in which criminals will attempt to get money from people by contacting them and making up elaborate stories. In some cases the perpetrators have tried, sometimes successfully, to use the victim's emotions about a loved one in trouble to get money. It's common for the perpetrators of these scams to try to get money by telling people that one of their relatives has been seriously hurt or is in jail, and that they need money right away. In many cases they will pose as a law enforcement official or another relative to try and convince the victim that it's legitimate.

Lately there have been two major scams circulating. In the first scam, victims receive an email notification from Microsoft claiming that their computer has been hacked and to contact a call center to remedy this. The victims contact a fake call center, at which time they are told to provide gift card serial numbers and allow the perpetrators remote access to their computer. The perpetrators steal the gift cards via the serial numbers, and then once they have remote computer access they use it to steal money from the victim's accounts.

As if this wasn't enough, the victims are contacted yet again from someone now posing as law enforcement – in some cases the Secret Service or the Sheriff –

who informs them that child pornography has been found on their computer and there's a warrant for their arrest, but they can satisfy the warrant by paying money. The victims are instructed to not tell anyone about being contacted, and when impersonating law enforcement the suspects will utilize "spoofed" caller ID identifiers and use specific law enforcement agency names that appear to be generated from a legitimate agency.

The second scam is similar to the first one in which the perpetrators tell the victim that there's child pornography on their computer, but instead of asking for money they instruct the victim to buy gold coins and bars. Once the victim has the gold they are instructed to send a picture of it to the perpetrators, and after that the victim is told to meet with a courier to give them the gold. The gold is never seen again, and in one case the victim lost over \$250,000 as a result of this scam.

The Sheriff's Office would like to offer the following tips to help people avoid these scams:

- If you receive correspondence from someone that you don't know asking for money but instructing you to keep the matter confidential and not inform anyone about it, it's most likely a scam.
- Legitimate law enforcement would not attempt to satisfy a warrant or make promises to avoid prosecution by soliciting money.
- If you receive an email about an order you didn't place or asking you to

send money call the company using a legitimate number, DO NOT follow the instructions in the email, click on any links in the email, or call the number provided in the email.

- If someone asks you to purchase merchandise, transfer money, provide bank information, provide remote computer access or enter a code given to you by them, use caution as it is likely a scam.
- Do not meet up with someone that you don't know; if you're asked to do this it is surely a scam, and it is very dangerous as well.
- If you're contacted by someone you don't know asking for money, for any reason, that's a signal that it's most likely a scam.
- If someone calls you and tells you that a relative has been hurt or is in jail, confirm it first before sending any money. Call other relatives or a legitimate law enforcement agency for confirmation before any money is sent. If they're posing as a relative, try and contact that relative for confirmation.
- Sending money overseas is especially risky; use extreme caution.
- Ask the person for their call back number and ask to speak to their supervisor to confirm the info; if it's a scam they will most likely hang up at this point and the number they give you will be bogus.
- If the person is telling you that a loved one is in the hospital or jail, find out which one and contact the institution yourself to confirm.

- If a loved one has recently passed away, be wary; in some cases perpetrators have even preyed on victims by searching through the obituaries and calling surviving loved ones. If you get calls from people you don't know soon after someone passes away, be careful and confirm it before you send any money.
- In some cases someone will call and tell the victim that they've won money, but to "process the claim" they need to first send money. Beware this is most definitely a scam and don't send any money – you should never have to pay money to claim a prize. If it seems too good to be true, it most likely is.
- If there's any doubt about a phone call/email/letter you've received, contact the Sheriff's Office before sending any money.
- Scams tend to increase during the holiday season, so be especially alert for them during those times.

It is very important to not send any money to anyone that you don't know until you've confirmed the situation through an independent source and feel comfortable with it. If it's a scam, once the money is sent it's very difficult, and most times impossible, to get it back.

If anyone thinks they may have been the victim of a scam, they are encouraged to contact the Sheriff's Office at 845-486-3800 or via the tipline at 845-605-CLUE or dcsotips@gmail.com.

