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Vol. V Number 5 - Serving Northern Dutchess & Southern Columbia County July 2020

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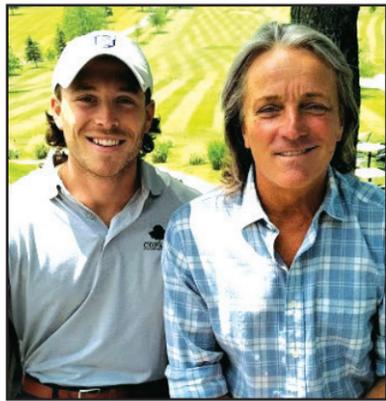
Copake Country Club and The Greens Restaurant: Delightful Place for Everyone

By Hilary Hart

There aren't many places trying to ramp up preparations for their Centennial Celebration next year, even *while* a health crisis is going on, but the Copake Country Club is well on their way. The Urban family have been at the helm of the popular establishment for almost fifteen years, but the club and golf course were first operational in 1921, making 2020 actually their one hundredth year in business!

Designed by the legendary architect Devereux Emmet, it was greeted with much fanfare by not only the residents living on and around Copake Lake, but by golf enthusiasts near and far. Throughout all the restorations, re-structurings and improvements of the last century, it has remained one of the most beautiful golf courses around, attracting a diverse group of patrons from all age groups, all areas, and all walks of life. Being a public course and with over twenty different categories of membership, it really is a place for everybody.

Located at 44 Golf Course Road in Craryville, NY 12521



Austin and Jon Urban

(presiding over the northwestern coast of Copake Lake), it is peacefully tucked away but well sign-directed and easy to find. From many of the Club's vistas, the beautiful Copake Lake can be seen, and both the 18-hole course and the lake are less than 100 miles north of New York City. The Club and their restaurant The Greens have received many accolades over the years, even voted the Best Golf Course in Columbia County in 2018.

Jon and Kim Urban have been in business together for 30 years, Jon originally from Stratford and Kim from Colonie, and although

Continued on page 2

Be on the Alert for "Raise a Paw"

AnimalKind in Hudson is a not-for-profit rescue, shelter, treatment and adoption facility celebrating the start of our twentieth year of rescuing thousands of abandoned and/or abused animals. In spite of the current situation, or perhaps because of it, we will be conducting an Online Auction called "Raise a Paw," due to officially launch around Saturday August 1st.

There already have been unique donations collected and they are in many categories. Donations will be welcomed continuously and there is more information on all processes through the [animalkindny](http://animalkindny.com) website. This should be a wonderful way to participate in a fun and interesting event while helping a worthy cause. While all of us have been affected over these last months, each of us has different primary agendas for recovery. One thing we ALL share is the desire to help each other have a great recovery summer 2020, and to make sure we do it safely and responsibly. This is one way to do just that.

There will be multiple future notices about this event in print and social media during the whole month of July, but if you would like information about the auction right away, please contact loni.animalkindny@gmail.com.

We truly ARE all in this together, so we hope we can count on you to be on the lookout for ways to participate. Thanks in advance from your friends at AnimalKind, and we wish everyone a terrific summer. "Raise a Paw, Rescue a Paw."

RAISE A PAW!



AUCTION FOR AnimalKind

Mrs. Sew 'N' Sew - for Repairs and Minor Alterations to the Garments you Love

By Lisa Dudley

These are tough times for so many people but Ingrid Sillins, owner of Mrs. Sew 'N' Sew, conveniently located at 4903 State Route 9G, in Germantown, NY, can mend those favorite garments that are comfortable and mean so much to you. "I can fix anything that can be repaired with a needle and thread," she explains. "Especially if it has sentimental value. It's a matter of economics," she maintains. "It often costs less to repair rather than buy new. And who's to say what you buy again will be any better quality than what you already have? So, we fix it right" and it stays fixed. "There are people who want what they want," she shares. "They don't have time to shop and they like what they have. It's less stressful to have something you love restored." Ingrid says, "If I can't do it right, I don't do it at all." And some things are priceless -- such as an antique christening gown that belonged to your grandmother. "I can help people hold onto



Ingrid Sillins

their memories and their history." Wedding dresses are a specialty when hemming and altering are required. "Sometimes I have to take up the shoulders or move the zipper. When they try it on I know what to do." These fancy dresses usually have a lot of fine details such as rows of hand-made buttons or scalloped hems. "One time I had to remove all the scallops before I could hem the dress and then put the scalloping back on." Scallops are an embroidered edge or trim with a repeating pattern of swirls or curves. Ingrid remembers a special wedding where the bride had recently lost her mother. "She brought in her mother's vintage

Continued on page 3

Jenny's Cleaning Service Reaching More Local Areas with Reliable, Safe Solutions

By Joe Doran

Looking for reliable, professional home cleaning? There's no one in the area with a better reputation than Jenny's Cleaning Service. Jenny Hernandez Romero has been in business for over



Lilia, Sara, Jenny

25 years in the Rhinebeck area. And there's good news for anyone looking to tidy up before the summer really starts sweltering. Jenny is currently expanding reach to different locales from Red Hook to Poughkeepsie, over on the Ulster side in Kingston and Highland, and points north into Columbia County as well. "In this time, in the pandemic, I don't know if something has

changed. But a lot of people are coming to live in Hudson, and in Dutchess County, because Dutchess County has beautiful towns, wonderful schools," says Jenny. "People are moving to Rhinebeck a lot, and Red Hook. And Jenny's Cleaning Service would like to be welcomed into your home, in order to welcome you into our community. We are ready to serve them as they need it."

Great Cleaning And References Too

Jenny said the demand for cleaning services is high right now. "With Covid 19, during this time, we are really prepared. We are wearing masks, gloves, and taking strict precautions in order to keep our customers and ourselves safe and healthy. During this time, we are very grateful for our growing business and our customers that help us work during this pandemic. Jenny says her business is focusing right now on providing

Continued on page 6

Holmquest Farms and Greenhouse: Taking Every Extra Step to be as Safe as they are Bountiful

By Hilary Hart

When you're dealing with Mother Nature, you don't have the luxury of waiting out a crisis of any kind, whether it be weather or health related. You can't just decide you'll move your seasons



Tom, Richard, Thomas and Terri

around to suit the occasion. You do what farmers and people of the land have done for generations, four generations in the Holmes family for instance, - you just assess whatever the climate is and do what has to be done, as best you can, in every situation. That's what makes farmers the steadfast backbone of the country.

Going into what should have been their lucky 77th year, Holmquest Farms and Greenhouse folks are taking nothing for granted and are doing just that. They have done an absolutely amazing job of making their fabulous offerings available WHILE keeping the entire operation running smoothly AND safely. In spite of being awash with customers old and new, they have been the most organized and efficiently run business during this crazy and crowded re-opening phase seen in these past few weeks.

This is no small feat and takes all hands on deck and then some. Outsiders may think that

because much of what they do is outside, the current health crisis gripping the country wouldn't make so much of a difference to their business, but not so. In the first place, some of the workers regularly employed in various phases of their operation were unable to be on board, so family and others had to step in and fill their places. Also, the stringent regulations surrounding all businesses were also of course heavily in place at theirs. Social distancing guidelines and arrows and directions, extreme sanitizing

Continued on page 11

THE HUDSON RIVER VIEW ONLINE!

Visit our website to read our current edition, view our advertising rates and distribution, publication schedule and deadlines. Visit often to view updated and additional editorial received after publication and throughout the month.

Hudsonriverview.net

The August Edition Of The Hudson River View Will Be In Area Homes On August 5th The Deadline For Advertising And Press Release Submission Is July 22nd

ACCORDING TO QUACKERS



- by Charles Guiteau.
9. On July 2, 1890, the Sherman Antitrust Act (an Act to prohibit trusts) was passed by the United States Congress.
 10. On July 5, 1971, Amendment 26 was proclaimed which set the voting age at 18 in the United States.
 11. On July 6, 1854, the Republican Party held its first state convention at Jackson, Michigan.
 12. On July 11, 1804, during a duel between Aaron Burr and Alexander Hamilton, Hamilton was killed.
 13. The 38th President of the United States, Gerald R. Ford, was born on July 1, 1913.
 14. On July 16, 1790, District of Columbia was established.
 15. The first atomic bomb was set off by scientists in Alamogordo, New Mexico on July 16, 1945.
 16. National Blueberry Month
 17. National Ice Cream Month
 18. National Hot Dog Month
 19. July 1 - Canada Day
 20. July 4 - Independence Day

1. The birthstone for July is the Ruby.
2. The zodiac signs for July are Cancer (June 21 - July 22) and Leo (July 23 - August 22)
3. The birth flower for July is the water lily.
4. The month of July was named after Julius Caesar.
5. On July 1, 1867, the Dominion of Canada was established due to the British North America Act.
6. On July 1, 1898, the San Juan Hill was occupied by the American troops during the Spanish-American War.
7. During World War I on July 1, 1916, the Battle of Somme began.
8. On July 2, 1881, President James Garfield was killed

Copake Country Club from page 1
 their main business offices are in Poughkeepsie, they have been coming up to Copake Lake for decades. When they bought the Copake Country Club in 2006, they rescued it from being subdivided and turned into hundreds of houses. It is totally a family affair, but their older

son Austin, who has a business background, is primarily in charge of the operation now, along with his father, while younger son Tanner owns and operates Urban Designs, a very successful printing and design shop downstate.

Although the health situation of the last few months impacted their business just as it did everyone, they have adjusted and still have a wonderful staff even after having to let some of their employees go. There have had to be some changes in scheduling, of course, but they have a terrific website with updated information and updates, not to mention some breath-taking pictures of the place. There are even mouth-watering pictures of some of the offerings of The Greens restaurant, which serves everything from burgers and lite fare to exquisite fine dining. No matter what else can be described here, be sure to go to www.copakecountryclub.com They also have a presence on Facebook

Their Pro Shop is normally open daily from 8:30 to 5, and Austin and their Golf Pro Kyle Bell can answer pretty much any question you may have. Kyle Bell has massive experience in the golf industry from New York all the way out to Colorado, and has an Associate's Degree in Golf Complex Administration. The number at the shop, for tee time availability as well, is (518)325-0019, x1

Although many of their regular tournaments and annual events have had to be cancelled all Spring, they have been practicing extreme social distancing measures and extra sanitizing of everything and have the safety of each person who visits as their primary focus. They have gone above and beyond

safety guidelines, even with their take-out and to-go foods and beverages, and have every intention of not letting up with that as regulations loosen.