Claudio Cares Can and Blood Drive



Volunteers with the Claudio Cares Can and Blood Drive were busy on Saturday, Dec. 14 at the former Hyde Park Elementary School. Above, Debi Palastra of Rhinebeck donates blood. Attending is Naomi Flash, phlebotomist with the local chapter of the American Red Cross. At right, Jack Coppola is the Santa and helping out are Marcanthony Coppola and Zach Whiteley. The Coppola family is collecting non-perishable foods for the Can Drive through Dec. 31. Call Coppola's Bistro at 845-229-9113 to donate. *Photos by Curtis Schmidt*



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OBITUARIES

Frank M. Bauer

Frank M. Bauer, a dedicated community leader, devoted family man, and proud veteran, passed away peacefully on Friday, December 6th, 2024, at The Meadows at Brookmeade in Rhinebeck, NY. He was 86 years old.

Born on May 25, 1938, in Manhattan, NY, Frank was the son of the late Frank J. and Julia (Spantiz) Bauer. Raised in Jackson Heights, Queens, a neighborhood he cherished deeply, Frank's life was a testament to service, creativity, and an unwavering commitment to family and community.

A veteran of the United States Air Force, Frank served from 1956 to 1960 with the 4080th Strategic Air Command U-2 Reconnaissance Squadron. Stationed in Del Rio, Texas, he also completed temporary duty assignments in Buenos Aires, Argentina, where he first developed his love for exploration and diverse experiences.

Professionally, Frank served as the purchasing director for Ferncliff Nursing Home in Rhinebeck, NY, and the Catholic Diocese Hospitals of Long Island. Yet his impact extended far beyond his professional roles, touching the lives of many through his civic engagement and compassionate spirit.

Frank's most treasured relationship was with his wife, Diane L. Trupia, whom he married on May 20, 1967, in Astoria, NY. Though Diane passed away on February 8, 2015, their marriage was a beautiful partnership rich with shared passions—art, opera, travel, and a deep love for experiencing life together. Their winters in Costa Rica and extensive travels through Italy reflected their shared sense of adventure and appreciation for beauty.

A man of remarkable diversity, Frank's interests ranged from basketball and classical music to writing and community service. He found joy in walking the beaches of Fire Island and strolling through his beloved hometown of Red Hook. His creative spirit flourished in writing, and he was an active member of the Cape Vincent Writers Group, crafting plays like "The Northern Boulevard Boys," "Pardon Me," and "Louise" that drew from his life experiences.

Frank's commitment to public service was profound. He served as past president of the Red Hook School Board, was an active Rotary Club member, and participated extensively in the Dutchess County Community Action Agency and Democratic Committee. His civic engagement even led him to run for the New York State Assembly, embodying the true spirit of community involvement.

He is survived by his loving children, Juliane (Philip) Flora of Clayton, NY, and Frank Bauer of Red Hook, NY. Frank was a proud grandfather to Kelsey Flora, Nina Flora, Frankie Bauer, and David Bauer, and a devoted step-grandfather to Aidan, Kaylee, and Kyler. His grandchildren will forever cherish memories of his humor, wisdom, and unconditional love.

Frank was predeceased by his sister, Jeanette, and nephew, Neil Corcoran. He is survived by additional beloved nieces and nephews who held a special place in his heart.

In lieu of flowers, donations may be made to The Meadows at Brookmeade and the Red Hook Volunteer Fire Department in Frank's memory.

On behalf of the entire Bauer family, we would like to thank the staff at the Meadows of Brookmeade for their kindness and support that they provided to Frank over the years and are truly grateful for everything they have done.

Friends and family called on Monday, December 16, at Burnett & White Funeral Homes, Red Hook.

A Mass of Christian Burial was held on Tuesday, December 17, 2024 at St. Christopher's Church, Red Hook. Interment was private.

Funeral arrangements are under the care of Burnett & White Funeral Home, Red Hook, NY.

Alfred G. Bier

Alfred "Fred" G. Bier, 65, of Pembroke Pines, FL and a former Red Hook, NY resident, passed away on December 10th, 2024.

Born on March 11th, 1959, in Poughkeepsie, NY to Jane (Kinney) Bier of Red Hook, and the late Alfred H. Bier.

Fred was a graduate of Red Hook High School, class of 1978. He went on to obtain his Associate's degree in restaurant management at SUNY Cobleskill in 1980 and then received his Bachelors degree in hospitality management from Florida International University in 1982.

Fred settled in Florida, and worked his entire life in the hospitality industry. For a number of years, he spent his time working throughout the Miami area managing restaurants and nightclubs. Continuing his career in hospitality, Fred went on to work for Royal Caribbean Cruise Lines, and most recently working as a Ship Service Technician for Carisam where he assisted beverage services for cruise liners while in port.

Fred enjoyed the outdoors throughout his life. He enjoyed hiking in the Catskill Mountains, boating and fishing in the Florida Keys.

In addition to loving mother, Jane Bier of Red Hook, NY, he is survived by his siblings, David Bier (Andrea Kelly) of Barnegat NJ, and Marilyn Bolz of West Chester, PA; his nephew, Brian (Pam) Bolz and their children Jack and Sadie, and his niece Kristen (Andrew) Lopatka and their son Caleb; his former wife Dess Fernandez; along with numerous extended family, friends, and colleagues.

In addition to his father, Fred is predeceased by his bother-in-law, Charles Bolz.

A Memorial service will be held on Wednesday, December 18th, 2024 at St. John's Reformed Church in Upper Red Hook at 11am. Interment will be private in Red Church Cemetery in Tivoli, NY.

Memorials donations may be made in Fred's memory to the American Cancer Society.

Funeral arrangements were trusted to Burnett & White Funeral Homes - Red Hook, 7461 South Broadway Red Hook, NY 12571, (845) 758-5042.

Phyllis M. DiPleco

Phyllis DiPleco passed away peacefully on December 7, 2024. Born in Poughkeepsie on July 26, 1934, she was a lifelong resident of the Hudson Valley. Phyllis dedicated her career as an executive secretary at IBM.

She was predeceased by her parents, John and Antoinette DiPleco, and both her brothers, Valio and Anthony. Phyllis is survived by her nephew, Michael DiPleco, and his wife, Tess; her niece, Alice Loncto, and her husband, Dan; as well as her two nieces, Cathy DiPleco and Patti Buckley.

Phyllis will be deeply missed by her friends and family, and she is remembered for living a long and fruitful life.

Graveside service took place on Tuesday, December 17th, at St. Peter's Cemetery, Poughkeepsie.

Michael Duke

Michael L. Duke, 70, died on December 9, 2024 after a long fought illness stemming from the 9/11 WTC attacks. He was a lifelong area resident.

Born in Manhattan on December 11, 1953, Michael was the son of the late Lee and Roberta (Roulhac) Duke. He attended Millbrook High School where he was one of their star football players. He proudly served in the US Air Force where he received numerous accolades for his bravery and heroism.

Michael had an accomplished 25-year career in law enforcement. He started as a police officer for the Town of East Fishkill. He was then employed by the NYS Department of Corrections and was part of the Joint Task Force with the New York State Police. During his career he again received many commendations for his unwavering commitment to protecting the lives of others. When the terror attacks on September 11, 2001 occurred, he was one of many first responders. Michael spent several months assisting in the rescue efforts. During his 25-year career Michael worked his way up to Senior Investigator and retired in 2006.

Michael was extremely private, but he loved life. He was always known for being very athletic. He found enjoyment and peace in fishing and cooking and taking pride in the appearance of his home. More than anything, he was proud of his daughter, Talia Duke, and his two grandchildren, Sierra and Nolan. He loved them more than anything and found them to be his greatest accomplishments. He will be dearly missed and always remembered as the hero and loving father and grandfather he was.

Calling hours were held on Thursday, December 12th at the McHoul Funeral Home, Inc., Hopewell Junction. A funeral service was held on Friday, December 13th at the funeral home followed by burial at Nine Partners Cemetery in Millbrook with military honors.