Austin Urban says, "before the virus, golf was a little on the decline, whether from a lack of time or perceived lack of opportunity. Now people have more time and we have a whole new population of golfers who are seeing that golf is an enjoyable, attainable sport, providing exercise and fresh air and companionship with others without endangering your health or your piggy bank." He also said they have special rates for local groups weekdays, and urges people to investigate before ruling golf out. "It's really not the exclusionary sport it has sometimes been made out to be."

Director of Operations and Event Coordinator Kayleigh Zengen has been with the team since 2013 and has

grown that side of the business tremendously. It has become a popular spot for weddings and other celebrations and, in keeping with the guidelines, that part of Copake Country Club is destined to resume well, as they usually host thirty to fifty events a year and hope to be able to do so again soon. The Greens Restaurant has spacious outdoor dining and an outdoor bar for lounging. They are open to the public seven days a week. For restaurant specific information, menus and reservations, guests can visit www.thegreensatcopake.com. The restaurant offerings are presented under the direction of their Executive Chef Glenn Strickling. Glenn is a Culinary Arts Institute graduate and has been a chef at Les Pleiades, a French establishment on Manhattan's Upper East Side as well as a private chef for prominent families there and

Continued on page 7

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copakecountryclub.com

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the greens

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Mrs Sew 'n' Sew from page 1
wedding gown asking if it could be saved. She wanted to walk down the aisle feeling as if her mother was right there with her." Mrs. Sew 'N' Sew carefully adjusted and restored the beautiful dress to perfection. "When she tried it on, we both cried. I don't think

I will ever forget that moment." There is an old wives tale that every bride either gains weight or loses weight just before the wedding. "A seamstress has to be ready to make an alteration within a week of the event. We are practically on call," she adds. Mrs. Sew 'N' Sew works in a

brightly lit, airconditioned studio that is tidy and efficient with an excellent sewing machine.

family. Now that she's open in phase 2, she wants everyone to know she wears a mask, offers

Sillins at her Mrs. Sew 'N' Sew shop -- 518-537-3688 -- for professional repairs, restorations, alterations, zippers, hems and cuffs. Hours are Tuesdays 10-5, Wednesdays 10-6, and Thursdays 10-7 -- or by appointment.



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She has a steady business hemming pants, raising sleeves on suit jackets, hemming drapes, repairing trim, shortening king-size pillowcases, mending quilts and bedspreads and fixing broken zippers. She can repair furs and leather vests and is happy to stitch and attach motorcycle patches. "They know me," she declares. "I've done so many of them. "I recently worked on a leather vest with a rip in the shoulder. It was an intense job. I had to pull out the lining first." After repairing the leather, Ingrid had to mend the lining as well. "But it was worth it. The man was thrilled." She also remembers a big project restoring an 8x12 oblong rug that was made in strips. "I had to do that one by hand with very heavy thread. But if a needle and thread can do it -- then I can fix it." Mrs. Sew 'N' Sew has spent the last three months in NY Pause -- just like the rest of us -- making masks for friends and

curbside service and cleans and disinfects daily. "Proms and weddings will happen again," she promises. "And I will be here to help make sure your suit or dress fits perfectly!" For more information call Ingrid



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a Time
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ACROSS

- | | |
|------------------------------------|--|
| 1) Prefix meaning "large" | 42) Creole vegetable |
| 6) Odd-numbered page | 43) Leveled |
| 11) Beaver's work | 45) Carpe ____ |
| 14) Like some bodies on a beach | 47) Suffix for "velvet" |
| 15) Dog-____ (well-worn, as pages) | 48) Canine cry |
| 16) Lennon's love | 50) Ushered |
| 17) Magazine layout | 52) Not peaceful |
| 19) African antelope | 55) Nut with caffeine |
| 20) Zen enlightenment | 56) Mock turtle, for one |
| 21) Bird bill | 57) As ____ instructions |
| 22) Storklike critter | 59) Summaries |
| 23) CD-____ (computer inserts) | 63) "Gimme ____!" (start of an Iowa State cheer) |
| 25) CIA town | 64) Accountant's tool |
| 27) Sickeningly suave | 66) Come together |
| 31) Fancy party | 67) Director Marshall |
| 32) Barracks address | 68) In a nutshell |
| 33) Barber's motion | 69) Suffix for 41-Down |
| 34) May, for one | 70) Mountain crest |
| 37) Hosiery annoyance | 71) Fore-and-aft-rigged vessel |
| 39) Ringo with the beat | |

DOWN

- 1) Swabs a floor
- 2) Eastern pooh-bah (Var.)
- 3) Coagulate
- 4) Comeback
- 5) Aromatic
- 6) Weightlifter's lift
- 7) Make, as money
- 8) Angler's basket
- 9) Steeped thing on a string
- 10) Unpaired
- 11) Pooch warmer
- 12) "Tomorrow" musical
- 13) Terribly timid
- 18) Neil and Carly
- 22) Hardly a summer house
- 24) It must be followed
- 26) War zone during LBJ's presidency
- 27) Moscow's land, once (Abbr.)
- 28) Pinta's sailing companion
- 29) Bee product?
- 30) Hand shovel
- 35) Forest growth
- 36) Full house, e.g.
- 38) "Forward," when commanding a horse
- 40) Game of world conquest
- 41) Guinness Book entry
- 44) 551, in stone
- 46) Annoys continually or chronically
- 49) Effervescent "Dr"
- 51) "Friends" female
- 52) Grammar topic
- 53) July 7, e.g.
- 54) Coat with a metal alloy
- 58) Cost of living?
- 60) Sleek, for short
- 61) 100 centavos
- 62) Resign (with "down")
- 64) You may get into hot water here
- 65) Nautical "yes"

Solution on page 5

MAKE YOUR BED

By Kenneth Holt

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WHERE YOU CAN FIND US IN COLUMBIA COUNTY

Germantown Xtra-Mart	Church Street Deli Copake	Claverack Xtra-Mart	66 Food Mart	Salvation Army
Germantown Gulf Station	Copake Front Porch Market	Claverack Post Office	66 Fine Wine & Spirits	Goodwill Industries Store
Bank of Green County - Germantown	Bank of Greene County - Copake	Red Kapp Route 9H & 66	Pit Stop	Walgreens
Otto's Market	Dad's Copake Diner	Cobble Pond Farms Route 9H & 66	Columbia Memorial Hospital	A Cut Beyond
Upstate Auto	O's Hillsdale Diner	Hudson Subway Mobil Station	Cavell Center	Hudson Red Barn
Mrs. Sew & Sew	Hillsdale 4 Brother's Pizza	Wash & Dry Fairview Ave	Hudson Library	Morabito's
Fully Loaded	Hillsdale Cobble Pond Farms	Plaza Diner	Mountain View Animal Hospital	Restore
Blue Stores Xtra-Mart	Hillsdale IGA	Bank of Greene County - Hudson	Trustco Bank - Hudson	Animal Kind
Livingston Post Office	Craryville Ameri-Stop	George's Restaurant	The Antique Warehouse	Little Red Book Shack
Livingston Hills	Craryville Xtra-Mart	Fairview Wine & Spirits	Hudson Brewery	Copake Country Club
Bell's Pond Xtra-Mart	Philmont Pine Haven	Wash Rite	Speedway Gas Station	
West Taghkanic Citgo	Philmont Cumberland Farms	ShopRite	Hudson Polish Deli	

God's Corner

God, Please Heal our Land

By Naomi Fata

The events of our nations since May 25, since the killing of George Floyd have brought the true nature of racism in America to the surface.

Over the years some of my closest friends have had a different color skin than I have. I have aunts, uncles and cousins of different nationalities and color. Some have come into the family through adoption and some through marriage.

I was ignorant of the undercurrents of racism in America. But then I heard a psychology professor speak on the statistics of black men getting arrested for crimes versus white men. I heard her speak about the doll test research started in the 1940s in which a psychologist sought to understand the psychological effects of segregation. In this test children were asked to label a white doll and a black doll, choosing which one was the 'good' doll. An overwhelming number of children chose the white doll.

Why?

I began the conversation with a dear African friend. I wanted to know if it was true that she felt the effects of prejudice in America today. Sadly, she confirmed that it was. Then last fall when I was out to lunch with her at a small local eatery, I saw it firsthand, as the waitress made insulting racial comments.

It isn't that I can apologize for being born to a Caucasian family. But to all my fellow Americans who do not share my skin color, I'm sorry. I'm sorry that you have not been seen. I'm sorry that you have not felt that you belong. I'm sorry that I have been so ignorant of your plight.

I am reminded of the words of 1 Samuel 16:7 which says that "People judge by outward appearance, but the Lord looks at the heart." May we all learn to look beyond the color of skin to see the beauty of each person that God has created.

There is a simple song I remember from Sunday School as a child called Jesus Loves the Children of the World. The

lyrics are as follows
 Jesus loves the little children
 All the children of the world
 Red, brown, yellow,
 Black and white
 They are precious in His sight
 Jesus love the little children
 Of the world.

Regardless of your skin color, you are equal in God's eyes. You are loved. You are beautiful. You are precious.

In the wake of these events may we all come to God with humility and repentance for any part we have played in prejudice. And may we find hope in this promise. "if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." (2 Chronicles 7:14)

Naomi Fata is the President of Christian Resource Ministry Inc. (CRM) Currently is organizing a face mask project for community organizations, essential workers and local businesses. Find more information at <https://christianresourceministry.com/face-masks/>

FREEDOM IN CHRIST!

This month we celebrate the Birth of our Nation. On July 4, 1776, the Thirteen Colonies declared their Independence for Great Britain. The Declaration of Independence was signed by fifty six men and sent to King George III declaring the colonies' independence. A war was fought in order to secure that Independence and Freedom. We are Thankful that we live in Free Sovereign Nation.

Over two thousand Years ago The Lord Jesus Christ came from Heaven: Perfect God became a Perfect Man when He was born of Mary the Virgin in Bethlehem. He came to Minister on this earth to the people with Truth and Love. He spoke with authority and reached out to people in need. He called the Disciples to carry on the work after He returned

to heaven. He died on the Cross for our sins to set us free and then Arose from death and the grave the third day to guarantee Freedom to whosoever will call upon His name to be saved and have Eternal Life in Him. "If the Son therefore shall make you free, ye shall be free indeed" (John 8:36).

In order to have Freedom a price had to be paid. While our Freedom is a gift of God's grace, the Lord Jesus Christ had to die on the Cross for our sins. He gave His Life so all those that Believe on Him might be Free. "For God so loved the world that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16).