Donations may be made in memory of Michael to the Tunnel to Towers Foundation. Please visit his Book of Memories at

www.mchoulfuneralhome.com.

Louis (Buddy) Ginocchio

Louis (Buddy) Ginocchio, 83, passed away unexpectedly on Monday, December 9, 2024 in New Smyrna Beach, Florida. He was born on August 29, 1941, in Sharon, CT to the late Louis and Elizabeth (Ford) Ginocchio.

Buddy was a Navy veteran who was raised in Pine Plains and lived there until retiring part-time to Florida. Buddy was the founder and operator of Ginocchio Electric in the town of Pine Plains. Upon his retirement he sold his business to Kyle Lougheed. His successful legacy still operates today under his name. He was heavily involved with the Town of Pine Plains during his lifetime as a school bus driver, town councilman and water department supervisor.

He was a devoted Husband, Dad, Grandpa and Uncle.

Buddy is survived by his loving wife Eleanor Ginocchio, his daughters Shannon, Melanie and Valerie (spouse Wayne), his grandchildren Rebecca, Jacquelyn, Ryan, Meghan and Julie.

In addition to his parents, he was also predeceased by his sister, Donna Ruhlen.

A time for sharing memories and offering condolences took place on Friday, December 13, 2024 at Peck & Peck Funeral Homes, Pine Plains.

A graveside service was held on Saturday, December 14th at Evergreen Cemetery, Pine Plains, followed by a celebration of life at the Pine Plains Lions Club. In lieu of flowers please make a donation to a charity of your choice in his memory. For directions or to leave a message of condolence for the family please www.peckandpeck.net.

Helen H. Harden



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

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

After obtaining her associates degree from Manhattan College, she went on to work at the Empire State Building.

She received a letter from Governor Rockefeller in 1962 commending her for her exemplary service there. She got a job at the courthouse when the family moved to Clinton Corners. Over the years she earned promotions to become a Deputy Clerk for the Dutchess County Clerk for many years before her retirement.

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

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

One of the things Helen enjoyed was travelling to Florida with sisters Marie and Evie

and her mother. Going to Florida for 2 to 3 months during the winter became something that they looked forward to.

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

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

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

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

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

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

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

Joseph F. Molé

Joseph F. Molé, 73, a longtime resident of Dover Plains and Wingdale, NY, passed away peacefully on December 5, 2024 at his home surrounded by his family.

Born on June 25, 1951 in Long Island City, NY, Joseph was the son of the late Ralph Molé and Wanda Kulaga Molé. Growing up in Ozone Park, Queens listening to the rock-'n'roll hits of the Sixties, Joseph developed a passion for music (a true Beatlehead) and the acoustic guitar. In his younger years, he played in several bands with his brother and local friends around the New York City area. Joseph continued to sing and play his guitar up until his final days.

Joseph moved to the Hudson Valley Region where he eventually met the love of his life, Mary Ellen Diaz, in 1981. They married on October 23, 1988 in Middletown, NY and were inseparable until her passing on February 7, 2014. Joseph loved living a frugal, simple life alongside his wife whom he shared a deep respect and love of God and all His creations. Joseph and Mary spent years cultivating bountiful vegetable gardens, planting trees and admiring Mother Nature. You could often find Joseph and Mary at Macedonia Brook State Park where Joseph would play songs to Mary on his guitar, chop wood and bottle fresh water to bring home. Joseph and Mary, whether they had a little or a lot, never hesitated to help a family member or friend in need.

As a man of many words, Joseph often referred to life on earth as an "80-year nap from eternity". His family is at peace knowing that he will rejoin his loved ones to live forever.