As Christians we are to Stand fast in the Freedom we enjoy in Christ! "Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage" (Galatians 5:1). We must never take our Freedom for granted. We will face attacks from the enemy and even our own flesh will cause us to retreat back into bondage. The bondage can come in a variety of forms: doubt, fear, hate, jealousy, and many other ways. We must not be entangled with the legalistic teachings that are in opposition to the grace of God and the freedom in Christ.

While we enjoy our freedom in Christ, we must never forget and always remember that our freedom required a very costly price. The Lord Jesus Christ paid for it by His death on the Cross and His victorious Resurrection. Freedom requires our obedience to God and our responsibility to others. "For, brethren, ye have been called unto liberty: only use not liberty for an occasion to the

flesh, but by love serve one another" (Galatians 5:13). To be sure we should delight in the privilege of serving others with a heart of love! Reach out to others for there is Joy in Serving Jesus and serving one another!

When the Holy Spirit has control of our lives and we are living in the power of the Spirit we will enjoy the Liberty we have in Christ. "Now the Lord is that Spirit; and where the Spirit of the Lord is, there is liberty" (2 Corinthians 3:17).

If you would like to know more about what it means to be free in Christ, please Email us at cdfcirone@aol.com or phone us at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is located at Route 9 and Route 9G, 1/4 Mile North in Rhinebeck, N.Y.

Pastor Frank L. Cirone

Call for Art: In Union, Remotely

Mount Lebanon invites the public to participate in a community engagement project, "Call for Art: In Union, Remotely," with artwork in a variety of mediums which must be submitted digitally. All submissions should draw inspiration from the Shakers' values or way of life, which the participants can learn more about in the Shaker Museum's comprehensive online collection. Artists of all ages, backgrounds, and abilities are encouraged to submit clear digital images of their work by midnight on July 15, 2020. The submissions will be displayed online through the museum's social media channels from July 20, 2020 - December 31, 2020. Submissions must be emailed sharding@shakerml.org with the subject heading, IN UNION, REMOTELY. Registration is immediately available [here](https://www.shakerml.org/call-for-art).



LUTHERAN PARISH OF NORTHERN DUTCHESS
 Three Churches, One Body

The Mid-Hudson region is slowly opening. St. Paul's Lutheran Church, Red Hook has resumed Sunday worship at 11:00 AM in their sanctuary. Visit our Facebook page or our website for a link to Pastor Jim's sermon and for information regarding Third Lutheran and Memorial Lutheran resuming worship services in their sanctuaries.

www.lutheranparishnortherndutchess.org
 Rev. James Miller, Pastor 845-876-4471



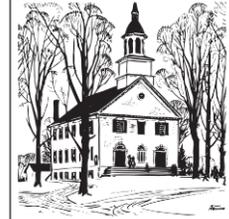
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St. Paul's Lutheran Church of Wurtemberg



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5:00 pm Saturday evening Worship
 Service has resumed for July and August, and will follow all current guidelines.

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Please follow us on Facebook at St. Paul's Lutheran Church of Wurtemberg for updates. Stay well everyone and see you soon!

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 845-876-2122

Sunday Services
 10:45 am and 6:00 pm

We hope to be getting back to our normal schedule of Worship Services, Prayer Meeting and other Ministries.

For information about Grace Bible Fellowship Church, please call (845) 876-6923 or (845) 876-2122 or email us: cdfcirone@aol.com



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You Can Find the Link to Our Sunday Messages on Our Facebook Page: Northern Dutchess Bible Church. Take a Look. And, as We Find "The New Normal," Remember... Hold Fast To Christ.

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 Awana Kids Club and Youth Group Friday Nights at 6:30pm

Community invited to contribute to Hudson Area Library's Local History Archive

The COVID-19 pandemic has impacted the entire globe in a historic way. The killing of George Floyd has sparked protests in our community, nation, and around the world as well as demands for police reform and restructuring to combat systemic racism in society. Both of these events serve as the inspiration to collect the history of our community during this time for use by future researchers. The Hudson Area Library History Room Committee invites you to submit images (photos, artwork), videos, and words (poems, stories, journal entries, personal essays) that help to document the personal experiences



of our community in 2020. Those wishing to contribute to the archive can submit work through the library's website by following the link "Community Archiving of Local History" found underneath the main banner on the home page. In keeping with the mission of the Hudson Area Library's History Room, we request that all submissions be either from individuals who live in the library's service area - Hudson, Greenport

and Stockport - or that feature these areas as the main subject.

ABOUT THE HUDSON AREA LIBRARY

The Hudson Area Library is located at 51 N. 5th Street in Hudson, NY. The mission of the library is to enrich the quality of life by providing free and equal access to programs, services, and resources, and by creating opportunities for all members of our community to connect, create, learn, and grow. For more information visit hudsonarealibrary.org.

ABOUT THE HISTORY ROOM OF THE HUDSON AREA LIBRARY

The Hudson Area Library History Room houses a special collection that pertains to the history of the City of Hudson, Greenport and Stockport; as well as Columbia County and New York State. The History Room also hosts the Local History Speaker Series at the library, offering free monthly talks on diverse topics related to the history of Hudson, Greenport, Stockport, and Columbia County.

The History Room includes an extensive collection of city directories, yearbooks, local history books, and archival collections. While the library is temporarily closed, the public can continue to submit requests



The Hudson River View

is published monthly and distributed on the 1st Wednesday of the month.

The View is a Privately owned, independent, Partnership publishing business.

The View is mailed at the Newburgh, NY Post Office to homes in the Northwest part of Dutchess County.

Doreen Baretzky, Publisher
John Vogt, Publisher.
(518) 828-0333 or
(518) 929-9579
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for information on local history that the reference librarian and volunteers will research. For more information email reference@hudsonarealibrary.org, call 518-828-1792 x100.

Northern Dutchess Hospital

Part of Nuvance Health, recently updated its visitation policy to bring back more visitors. The hospital can

expand visitation following safety guidelines because the campus and community are observing a decrease in the rate of new COVID-19 infections. **Allowable visitors:** People age 18 and older can visit if they meet specific requirements. Exceptions for visitors age 17 and younger may apply for patients with extenuating circumstances.

Continued on page 16

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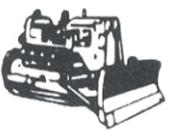
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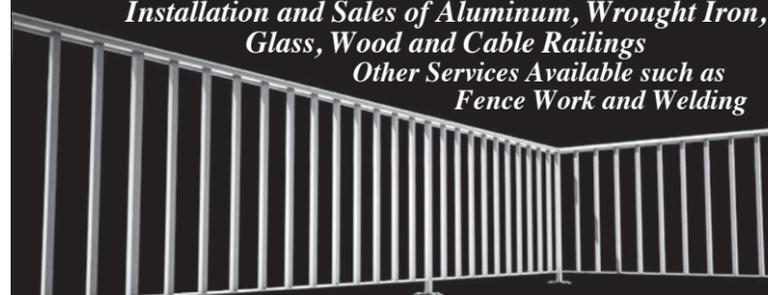
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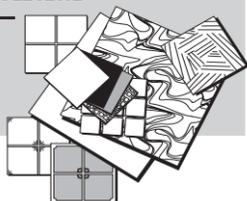
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Jenny's from page 1

core areas which include regular home cleanings for clients, a special deep cleaning service. "As far as our cleaning services, we offer different levels or frequency. We can come once a week, every other week, or once a month. It really depends on what a client wants or needs." Letting someone into your home requires trust, and Jenny says she's thankful that she and her workers have garnered an

impeccable reputation and great word of mouth recommendations from clients. References are available to new clients on request. "I always want to thank all my wonderful clients that I have here in Rhinebeck and surrounding areas," says Jenny. "Because they've trusted me for many years, and they've opened their homes to me, and my workers. They are the ones who continue to help us thrive, and support our families."

A Woman Business Owner Empowering Women

A Costa Rican native, Jenny has not only built a local business that has thrived over the years. She prides herself on being able to empower other women of her Latin-American community, while serving those of Dutchess County.

"I have a number of lovely women working full time for me now. Every day I have two workers, and I want to mention them. I have Sara Marcos. She is from Guatemala and is a hard-working woman, who is supporting her husband and two kids in Tivoli. I also have Lilia Labastida, from Mexico, who has two older sons and she is supporting her husband here in Red Hook. So I have the two girls who work for me every day, have an extra two girls who work when I have extra work."

Both Jenny and her husband Cesar Romero, an experienced local contractor who does construction, renovation, roofing and painting projects, have worked to build their local businesses. For anyone looking to get home and hearth in order, with the added benefit of freeing up time for other things, there's no one better to call on locally than Jenny's Cleaning Service. Jenny's Cleaning Service Good references available 9 1 4 - 4 6 6 - 4 3 3 6 jennyhm29@gmail.com

Germantown Garden Club Awards Annual Scholarship

This year the Germantown Garden Club is proud to award a \$500 scholarship to Mi-Hye Platt. Mi-Hye, a senior at Germantown High School, will be attending a gap-year program to serve in developing countries and receive leadership training before going to college. She is the daughter of Jina and Roland Platt.

Mi-Hye's excellence in high school and her future endeavors make the Germantown Garden Club proud to award her this scholarship. Her high school activities include membership in the National Honor Society and her tenure as the International Club's Vice President. She has also participated in the Spanish Club, the Journalism Club's publication of The Stylus, the Art Club, and the Soccer team. Her major will be Environmental

Science where she hopes to practice as an Environmental Lawyer.

Each year, the Germantown Garden Club awards a scholarship to a graduating Germantown High School senior who intends to pursue college studies related to horticulture, floriculture, landscape design, botany, biology, plant pathology, forestry, agronomy, environmental concerns, city planning, land management, and/or allied subjects. Funding for scholarships is derived from many sources, including the club's Annual Plant Sale and the Holiday Open House.

For more information, please call Fran Bufl, club president, at 518-537-4868.

The Germantown Garden Club is a member of the National Garden Clubs, Inc. and the Federated Garden Clubs of New York State, Inc., Third District.

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Copake Country Club from page 2
 in the Berkshires. He creates fabulous menus for the restaurant taking full advantage of the local and seasonal produce, meats, cheeses and spirits.

many things right. Older son Austin oversees the operation for his family and has been bringing his business and organizational skills to bear for the last few years since working briefly in



Rounding out the major staff at CCC is Mark Anderson, who has been there longer than anybody, starting out as a Cart Attendant when only a young



teenager over 35 years ago! When people admire the beauty of the place and how smoothly it operates, it is in no small measure because of Mark and his crew. He is now Superintendent and has been a board member of national associations of golf course superintendents, and he is also very active in the community, serving as the football coach for the Taconic Hills High School and as a board member of the Philmont Rotary. They are so busy at the club that it is hard to pin them down for questions, but they surely are doing not just one thing but

Boston after college. He also holds his real estate license with Copake Lake Realty and can be reached on his personal number at (845)891-1770. Many things have had to change everywhere, but the Copake Country Club and The Greens Restaurant have kept pace and continue to be a delightful place to be for everyone, not surprising for such a talented group of staff people, and the club has continued to benefit the community through good times and bad. And a CENTURY strong – not many can match that!

Arts Mid-Hudson is Now Accepting Nominations for the 34th Annual Dutchess County Executive's Arts Awards

Contact: Lisa Fiorese, Director, Administration 845-454-3222; lfiorese@artsmidhudson.org

Do you know someone in the Dutchess County community who does good work in or for the Arts? Do you know an outstanding Dutchess County arts organization or business that supports the arts? Arts Mid-Hudson is requesting nominations from Dutchess County residents and businesses for the **34th Annual Dutchess County Executive's Arts Awards**. There are 11 categories as follows:

Arts Organization Award: rewards a Dutchess-based arts organization that has made an important contribution to the growth of Dutchess County's cultural life over a significant period of time.

Business/Corporation Award: recognizes a Dutchess County business or corporation that has demonstrated extraordinary support of the arts and/or vision and leadership in using the arts to enhance community life and enrich Dutchess County's cultural heritage.

Arts in Education Award: acknowledges a Dutchess-based educator, teaching artist, arts or educational administrator, school, school district or organization that, through extraordinary vision and leadership, has expanded or enriched arts education opportunities to students in Dutchess County.

Individual Artist Award: recognizes an

individual residing in Dutchess County, whose achievements in his/her discipline are widely recognized and who has demonstrated a compelling or unique artistic vision. **Art in Public Places:** awards a Dutchess-based individual artist, arts organization, school, or community group that has successfully designed and installed a public art project.

Patron Award: recognizes an individual or family residing in Dutchess County, who has/have made a significant contribution to the arts through extraordinary leadership, personal financial commitment or philanthropic activities. **Special Citation Award:** recognizes a Dutchess-based individual, organization, business, or project for outstanding contributions to the cultural life of Dutchess County.

Artist Award: Recognizes a Dutchess-based artist that generously engages the community through their work in the arts.

Volunteer Award: recognizes an individual residing in Dutchess

County, who has made a significant contribution to the arts as a board member, volunteer or through other service in the arts. **ThinkDIFFERENTLY in the Arts:** this award recognizes an individual, business, or organization that follows the initiative launched by Dutchess County Executive Marcus J. Molinaro that seeks to change the way our community relates to our neighbors with all abilities through the arts. **Student with Exceptional Promise in the Arts:** Recognizes a Dutchess County resident that is either a high school or college student and aged 16 through 22 as of October 1, 2020, working or studying in any arts discipline including visual, performing, literary, film/video, and computer, among others. Nominee must be available to attend the event in late fall. (Note: Supporting attachments are REQUIRED for nominations in this category.) **Nominations must be submitted by 11:59 p.m., Sunday, July 19, 2020.** Recipients will be selected by an awards panel comprised

Continued on page 8



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Arts Mid-Hudson from page 7 of professionals in the field. Nomination forms can be accessed at: <https://tinyurl.com/2020-DC->

ArtsAwards and will require (a) the nominee's name, address, phone, artistic discipline and nomination category; (b) your name, address and phone;

and (c) a narrative on why the nominee deserves the award. For additional information call (845) 454-3222; or e-mail artsawards@artsmidhudson.org. Please note that nominations may not be made for people, businesses, or organizations who have been honored in that category in the last 5 years. A full list of recipients can be found at www.artsmidhudson.org/dutchess-arts-awards-nominations/ Premium sponsorship opportunities are available for the event. Proceeds from the event support the work of Arts Mid-Hudson within Dutchess County. About Arts Mid-Hudson, Inc. Arts Mid-Hudson, founded in 1964, is a non-profit arts service organization dedicated to strengthening and supporting artists and arts organizations in the Mid-Hudson Valley region. The mission of Arts Mid-Hudson is to provide vision and leadership to support thriving and diverse arts in the Mid-Hudson Valley. Programs and activities include: grants to established organizations, community based projects and Arts Education programs; folk arts research and presentation; technical assistance, professional development, and cultural community networking opportunities; awareness and advocacy; and community-wide fundraising efforts. Programs are funded by the Counties

of Dutchess and Ulster; the New York State Council on the Arts; and private donors. For more information on Arts Mid-Hudson: www.artsmidhudson.org

Health guidelines and represent the first phase in reopening public tours and providing educational experiences for visitors. The Olana Outdoor Tours present Olana as a holistic environment by exploring Olana's historic architecture and 250-acre landscape and engaging with the themes central to work of Frederic Church and his fellow Hudson River School artists. "We are thrilled to be reopening for public tours," said Sean Sawyer, Washburn and Susan Oberwager President of The Olana Partnership, "Our new Olana Outdoor Tours offer a safe way to learn about America's most intact artist-designed environment, and all

Continued on page 10

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OLANA ANNOUNCES REOPENING WITH LAUNCH OF NEW OLANA OUTDOOR TOURS

Frederic Church's Olana announces the restart of public programs with new Olana Outdoor Tours. While the park has been continuously open, public programs were suspended due to COVID-19. Now, new outdoor, limited-attendance tours follow NYS Department of



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COVID in Pets, Update

By Dr. Janette Relyea

What we know about COVID-19 is constantly changing, with new information in news reports and Facebook feeds constantly vying for attention. As pet owners, we all share a concern for keeping our pets healthy and also staying healthy ourselves. As of this writing, the newest headline was of a German Shepherd from New York State testing positive for COVID. This dog is being touted as the first dog in the U.S. with the disease. But wait, you may say if you have been paying attention, what about that Pug in North Carolina that tested positive in May? Well, that dog was tested through a Duke University surveillance program. As it turns out, the results of that dog's tests were inconclusive. A follow-up test for the virus was negative and the dog never developed antibodies. This new case is in a dog with positive virus

tests and positive antibody tests. So how worried should you be? Put it into perspective – the two major U.S. veterinary laboratories have been conducting virus surveillance studies on samples sent in for other testing since February. We are talking about more than 8,000 samples. So far, only one dog and two cats have tested positive for COVID. These samples have been from all over the country, including hot spots like Seattle and New York. So the chances of our pets contracting the disease are quite small, but not zero.

We know that animals can contract the disease from us. Two of the positive animals in the surveillance study lived in households with sick family members. And we all remember the tigers at the Bronx Zoo, who contracted the disease from a pre-symptomatic caretaker. The important thing to remember is that these animals were the exception, and all had only mild

disease and all recovered. So the next question is can we get COVID from our pets? As of this writing, there have been no cases (world-wide) where humans have contracted COVID from a household pet. This disease is being driven by human to human transmission through respiratory droplets. Could animals carry the virus to you on their fur? There have been extensive studies on what surfaces allow the virus to live on them. Non-porous surfaces (like stainless steel) allow the virus to persist for days if not cleaned. Porous surfaces like clothing and cardboard have been shown to be less hospitable for viruses. Pet fur is quite porous so it is unlikely to transmit the virus based on what we know. The USDA considers the risk of pets spreading the disease to people to be low.

The best advice is if you are ill, then social distancing rules extend to your pets as well. Ask another family member to care for your pet to avoid contaminating them with the virus. If it is not possible, then treat your pet as possibly infected, meaning they should be quarantined with you. Cats should stay indoors and dogs should be kept on a leash.

HOW TO CHOOSE A PUPPY

Make Sure the Puppy You Bring Home is Right for Your Family

Presented by Barbara Sweeney Fassett and Bark Busters Home Dog Training Dutchess County

When life is "normal", my 4th of July article is usually about keeping your dog safe and happy amid all of the holiday parties and explosive fireworks displays. This year, like everything else that's been affected by Covid-19, our 4th of July celebrations will be different.

In the interests of sharing some information that is hopefully valuable and timely for my readers, I considered how many very fortunate dogs and puppies have recently been adopted, left the shelters and found forever homes because people have the time to spend helping that new addition adjust.

Finding a new canine companion should be carefully considered. Adopting a dog because you like the way it looks might not be the best the best strategy. Think about the dog's breed, its adult size, its exercise requirements and, if you are an inexperienced dog owner, the dog's "trainability".

People often ask me what the most difficult breed is to train and my answer is always the same: "It's the dog that is not a good fit for the owner(s)." I cannot be too emphatic when I say that when a prospective owner considers adding a canine member to the family, he or she needs to research the breed and be sure the puppy is a good fit for the family's lifestyle.

So, what does it mean when I say that the breed and the owner need to be a good fit? A dog's age, breed and temperament,

combined with your lifestyle and personality, all play an important role in determining what kind of dog is the best fit for you. Adopting a puppy has certain advantages - you can choose the best temperament for you and ensure he gets a proper early education. But puppies bring added responsibilities too, requiring more of your time than an older dog for house training, socialization, feeding and entertainment. If you do not have the time for a puppy, consider adopting a full-grown dog. But if you're sure that you are ready for puppy ownership, consider the following:

STEP 1: BREED

Are you:

- Active and Outgoing? Do you have a large home, yard or park nearby? If so, a larger-breed dog may be the best choice for your family.
- Less outgoing? Do you live in an apartment or condo or have other small pets? You may want

to consider a smaller dog.

Do your research on the characteristics the different breeds tend to display. Remember that while breed can have an impact on a dog's personality, you should base your decision primarily on what you know about the puppy's background and what you observe about his temperament.

STEP 2: TEMPERMENT

Temperament has less to do with the dog's size, breed or upbringing. Temperament is something innate in the dog. And while good training can improve certain traits in the dog, training does not change the dog's temperament.

There are clues to what a young pup's temperament might be:

- Within the litter, watch how the puppies run and play to determine where each puppy stands in the litter's pecking order. More confident puppies act assertive by standing over the other littermates. Less confident

Continued on page 14

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“SEED TO FEED” GUIDES HOME GARDENERS

Next time you pop into the Chatham Hardware Store, peek over the fence next door. It surrounds a 40’x60’ neatly ordered plot of land with rows of thriving plants, a “tutorial garden” supported by Columbia County’s Harvest Hall, and Chatham Hardware. Dorothy Nowak and Julia Horst are inviting you to take part in a new county-wide pilot program called “Seed to Feed” meant to instruct and support back-yard gardeners.

Dorothy and Julia believe that in times of crisis, each person may have to supplement their own food source by growing in a space of their own—no matter how small. And the garden is meant to demonstrate how much food can be grown to eat or share, and most importantly, how it’s done. They seek folks interested in growing food, and local gardeners who will mentor others, assist with site selection, soil preparation, seeding (free to persons under 17 years old.), maintenance, safe pest control, harvest and preservation of food in backyard spaces. An ancillary goal is to develop a data base of

people and programs that support their efforts.