Joseph will be remembered as a caring, selfless and devoted husband, father, grandfather and uncle. He is survived by a son, Guy A. Alix, III, and his fiancée, Darlene Mikowski Coggins, of New Milford, CT; a daughter, Aimee Alix, and her husband, Joseph Tretola, of Carmel, NY, two grandchildren, Arturo and Adamo Tretola, of Carmel, NY; nephew, Todd Alexander and his wife, Eugenie Bostrom Alexander, of West Hollywood, CA and nephew, Brett Molé, of River Vale, New Jersey. Besides his parents and wife, Joseph was predeceased by his brother, Ralph J. Molé and sister-in-law, Sandra D'alfonso Molé, of Haworth, NJ.

Calling hours were held on Thursday, December 12, 2024 at Hufcut Funeral Home, Dover Plains, NY. Funeral services followed with Rev. Thom Fiet officiating. Inurnment took place on Saturday, December 14, 2024 at the Community Mausoleum at Poughkeepsie Rural Cemetery, Poughkeepsie, NY. To send the family an online condolence, please visit www.hufcutfuneralhome.com.

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Legal Notices

LEGAL NOTICE OF ESTOPPEL
The following entitled bond resolution, a summary of which is published herewith, has been adopted on December 9, 2024, and the validity of the obligations authorized by such resolution may be hereafter contested only if such obligations were authorized for an object or purpose for which the County of Dutchess, New York, is not authorized to expend money, or if the provisions of law which should have been complied with as of the date of publication of this notice were not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty days after the date of publication of this notice, or such obligations were authorized in violation of the provisions of the Constitution. A complete copy of the resolution summarized herewith is each available for public inspection during regular business hours at the Office of the Clerk of the Legislature for a period of twenty days from the date of publication of this Notice.
Dated: Poughkeepsie, New York, December 13, 2024.

Legal Notices

LEIGH WAGER, County Legislature
RESOLUTION NO. 2024185
BOND RESOLUTION DATED DECEMBER 9, 2024.
A RESOLUTION AUTHORIZING THE ISSUANCE OF AN AGGREGATE \$1,010,000 SERIAL BONDS OF THE COUNTY OF DUTCHESS, NEW YORK, TO PAY THE COST OF THE PURCHASE OF VARIOUS MOTOR VEHICLES FOR THE SHERIFF'S OFFICE IN AND FOR SAID COUNTY.
Objects or purposes:
(a) Purchase of a transport van for Sheriff's Office, specific, 5-year period of probable usefulness, \$80,800
(b) Purchase of specialized vehicles for the Sheriff's Office; class, 5-year period of probable usefulness, \$893,850
(c) Purchase of a motorcycle for the Sheriff's Office; specific, 5-year period of probable usefulness, \$28,280
Amount of bonds to be issued:
An aggregate

Legal Notices

\$1,010,000 allocated by maximum estimated cost of each
SEGRA status:
Type II Action
REQUEST FOR PROPOSAL NOTICE
The Purchasing Agent, County of Dutchess, Poughkeepsie, New York, hereby invites the submission of sealed proposals for: Bid #RFP-DCP-80-24 Family Centered Case Management Services
Proposals will be received until 2:00 p.m. on the 26th day of December 2024 at the Dutchess County Division of Central Services, 378 Violet Avenue, Suite 2, New York 12601. Specifications and proposal forms may be obtained by visiting our website <http://www.dutchessny.gov>, selecting "Government", then selecting "Bidding and RFP Opportunities". For additional information, call 845-486-3613.
NOTICE TO BIDDERS - RFB-DCH-2024-15
NAME OF PROJECT: Traffic Signal Replacement at Various Locations. Project

Legal Notices

Description: Traffic Signal and Intersection Improvements located at CR-93 (Middlebush Rd) and Sergeant Palmateer Way in the Town of Wappinger and CR-21 (Noxon Rd)/CR-49 (Titusville Rd) Town of LaGrange. The County of Dutchess official bid documents for this project are obtained from the Empire State Purchasing Group's Regional Bid Notification System at www.bidnetdirect.com/new-york/county-of-dutchess. Copies of bidding documents obtained from any other source are not considered official copies. It is incumbent upon all potential bidders to view all posted addenda prior to the bid close date. You may obtain an official copy by registering on the Empire State Regional Bid Notification System at www.bidnetdirect.com/new-york/county-of-dutchess or by using the link provided at www.dutchessny.gov, selecting "Government" then selecting "Bidding and RFP Opportunities." For those without Internet access, you may obtain an electronic

Legal Notices

copy of bidding documents by contacting the Dutchess County Department of Public Works at dpwcontracts@dutchessny.gov, or in person, Monday through Friday, 8 am to 4 pm; Dutchess County DPW, Business Office, 626 Dutchess Turnpike, Poughkeepsie, NY 12603. Upon request, all interested parties may review the hard copy of the Bid Specifications and Drawings by visiting the above referenced address. All Addenda will be posted on Bid-Net Direct (aka Empire State Purchasing Group) site. Bids due on or before 11:00am Wednesday, January 22, 2025, and at that time opened and read aloud. Bids received after that time will not be accepted. Bids for the above project will be received by: Diane McKenna, Contract Specialist, Dutchess County Department of Public Works (DPW) 626 Dutchess Turnpike, Poughkeepsie, NY 12603. The bid opening for this solicitation may also be attended through Microsoft Teams Audio Conferencing. Anyone who wishes to hear bids read

Legal Notices

aloud via Teams, will need to call into the phone number listed below. We ask that you call in at least three minutes prior to bid due/time to ensure you are connected properly. All call-ins will be asked to identify themselves by name and organization. Join Microsoft Teams Meeting +1 516-268-4602 United States, Hempstead (Toll) Conference ID: 725 897 903#. Each bid shall be submitted as one paper original and one electronic flash drive copy and be accompanied by Bid Security (bid bond, certified check, official bank check) or a Letter of Credit (in a form agreeable to Dutchess County) in the amount of 10% of the bid amount. Bidders' security will be retained until the successful bidder has signed the Owner-Contractor Agreement and the County has finalized the Agreement. Each bid with Bid Security shall be enclosed in a sealed envelope bearing the name of the Project, Name of the Bidder, and the date and hour of the bid opening, which must be visible upon delivery. Questions

Legal Notices

will be accepted by the close of business January 14, 2025 and emailed to Diane McKenna at dmckenna@dutchessny.gov and cc'dpwcontracts@dutchessny.gov with the County's response published in Addenda prior to 48 hours before the bid opening date. The anticipated start of construction is Spring of 2025 the anticipated substantial completion date is September 5, 2025 with the anticipated completion date, including all punch list work is September 26, 2025, respectively. Failure to meet these dates may result in liquidated damages. This project may be subject to NYS Department of Labor Prevailing Wage Rates PRC #: 2024014479. Starting December 30, 2024: NYSDOL Contractor and Subcontractor Registry requirements. View Bid Specifications regarding APPRENTICESHIP PROGRAM, if applicable. The County reserves the right to waive irregularities in bids and in bidding and to reject any or all proposals.