“A lot of people in this region have experience with gardening. They might be willing to share their knowledge with others.

That’s how we all learned... from each other,” says Dorothy, quoting indigenous Hopi elders that believe the time is now and there are things to be considered.

“Where is your water? Know your garden, Create your community. Do not look outside yourselves.”

If you are interested in learning to garden, mentoring, or wish to be included in the data base, call: 518 828-1823 or give Dorothy or Julia and shout over the fence. Just say, “I’d like to garden.” Seed to Feed: harvesthallsuper@gmail.com

It is Time...

Pat Owens

It is time for us to head out to our gardens again. We have been cooped up for various reasons, not weather-related, and we are ready to burst forth like gorgeous flowers.

The Old Dutch Village Garden Club has chosen a local garden for the June Garden of the Month. This time it

is a new homeowner in our village. David Sokol and Rick East purchased the Martin Homestead in February 2020.



This house is familiar to all of us, standing at the fork of Broadway and the Old Post Road near our Garden Club Memorial Garden. I have always admired it as I drove by. I had liked the austerity of its 1776 sign overlooking a simple picket fence. You rarely saw a person and wondered what the house had witnessed all those years.

Suddenly it has come to life! There are plants and flowers all along the fence, the house is blossoming, and it is a happy place. David became interested in gardening at an early age and first encountered the Hudson Valley as a teenager, on a family trip to Cold Spring. Those two loves came together at his home in Beacon in the 2000s, where he created an “edible yard” where strawberries replaced grass and pumpkin vines wove around hydrangeas. Not surprisingly, David is a journalist. He interned at *Garden Design* magazine in college, and today he writes mostly about architecture. In 2018, his book *Hudson Modern* showed “how the bucolic region that inspired landscape painters now supports forward-thinking design,” as *The New York Times* described it.

David and Rick wanted to celebrate their arrival in Red Hook, by giving the community something beautiful to look at as we emerge from our homes. Rick, a talented space planner and decorator who grew up in Maryland, helped David choose a color palette inspired by the Martin Homestead’s majestic saucer magnolia, and the fence garden is a work in progress with bee balm, hydrangea, echinacea, phlox, etc. The couple hopes to add more as time goes on, both along and inside the fence. That sounds familiar to me as I venture into my own garden. I can always think of other places to plant, or of moving this and planting that. Oh, if we all had the time and energy. But David and Rick do not have too much time this year as

they are planning a backyard wedding!! An interesting note: the ceremony will be officiated by Jeff Martin, a tenth-generation descendant of the Martin Homestead’s namesake family. Sometimes things come full circle, just like the seasons. Good luck to them and welcome to our community. You have already impressed us.

We anticipate that things will eventually return to the “new normal.” When that happens, please remember that we usually meet on the second Thursday of each month, except for August, at St. John’s Reformed Church in Upper Red Hook at 12:30. New members and visitors are always welcome. Please contact Linda Lawson at 845-758-5653 for additional information.

Olana from page 8

tours center around a dialogue between guide and visitors.”

“Olana is committed to playing a central role in art and culture in the Hudson Valley and we are excited about these new expanded tour offerings which will serve as inspiration for all audiences and communities,” said Amy Hausmann, Director of Olana State Historic Site.

“The spectacular home and landscape created by Frederic Church celebrates the beauty of the Hudson Valley and Catskills. We love that so many visitors enjoy Olana as a place of refuge and we are excited to share these new outdoor tours which provide a deeper understanding of this remarkable cultural treasure.”

The Olana Electric Carriage Tour is the most comprehensive exploration of Frederic Church’s 250-acre masterwork, including all 5 miles of historic carriage roads and the series of planned views they link together. The Art and Environment Outdoor Tour is a 1 mile (60 minute) guided walking tour that provides a comprehensive introduction to Frederic Church’s work as an artist, architect, and landscape designer. This tour addresses the leading role that Olana has played in environmental conservation and watershed protection decisions during the 20th and 21st centuries. The Landscape and Architecture Outdoor Tour is a ¼ mile (30 minute) guided walking tour that follows the historic carriage road entrance from the site of Frederic Church’s painting studio, past the Mingled Flower Garden, to culminate in the dramatic planned approach to the Main House with panoramic views of the Hudson River Valley. Learn about Frederic Church’s evolution

Continued on page 14

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- 1 can (10-3/4 ounces) condensed cream of chicken soup
- 1/2 cup dry white wine
- 2 cups herb-seasoned stuffing mix
- 8 tablespoons butter, melted

What to Do

Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray. Place chicken in prepared baking dish. Top each piece with a slice of Swiss cheese. Arrange sliced mushrooms over cheese, if desired. In a small bowl, mix together soup and wine; pour over chicken. Sprinkle stuffing mix over top, and drizzle on melted butter. Bake 35 to 40 minutes, or until chicken is cooked through and no pink remains.



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Holmquest from page 1

of every single cart and accessory used by each and every customer, masks and protective equipment costs for all of their workers and themselves - the list goes on and on. But they've taken on every additional challenge to the max, and it shows. Their facility is beautiful AND cleanly run.

Tom and his wife Terri run the operation now, along with their son Thomas, and it's a massive undertaking, with 500 acres and over 30,000 square feet of greenhouse space alone. Tom's father Richard Holmes, III ("Dick") and his mother Elaine oversaw everything for years and managed the main transition from dairy farm to crop farm. They remember when they added the first greenhouse in 1988, and are

still an active part of the operation (officially "retired" several years ago, although farmers never truly retire, they just hand the "main reins" over, as Tom's grandfather Richard Jr. had done with him in 1959, when it was still mainly a dairy farm with strawberries and other seasonal produce for sale on the side). Half of their greenhouse space today is a technological marvel including automated temperature control and zoned irrigation. Tom and Terri took over the farm operation in 1998 and the greenhouse operation in 1999.

The family is very environmentally conscious, having an extensive water recovery system that catches rainwater and flow from the flood tables and returns it to the

greenhouse for watering—not only green, but GREEN, as they say! They are constantly upgrading and installed solar panels in 2012 providing power for much of the farm. Their entire operation is run intelligently and responsibly, with sequential and frequent plantings so popular crops such as sweet corn can be ripe from the end of June to October. They have rotation systems in place and keep up with all the most modern methods for the health of the soil and their crops.

This year when they opened in April, things were much more complicated because of the coronavirus, but they still had an overflowing plant and flower greenhouse, with hundreds of varieties, and hundreds of customers to purchase them.

They monitored everything and worked long and hard hours, but no customers were disappointed.

The flowers and vegetable plants they sell each spring is Stage One, and now will come Stage Two, although there is some overlap and things are hopping at Holmquest not just in the summer months but most of the year. In the fall, they have pumpkins, for instance, and they have traditionally entertained school groups with tours and information about seasonal farm life. Even in the "down time" in the winter months, they catch up on maintenance and

prepare for the seasons ahead. There are so many varieties of vegetables and fruits nurtured at Holmquest Farms that it would be impossible to list them all. Fortunately, on their extensive website www.HolmquestFarms.com, there is literally a chart showing the fifty or more kinds of produce grown plus the early dates, most active dates and ending dates for each. The dates are in ranges, of course, as even the professional and seasoned farmers like the Holmes family cannot predict the exact weather patterns!! The website can also

Continued on page 16



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Is Less Health Information More?

by Charlotte Michos, RN, MS, CNS, CLNC

When it comes to our health, we all want good medical care. We are bombarded with health information, but how do we decipher it all? We don't want to ignore the data, nor do we want to drown in its volume. **The right amount of information – utilized wisely – can be very comforting, and lead to good health care.**

Most health providers expect their patients to partake in their plan of care. The plan entails being informed, determining your information personality, and finding the right doctor for you. Here are some details about these three categories:

Part I: Being informed about your health:

Most people start with the web, but there are other resources as well: libraries have reference books on nutrition, anatomy or resources for treatment. You might want to ask questions of a friend or associate in the health field. Sometimes patients who have the same diagnosis are able to help or you can seek out a support group. When utilizing the Internet, start with reliable health sources such as *The Mayo Clinic*, *Medline*, *Cleveland Clinic*, *FamilyDoctor.org*, *National Institute of Health* or *Health on the Net Foundation* (<http://www.hon.ch/>).

Become familiar with understanding the meaning of *Evidence-Based Medicine (EBM)*. Basically EBM means treatment options that have been researched and found to be beneficial to a population of people with a certain medical condition. Look carefully at the authors: Are they doctors, nurses or health experts? Complementary or alternative medicine, which includes therapies beyond the scope of scientific medicine, should be investigated. Certainly they can be helpful, alone or along with standard medical care, but don't be naïve about these practices. Do your research and use common sense. We are very familiar with the benefits of alternative practices such as massage, yoga, biofeedback, meditation, acupuncture, or nutritional therapy.

Part II: Decipher the information and determine your information personality

1. Research your symptoms, diagnosis, and medications. Do not try to self diagnose.

2. Health Literacy refers to not only how a person can find the

information that he/she needs for healthcare services, but also how well they understand this information, and then apply it appropriately.

3. Come up with a list of questions and comments for your doctor.

4. Don't get lost in a sea of information or statistics; limit the amount.

5. Know your "information personality:"

"Information gives some people a sense of control. For others, it's overwhelming"

(<https://www.nytimes.com/2008/09/30/health/30patient.html?ref=healthspecial>). Know your personality, and research accordingly. Also be careful with your conclusions; lay people do not become experts overnight. So the goal is to become informed and to find the right doctor, not become one. This leads us to Part III.

Part III: Find the right doctor for you

1. Communication is key; you have to be able to talk to your doctor. Bring your research and questions.

2. Your doctor can provide advice and is most likely your primary resource for health information, but ultimately the decisions are up to you, the patient.

3. Find a balance of respect for your physician (and remember the years of training) vs. feeling your doctor is dismissing your opinions. Bottom line, your doctor should serve as your coach.

4. Look for doctors who value a team approach: Your doctor should value a second opinion, recognize a qualified advocate, and obtain a detailed health history from you (knowing that you are the #1 person to know the most about your health).

You should find a doctor that you feel comfortable with and one you can trust (<https://www.nytimes.com/2008/09/30/health/30patient.html?ref=healthspecial>).

The actual visit with your doctor. Utilize your time wisely, since doctor's visits are often short. As a quick overview for the doctor, bring a single-page health summary (see below).* This is a useful tool to bring to the doctor's office. It saves time and gives you the opportunity to get to the "heart of the visit." Tell your doctor about your research, keep the questions simple and write down the answers. We are often distracted, rushed or emotional while visiting the doctor, so consider an advocate (family, friend, or professional) to help make the most out of the visit.

***Single-page health summary** includes: Your name, date-of-birth, address, phone numbers, emergency contacts and health proxy, insurance information and key physicians involved in your healthcare. Include a brief history of your medical conditions and surgeries, vaccine record, allergies, and medication/supplement list. **(Do not list your social security #;** it is not required for routine identification

within the healthcare system).

Patient Privacy and Protection: Most of us have heard all too often the term, *HIPAA*, which stands for *Health Insurance Portability and Accountability Act*. This 1996 act provides the consumer with a national standard for handling our medical information, access to our own records, notification of privacy practices, disclosure policies about our health information, and processes for filing complaints and penalties (<http://patients.about.com>). **But be aware, here are some examples of organizations not covered under HIPAA** (which means they DO have access to your medical information): governmental agencies, auto insurance plans, law enforcement agencies, or data companies that provide your health information to insurance companies (disability, life, or Workers Compensation programs).

The outcome should be a plan of care that is customized for you. It helps to be an informed patient. "When you don't fully understand or can't act on information about your health care, you are more likely to be in poorer health" (<http://www.ahrq.gov/consumer/cc.htm>). Take the steps to access health information without overloading yourself with too much. Sometimes "less is more." Work with a doctor who is right for you and be a participant in the development of an effective plan of care. The outcome is worth the time and effort. *Charlotte Michos is a clinical nurse specialist who serves as a Healthcare Consultant in helping others make informed decisions about their health. For more information, products, and to view previous articles visit www.thehealthconsultant.com or email charlottemichos@icloud.com.*

Rhinebeck medical practice adds medical weight loss specialist

Health Quest Medical Practice's bariatric team recently added a clinician who specializes in medical weight loss for people struggling with obesity.



Jennifer Scheffler, who holds a doctor of nursing practice degree, sees patients in the medical practice's general surgery office on the campus of Northern Dutchess Hospital. The board-certified family nurse practitioner will focus on individualized non-surgical weight loss options for patients who don't qualify for bariatric surgery or prefer a non-surgical approach.

"It's my goal to help each patient find their personal path to weight loss success by using

science to study their metabolism and genetics, as well as healthy eating, physical activity and medications for a lasting healthier lifestyle," Scheffler, of Hopewell Junction, said.

Previously, Scheffler was with SCL Health's St. Mary's Medical Center in Colorado as the lead clinician of bariatric and obesity medicine management. She also spent three years in Texas as a bariatric surgical nurse practitioner, where she worked with bariatric surgeon Dr. Garth Davis at The Davis Clinic in Houston from 2016-2018. She clinically specializes in both obesity medicine management and bariatric surgery.

Scheffler received her doctorate from Walden University in Minneapolis with summa cum laude distinction and her master's degree in nursing from Gonzaga University in Spokane, Wash. She is also a US Air Force veteran.

For information, call HQMP's Rhinebeck general surgery office at (845) 871-4275 (TTY 800-421-1220).

Virtually Staatsburgh: "The Gilded Age Meets the Digital Age"

New Interpretive Content, Family Activities and Fun Stuff Online from Staatsburgh State Historic Site & The Friends of Mills at Staatsburgh

Although the mansion is currently closed for safety, Staatsburgh State Historic Site, and the Friends of Mills at Staatsburgh, are offering many ways to "peek" into the Gilded Age country home, to experience its history and beauty. "Virtually Staatsburgh," a new page on the Friends' website, offers a menu of different ways to experience the site from home. To enjoy "Virtually Staatsburgh," visit <https://millsfriends.org/virtual/>

The new page includes activities for children and families, videos featuring collections and some specific history topics, plus an essay series about the experience of dining on the Titanic, something Ruth and Ogden Mills were getting ready to do, since they had planned to board the brand new ocean liner when it reached New York and began its return to Europe, a trip tragically cancelled by its sinking on its maiden voyage.

"We are very impressed with

all of the different material the staff is producing, for different audiences and interests, so the site and its collections can still be enjoyed when the mansion cannot admit visitors, due to the current health emergency," says Diane Topkis, president of the Friends of Mills at Staatsburgh. "Site staff will continue creating interesting content, and we will post new material frequently on our website."

Staatsburgh's historic estate grounds, now known as Mill Memorial State Park, are open for enjoyment each day, sunrise to sunset, and visitors are asked to avoid crowded areas, wear face covering when they cannot maintain safe social distance.

Staatsburgh State Historic Site and the Ogden Mills & Ruth Livingston Mills Memorial State Park are located on Old Post Road in Staatsburgh, off Route 9 between Rhinebeck and Hyde Park. The historic site is one of 6 sites and 15 parks administered by the Taconic Region of New York State Office of Parks, Recreation and Historic Preservation. For more information, call 845-889-8851, or visit Staatsburgh's [website](http://www.millsfriends.org), [Facebook](https://www.facebook.com/millsfriends), or [Blogger](https://www.blogger.com/millsfriends).

The Friends of Mills of Staatsburgh supports and promotes the preservation, improvement and interpretation of Staatsburgh State Historic Site, one of the finest surviving great estates of the Gilded Age. They sponsor educational programs, secure funds for preservation and interpretation, support the research library and produce educational materials to keep this history alive for Dutchess County and the Hudson Valley. They do this through membership and fundraising. They are committed to preserving this extraordinary Beaux-Arts landmark and ensuring its relevance for generations to come. Follow the Friends on Instagram at @friendsofmills

The New York State Office of Parks, Recreation and Historic Preservation oversees 180 state parks and 35 historic sites, which are visited by 77 million people annually. A recent study found that New York State Parks generates \$1.9 billion in economic activity annually and supports 20,000 jobs. For more information on any of these recreation areas, call 518-474-0456 or visit www.nysparks.com, connect on Facebook, or follow on Twitter.

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Barkbusters from page 9

puppies act submissive by rolling over or lowering their heads.
 • If you are considering a puppy at a shelter or rescue, find out as much as you can about his background and behavior from staff members and volunteers, ask whether he's been socialized with other dogs and how he behaves in a variety of situations, such as during feeding, walking and being put in a crate or kennel.

• Also observe the individual puppy you are considering when he's alone with you.
 • Drop your keys or even a soft cloth near the puppy and watch his reaction:
 - A confident puppy will approach the object immediately to investigate. While this puppy could grow up to be a well-adjusted dog, he is likely to be strong-willed and might be a challenge for a soft natured person.

- A less confident pup may jump and move away when the object is dropped, but will usually return fairly quickly to investigate. Less bossy than the more confident puppy described above, this puppy will most likely make a great pet.
 - The puppy that takes longer to approach and runs around the object acting as if it is alive and may attack, is a little timid, but should still make a wonderful pet with proper, gentle training.
 - The puppy that barks at the object, runs away and crouches down or refuses to return to the spot has a more nervous temperaments and could be a difficult pet. More patience will be required during training. Finally, lift and hold the puppy in your arms. A pup that settles in and remains still is likely to be calmer and more easily trained than one that wriggles and tries to escape.

territory includes all of Dutchess County and on the western side of the Hudson her territory extends from Saugerties on the north to Newburgh on the south and Kerhonkson on the west.
 For more information about Bark Busters, please visit our website at www.BarkBusters.com where you can take a free 20 question quiz to rate your dog's behavior. You can also contact Barbara directly by phone at 845-489-0764 and join in the fun by "liking" us on Facebook at <https://www.facebook.com/>

new video tours of the landscape and OLANA EYE, a live skycam broadcasting Olana's iconic view, can be accessed at OLANA.org.
 Olana Outdoor Tours are available Saturday & Sunday, 10 AM to 4 PM, with expanded times coming soon. All ticketed tours REQUIRE PARTICIPANTS TO WEAR MASKS AND STAY 6 FEET APART. Tickets are \$15 for adults and free for children 12 and under. Guided walking tours are free for Members of The Olana Partnership. Electric Carriage Tours are \$50 for all visitors and is currently limited to 2 guests in the same household. Due to the popularity of the tours, advance ticket purchase is strongly recommended. For more information about membership or to order tickets online, visit www.OLANA.org. During

Olana from page 10

from painter to designer, explore the siting and design of the Main House as his collaboration with architect Calvert Vaux. For those looking to enjoy Olana's Historic Landscape from home,

Continued on page 15



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STEP 3: TRAINING
 Once you have chosen your new addition to the family, be sure to start training as soon as you bring him home. By introducing the expectations and rules of your household early, he will quickly acclimate and feel more comfortable and secure. Just like people, puppies come in all shapes, sizes and temperaments. Do a bit of research first, then visit your local shelter. **Determining what breeds and temperaments would be the ideal fit for your family will help ensure that the puppy (or dog) you bring home will become a permanent part of your household.** And the results? **Happy Dogs = Happy Families**
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Barbara Sweeney Fassett is the Owner of Bark Busters Home Dog Training, Dutchess County. As such, she has done business in the mid-Hudson Valley for the past 12+ years. On the eastern side of the Hudson River, her



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CO REOPENS TO MEMBERS WITH KEYCARDS, OFFERS NEW MEMBERSHIP RATES

Tired of working from home and longing for a change of scene? CO is here for you. On Monday, June 15, the co-working venue and event space reopened to members with keycards. The site has been thoroughly cleaned and furniture rearranged to facilitate social distancing. Mask wearing is required on the premises and new guidelines have been adopted to ensure the safety of members. CO also announced new rates, including a Lite Flex keyholder membership for \$65/month that includes keycard access. CO also continues to offer Half-Time

and Full-Time memberships that come with free conference room hours. Community members are encouraged to upgrade to the Lite-Flex membership. Details about the different membership levels and COVID-19 guidelines for the venue are posted on coworkwith.co.

"We're keeping a close eye on best practices in the coworking world as we adapt to these new times of social distancing. The space is actually conducive to it, because it is so large and airy. And in an unexpected bonus, in moving our tables and lounge areas further apart, we came upon a new layout that I think is a great refresh of the space. For example, there's now a new "corner office" with a sit/stand desk in the main space that's my personal favorite

spot!" said Hélène Lesterlin, co-founder of CO, who works out of CO part-time for her job at Good Work Institute.