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

Central Hudson, employees raise \$347,000 for the United Way

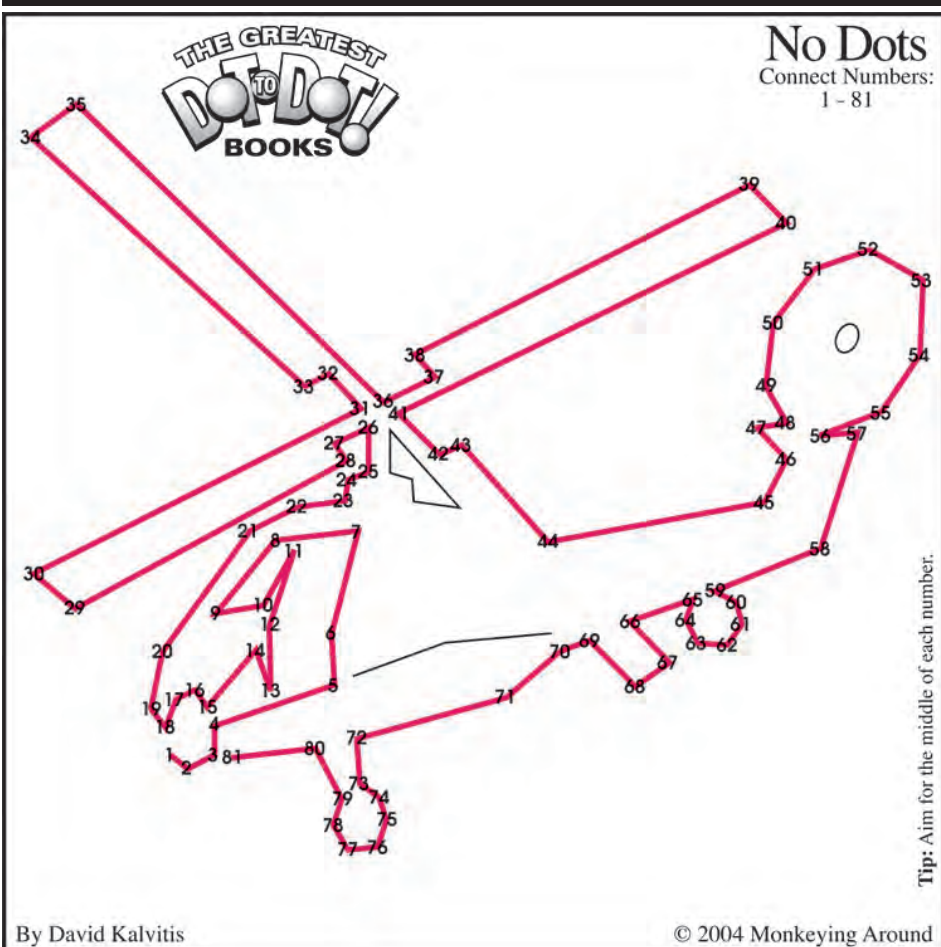
Central Hudson Gas & Electric Corp. together with its employees, board members and retirees has proudly raised \$347,000 to support the United Way of Dutchess-Orange, Ulster, Sullivan and Greater Capital Region chapters, in its mission to improve lives and strengthen communities. Since 2012, Central Hudson and its team have contributed over \$4.4 million through fundraising campaigns to support the United Way's efforts. The funds will provide critical support to local programs addressing poverty, homelessness, hunger, and other essential needs in the region. "Central Hudson is proud to support the United Way and the vital work they do for those in need in our region," Central Hudson President and CEO Steph Raymond said. "Our employees' dedication and generosity reflect the deep sense of community that defines who we are. It is an honor to provide these funds and contribute to a better future for the people we serve."

United Way of Dutchess-Orange

Region President and CEO, Jeannie Montano expressed gratitude for Central Hudson's continued partnership, "Central Hudson's commitment to our community is truly inspiring. Their generous financial contribution and countless volunteer hours have a profound impact on the lives of so many. We are incredibly grateful for their partnership." The funds raised are part of Central Hudson's ongoing dedication to social responsibility, including active employee engagement in community service initiatives. Central Hudson and its employees have consistently supported the United Way since 1920 with recent efforts including hosting a diaper drive to support families in need, partnering with Habitat for Humanity to provide essential home upgrades, and advocacy for programs that promote a healthier and more resilient community. For more information about Central Hudson's community involvement, please visit www.CentralHudson.com/About-Us/Community.



Answer to this week's Dot to Dot (puzzle on page 14)



Central Hudson President and CEO Steph Raymond presents a check to Jeannie Montano, President and CEO of the Dutchess-Orange United Way and Stephanie Kearns, President and CEO of the United Way Ulster County. Central Hudson and its employees, board members and retirees raised \$347,000 this year. Courtesy photo

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106 Business Opportunity
107 Situations Wanted
120 Schools
121 Special Instruction
122 Musical Instruction
140 Nursery Schools
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142 Day Care
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145 Adult Care
150 Announcements
151 Adoption
152 Novenas
154 Lost & Found
155 Personal
200 Services