"CO is also an incredible space for holding events. We've hosted

venue, all housed in a bright, modern building designed for productivity and inspiration. CO believes in collaboration: It is cooperatively owned and managed so its business model mirrors its mission to create a shared resource for our community and to support positive change. CO is located on Route 9 in Rhinebeck across from the Dutchess County Fairgrounds. To learn more, visit the [website](#) or follow CO on [Facebook](#) and [Instagram](#).



galas, community meetings, and parties, from Grumpusses rehearsals for Sinterklaas, to the Primrose Hill School gala, to a packed Chronogram Conversations event about the state of local media, to milestone birthday parties. We look forward to making CO available again for these gatherings as soon as conditions allow," said Pati Jones, co-founder of CO. About CO Located on Route 9 in Rhinebeck across from the Dutchess County Fairgrounds, CO is a premium coworking center that serves an engaged community of individuals, startups, entrepreneurs and local businesses. It offers work spaces, meeting rooms and an event

Olana from page 14

tour hours, the Olana Museum Store offers a pop-up store for safe, outdoor shopping. Or, shop online at shop.OLANA.org.

Olana is a public park, open to all each day from 8:30 AM to sunset, and access to the 250-acre artist-designed historic landscape is free of charge. Visitors are welcome to enjoy the five miles of carriage roads during these hours, take advantage of free virtual tours (OLANA.org), experience the flower garden or watch the sun set over the Hudson Valley and Catskills. Olana asks all visitors to help stop the spread of COVID-19 by wearing a mask and keeping 6 feet apart. Leashed dogs are welcome. Olana is a Carry In-Carry Out park.

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Holmquest from page 11
 give out current information about the availability and even has a section for most frequently asked questions, which is very helpful. The staff at Holmquest are well trained and very friendly, even when excessively busy, but folks can also call at (518) 851-9629 and ask questions or order specific things (24

hour notice appreciated and usually necessary!) to be picked up outside. This "curbside service" offered during these last few months has added more work to the already overloaded business, but they don't mind the work and are very focused on the safety of each and every one of their customers. Holmquest Farms is open seven

days a week from basically 8am to 5pm, frequently longer on each end! The entire family can often be found out haying or doing other maintenance and non-shop work at all hours, from dawn to dusk. They deserve every accolade they have received. Their hard work shows, big time!! Congratulations on a business well run, even this year!

No visitation:

Northern Dutchess Hospital's top priority is the health and safety of all patients, staff and visitors. That's why no visitors are permitted for patients with suspected or confirmed COVID-19 who are receiving high flow oxygen, are on Bi-PAP or CPAP or are unable to tolerate wearing a mask. Some areas within our facility may not allow visitors for patient safety, such as our infusion center, radiology, the laboratory and outpatient physical therapy. No visitors are allowed for non-medical purposes such as using the cafeteria. Nuvance Health will continue to reevaluate the visitation policy as conditions evolve. Please visit nuvancehealth.org/coronavirus for the latest updates about COVID-19, or find Northern Dutchess

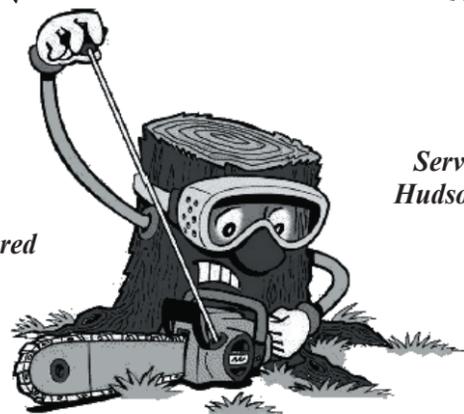
Hospital on social media @ NorthernDutchessHospital. **C O N T A C T S** Sarah Colomello, manager, Public and Community Affairs. O: (845) 871-1720 | C: (914) 474-7332 | sarah.colomello@nuvancehealth.org
About Nuvance Health
 Nuvance Health is a family of award-winning nonprofit hospitals and healthcare professionals in the Hudson Valley and western Connecticut. Nuvance Health combines highly skilled physicians, state-of-the-art facilities and technology, and compassionate caregivers dedicated to providing quality care across a variety of clinical areas, including Cardiovascular, Neurosciences, Oncology, Orthopedics, and Primary Care. Nuvance Health has a network

Continued on page 17

ND Hospital from page 5
Requirements for approved visitation include:

- Visitors must arrive wearing a medical face mask. Masks with a valve, or a bandana, scarf or any other type of face covering are not permitted.
 - Patients can have one approved visitor during their hospital stay.
 - The duration of a daily visit is limited to two hours, between 11 a.m. and 6 p.m.
 - Visitors must pass screenings for COVID-19 risk factors.
 - Visitors need to show a government-issued photo ID (examples: driver's license, passport) to check-in. Visits will be recorded for contact tracing purposes if necessary.
- Exceptions apply for patients under age 21, maternity patients and for patients with extenuating circumstances. The policy regarding maternity visitation has not changed: One support person and/or a doula are allowed. Following New York state regulations, The Thompson House skilled nursing facility remains closed to visitors unless there are extenuating circumstances.

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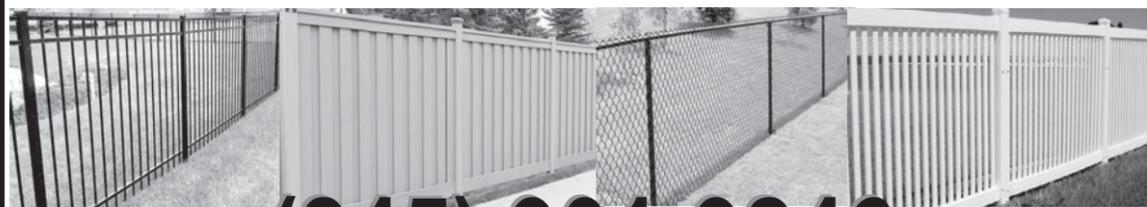
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Home Safety Tips from The National Police Association

Home Security might seem more complicated than ever, with tons of available equipment, services and technologies to protect not only the physical space you call home, but cyber threats as well.

But there are some basic protocols and general check-offs that can help in organizing and taking care of the safety and security of loved ones. The National Police Association (<https://nationalpolice.org/>) is a great resource, with a number of online "Safety Guide" brochures covering topics including:

- Internet Safety
- Crime Prevention
- Home Security
- Identity Theft
- Non-Prescription Drug Use; and
- Prescription Medications
- **Virtual Life, Real Danger**

Virtual communications and activities have never been more prevalent--and cybersecurity has never been more important. Cell phones can contain even more private information than a

home computer. That's why it's important to password protect every device, use the strongest authentication method available. Antivirus and antispyware software should be kept current. Consider "sandbox" software that creates a temporary environment in which programs can operate. At the end of a session, the sandbox can be "emptied", limiting the potential of malware to sabotage files and computer software.

But nothing can completely guard against cyberthreats, warns the NPA. That's why being vigilant, and avoiding risky sites and offers that sound too good to be true, is just as important. Social media is a vector predators have learned to leverage, to find out when families are away from their home, and when and where children are most vulnerable. Experts recommend selecting and triple-check privacy settings, to make sure media posts are only going to intended parties.

Boundaries for your kids on the internet should be discussed, including what kinds of things are okay and not okay to post, share and buy. Remind them

never to reveal any personal information, and never to agree to meet someone in person that they met online. **Keep Home Safe and Secure**

Joining or starting a local neighborhood watch group is top recommendation of the NPA, when it comes to bolstering home safety. Other basic tips include using deadbolt locks for doors, ensuring windows have up-to-date locks, and even reinforcing sliding windows and doors with wooden dowels or steel bars where feasible. Landscaping and bushes shouldn't allow potential intruders cover, so they can access entry points more stealthily. Also take care that your home doesn't look unoccupied, even if it will be for a period, because of vacation or other travel. Keep a small light on, and invest in a timer that can keep lights on or off at certain times.

Many homeowners are choosing smart, internet connected alarm systems that can notify security professionals, including local law enforcement, when an alarm is triggered. Make sure to post notifications that you have an alarm system. It discourages potential burglars.

With more and more commerce delivered straight-to-door, the NPA advises not letting packages linger outside. Ask a neighbor if they can secure a package, in cases where you may be away when it arrives.

Finally, don't take a stranger's word for it. Know who you let inside your home. In the case of service workers, don't shy from asking for credentials before letting them inside. And remind children to never allow someone into the house without a trusted adult present. **Practical Personal Safety Habits**

Staying aware, informed and connected to local resources, is important to personal and family safety. If you want to know more about common issues in your neighborhood, you can contact local law enforcement. If new in town, learn where the nearest police station, hospital and fire station are, and make sure other household members know. Tack up an important phone numbers list (the refrigerator is a good place), even though the info should be part of your cell phone contacts.

When out and about, remember there's safety numbers. Travel with a friend or a group when possible. Don't be embarrassed to ask someone to walk you to your car or to your home if you don't feel safe. Avoid leaving valuables visible in your car. Travelers should always do research ahead of time to figure out whom to contact in case of an emergency. Keep important documents and valuables in a safe place while taking in touring and taking in sights. Never bring them with you if you can leave them in a secure location at your hotel or residence. For more useful safety information and guidelines, visit <https://nationalpolice.org>

ND Hospital from page 16 of convenient hospital and outpatient locations — Danbury Hospital, New Milford Hospital, Norwalk Hospital and Sharon Hospital in Connecticut, and Northern Dutchess Hospital, Putnam Hospital and Vassar Brothers Medical Center in New York — plus multiple primary and specialty care physician practice locations, including The

Heart Center, a leading provider of cardiology care, and two urgent care offices. Non-acute care is offered through various affiliates, including the Thompson House, also known as the Northern Dutchess Residential Health Care Facility Inc., and the Home Care organizations. For more information about Nuvance Health, visit our [website](#). TTY: 1 - 8 0 0 - 4 2 1 - 1 2 2 0

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First time to market in 60 years a charming Victorian farm house. 1890's in wonderful condition with outstanding wood work and most of the original detail has been retained. Situated on 37+ acres that is all cleared and drained in a hay crop. 3 large barn structures, great for a mini farm or animals, organics, etc. This is one part of a larger package, all are listed in this MLS. A wonderful location 10 minutes to Red Hook. 10 minutes to Bard College. County 6 is a picturesque road in the heart of farm country. **\$695,000**.



COUNTY ROAD 19, LIVINGSTON

Green Pastures Farm, 196 acres, privacy plus about 80 acres is cleared and in agriculture. Stream goes through property and there is a nice pond also. Soil is sand and gravel. Soil is well drained, great for crops or animals. Property is subdividable and in a nice quiet area, yet only 10 minutes or so from town. This is a gem of a property and it is getting hard to find this large a parcel in one piece. Call Tom for a look. The Western portion has wonderful CATSKILL VIEWS. **\$1,799,000**

I HAVE SEVERAL 1 ROOM COMMERCIAL OFFICE AND MANY OTHERS UP TO 1900 SQ FT - RHINEBECK & RED HOOK. CALL TOM FOR DETAILS



RT 6, GERMANTOWN

41 Acre Mini Farm with nice 3 BR Cape, quiet country location. Fields are mostly cleared and drained. Also included a rented mobile home pad that generates \$450 monthly. **\$499,000**.