201 Home Improvement
202 Cleaning Services
203 Lawn Services
221 Professional Services
222 Tax Experts
223 Beauty Services
225 Business Services
226 Travel & Services
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508 Exercise Equipment

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510 Firewood
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710 Garage & Yard Sale
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712 Moving sale
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716 Barn Sale
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718 Auctions
719 Antiques

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

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

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

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SUDOKU
This week's answer

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

Answers to this week's diversions

(puzzles on page 18)

\$600,000 commitment from Helen's Hope Foundation expands community health programs at Vassar Brothers Medical Center

The Helen's Hope foundation has committed a generous \$600,000 to support two vital Vassar Brothers Medical Center (VBMC) initiatives: the Food As Medicine (FAM) Program and the Community Care Team (CCT). This gift will bolster VBMC's efforts to address social drivers of health through community-based, collaborative approaches to care.

"This incredible gift reflects Helen's Hope Foundation's commitment to the well-being of our community," said Susan Browning, president of VBMC. "It enables us to build on our efforts to address complex health needs through collaboration, compassion and community-centered care. We are honored to partner with the Helen's Hope Foundation in this important work."

Helen's Hope Foundation — established by Stephanie Karl to honor the legacy of resilience and compassion of her mother, Helen Grasso — is committed to supporting underserved communi-

ties. With this gift, the foundation aims to empower vulnerable populations with resources that improve health outcomes, nutrition access and chronic disease management.

"Helen's Hope Foundation was founded on the values of resilience, compassion and a commitment to lifting up those who face challenging circumstances," said Stephanie Karl, founder and president. "Supporting the Food As Medicine Program and the Community Care Team at Vassar Brothers Medical Center allows us to honor my mother's legacy by ensuring more individuals have access to the essential resources they need to build healthy, hopeful futures. We are proud to be part of this vital work and to contribute to a healthier Hudson Valley community."

The Food As Medicine Program, launched in April 2024, serves primarily Medicaid patients in the Poughkeepsie area and is a partnership with Dutchess Outreach, the Culinary Institute of



From left, Registered Dietitian Anne Rabbitt, Michelle Kuklinski, Hollie Saborido (Helen's Hope Foundation) and Dr. Brenda Ayers. *Courtesy photo from Nuvance Health*

America and the Healthcare Association of New York State (HANYS). The program provides participants with essential support, including twice-monthly groceries, cooking classes and personalized coaching to help them make healthier food choices and manage chronic conditions such as hypertension.

"Helen's Hope Foundation's gift will help us continue building a robust model of care that addresses food insecurity as a root cause of many health issues," said Dr. Brenda Ayers, who oversees the Food As Medicine Program and is Nuvance Health's medical director for Health Equity. "With these resources, we can provide critical support to families striving to improve their health and

well-being."

The Community Care Team, established in 2021, coordinates wrap-around care for at-risk individuals to address social determinants of health. The team works with community partners to reduce emergency department visits, enhance social support and foster economic stability, housing and access to care.

"We are deeply grateful for Helen's Hope Foundation's commitment to community health," said Grace Linhard, chief development officer for Nuvance Health. "This support will allow us to expand our reach, helping more individuals to access the nutritional resources and health navigation they need to lead healthier, fuller lives."

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

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

A graduate of New York University's Stern School of Business with a Bachelor of Science degree in Finance, he joins Rhinebeck Bank with more than 18 years of marketing, branding and leadership experience, starting with Mastercard and subsequently serving in executive and Chief Marketing Officer roles with Citigroup and other Connecticut-based technology and online companies. Saridakis has entrepreneurial experience as well, having started his own consulting firm to assist global companies with their marketing, branding, public relations and business development needs.

"Peter's results-driven, innovative nature, as well as his versatility are traits

we value highly in this position at the Bank," said Rhinebeck Bank Executive Vice President, Chief Operating Officer, and Chief Banking Officer Jamie J. Bloom. "His breadth of experience and analytical skills within the financial services and marketing industries will help us continue to develop and promote the best products and services for our customers throughout the Hudson Valley and surrounding communities."

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



Peter Saridakis

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