WILLIAMS ROAD, RED HOOK

Beautiful 23 acre wooded parcel. Located on one of Red Hooks most quiet and scenic roads. Nice forest and ample road frontage. It is in 2 parcels, both are included in sale. **\$250,000**. Call Tom.



Spectacular property. 97+ acres mostly cleared and in hay. Has panoramic Catskill VIEWS, is sub dividable and in RED HOOK SCHOOLS! Development rites are included in the sale. No nicer land parcel available today. Has 3 premium house sites with world class Catskill views. A must see property. **\$695,000**.



RT 9G, RED HOOK

Private 9 acre lot, Red Hook Schools. BOHA, sale includes it. Long drive going in estate like feel. Lot offers great privacy and close proximity to villages, bridge and Bard College. **\$79,000**.

Mondello

Upstate Properties, LLC

7 West Market St.
Red Hook, NY 12571
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Red Hook: Tucked away within walking distance to Bard College. This Contemporary home is perfect for those who love a unique design & crave light. Artist owned, loved & inspired the FP consists of a spacious LA w/soaring ceilings,

wide plank flooring, skylights, wood burning FP & a double french door to a private wrap round deck giving the feeling of being in a tree house. Kit & DA w/center island, wonderful windows & accesses a petite solarium w/ceramic flooring, skylight & vaulted ceiling, BR/Office w/access to Bath on main level. Up the whimsical staircase there is a mezzanine which leads to 2 BR's w/vaulted ceilings & transom windows, FB & French doors to Juliette balcony perfect for star gazing. One car GAR & full BSMT. Bucolic setting shade trees & mature flowering shrubbery w/unique frontage on serene year round stream. Asking: **\$399,900**



Red Hook: Charming 1900s Farmhouse w/original woodwork & HW floors features include updated cherry Kit, comfortable LR, huge

MBR, cozy guest BR & the possibility of 3rd BR. Two modern baths plus enclosed porch, laundry & mud room. Renovated in 2007, this home is energy efficient w/blown in insulation & solar hot water. Whole house generator gives extra security. Fabulous two story barn w/studio has water, heat & electric on second floor while set up for horses & dogs on first level. Various paddocks, run in sheds plus riding rink & 43+ acres w/2 acre pond. Perfect for livestock. Asking: **\$499,900**

Red Hook Village: Built in 1868, The James B. Fisk house - is one of the most unique homes in the Village in all it's splendor, sitting on 4 acres off a quiet side street among wild flowers & fruit trees.



Once a boarding house, it was a popular destination for those wishing to escape the city life. It's architectural details & wrap around porch are still exquisite, commemorating the charm & grace of it's era. Only 4 owners since being built, this home has maintained it's spectacular allure, boasts 5 BR's, 2 FB's, country KIT, formal DR, inviting parlor & LR. 10 ft ceilings give the space & light that so many desire. The third floor was renovated in 2000 & designed into a 2-3 BR apt w/KIT, DA & LR. Full BSMT equipped w/sauna, laundry & workshop. Barn w/loft, classic pole barn, solar panels, electric car charging station, RV hook up & pad all ready to go. And if you don't have a need for all the acreage, slice off 2 acres for a potential investment opportunity. Come experience what country life feels like while enjoying all the conveniences the village has to offer. Asking: **\$799,000**

Rhinebeck: Revel in luxury while enjoying life on this Mini Estate located right on the edge of



Rhinebeck Village. Stone walls, large bucolic trees & 3+ acres of flat usable land make this property very special. No expense was spared while building this magnificent custom home - grand oversized rooms, custom antique 6 panel doors & exquisite woodwork are featured throughout. 10 ft ceilings & oversized windows introduce light & space. Sleeping quarters boast 5 Guest BRs PLUS a luxurious MBR Suite w/sitting room, fpl & a relaxing teak sauna. The sunroom w/FP is the perfect space for holiday gatherings. Walk up cedar attic is perfect for office, studio or seasonal storage. Enjoy a swim in the pool or enjoy cocktails on the flagstone patio under the pergola. The barn is perfect for the artist or collector! The sweet stone building is currently housing pool equipment but use your imagination to make it into whatever suits you! Nothing else compares to this property... a real gem in a prime location! **\$1,695,000**



Livingston: Picture spending long summer days at the lake! This sweet & cozy chalet has been lovingly maintained

& updated within the past few years. Open concept includes eat in KIT w/pretty bay window & comfortable LR. Spacious office & FB on first floor. Second floor includes good sized guest BR, 1/2 bath & MBR w/sweet balcony where you can sit and enjoy your morning coffee & paper. Spend the days fishing at the lake & then head back for a summer BBQ on the deck. The yard has plenty of room for both a garden & play. New roof, hot water heater & electric. Perfect weekend getaway or full-time living. **\$224,900**



Germantown: Immaculate one level home w 1 BR Guest Apt in bsmt w/private

entrance. Open floor plan w Kit, DR, LR & FR all flowing into each other. Master Suite is separate from other BR's w private bath & WIC. 2 gracious guest BR's w/FB. Massive 20x30 deck looks over the spring fed pond & beautiful vistas of country side. The land is abundant w/lilacs & embraced by stone walls. 5+ acres of green space may accommodate a horse. 5 minutes to Hudson River for boating & Germantown Center. 10 minutes to Hudson for shopping, dining & train. 15 Minutes to Bard & Red Hook. 90 mins to NYC. **\$425,000**

Clermont:

Spectacular sunsets over the mighty Catskill Mountains. Hudson Valley horse farm features Brescia barn w/6 stalls, 4 matted w one padded foaling stall, a tack room w bath & bath stall. 2 BR apt. w/lovely maple floors & Joule wood stove in LR, Country Kit, full tiled bath & bonus room on the second story. Each of the 4 paddocks has it's own water supply & electric. There are two run-in sheds, 2 acres of Dog Watch fencing PLUS the most gorgeous building site set in the back. Excellent opportunity to live in apartment while you build your castle. This is a very special property lending itself to many possibilities. Almost 15 acres w/a view from every angle bordering conservatory property. **\$525,000**

Red Hook: Classic 4 BR, 2 1/2 bath colonial is set back on 3 private acres, just minutes to the village of Red



Hook. Large formal rooms are flooded w/light affording great space for those who like to entertain or appreciate having space to roam. The lovely screened porch is a serene place to sit & watch nature. Gleaming wide board floors run through the house & are in great condition. The finished lower level is perfect for a game of pool, ping pong or just a home office. Owner is ready to sell & looking for the next owner to make it their own! **\$385,000**



Red Hook: NATURE LOVERS PARADISE! Unique country homestead set on 10+ acres, just mins to Red Hook village. Lovingly maintained over the

years where pride of ownership shows! Well kept w/3 BR, 2 Bths, a cozy LR w/woodstove & a galley kit that can be expanded. Relax w/a good read on the lovely screened porch! Convenient laundry/mud room is on the main floor. Original hw floors are under the carpet. Venture outside for some gardening, to feed the chickens or play a game of soccer. Plenty of ATV fun to be had on your nature retreat of woods & trails. Spy on the blue heron as he fishes in the wetlands next door. The hobbyist will find the outbuildings useful & the basement is set up for woodworking. The generator hook up is very convenient! So many possibilities here! **\$389,900**



Red Hook: Located off well desired, quiet country road, 5 mins from Village. This lovely 4+ acre BOHA lot offers westerly views of the majestic Catskill mountains, pretty rock outcrops and is lightly wooded. Open farmland bordering the west. This is a very special sight to create your dream home. **\$170,000**



Red Hook: Very nice 4 1/2 acre piece conveniently located just minutes to Red Hook Village and Rhinebeck Village. Level, lightly wooded and BOHA. Asking: **\$135,000**

Commerical Space Pine Plains: Opportunity knocks at the door of this well maintained building set in the heart of bustling Pine Plains. Formally



leased as a thriving diner but lends itself to many uses. Owner has updated the 3 bathrooms as well as windows, electric & septic. Kit is equipped w Ansul exhaust system, propane industrial 6 burner stove, ice machine & refrigerator. There is seating for 53 including bar & table sets. Outside awning allows for additional seating. This is charming place to realize your dream. **\$184,000**

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Get Ready: 10 Tips To Help Home And Business Owners Prepare Ahead Of Storms, Hurricanes And Floods

The preparations you make now, ahead of storms, floods or hurricanes, can help you recover faster and stay safe during cleanup. The Outdoor Power Equipment Institute (OPEI), an international trade association representing manufacturers and suppliers of power equipment, small engines and battery power, utility and personal transport

vehicles, and golf cars, reminds home and business owners to get ready before a storm strikes and make preparations now. "Weather can be unpredictable, so it's important to always keep your equipment in working order, to have the right fuel on hand and to know where your safety gear is. This is doubly true during storm season, as the weather can change quickly," said Kris Kiser, president and CEO of OPEI. "You also want to know how to use your equipment safely and use caution when cleaning up." These tips can help homeowners and businesses

plan ahead for storm cleanup:

- Take stock of your outdoor power equipment.** Make sure it's in good working order. If needed, take the equipment to an authorized service center for maintenance or repair. If you need to buy a new piece of equipment, get it before the storm and learn how to use it.
- Find your safety gear.** Avoid the scramble for sturdy shoes, safety goggles, hard hats, reflective clothing and work gloves, which should be stored in an accessible area with your equipment.
- Review the owner's manuals.** Read product manuals to ensure you know how to operate your equipment safely.
- Have the right fuel on hand.** Fuel stations may be closed after a storm. Store your fuel in an approved container. Use the type of fuel recommended by the equipment manufacturer. It's illegal to use any fuel with more than 10% ethanol in outdoor power equipment (for more information on proper fueling visit www.LookBeforeYouPump.com).
- Charge batteries.** Collect the batteries for your outdoor power equipment and fully charge them ahead of the storm.

- Use safety precautions.** Be aware of fundamental dangers that can occur. For instance, chainsaw kickback may happen when the moving chain at the tip of the guide bar touches an object or when the wood closes in and pinches the saw chain in the cut. Always stand with your weight on both feet, and adjust your stance so you're angled away from the blade. Hold the chainsaw with both hands. Never over-reach or cut anything above your shoulder height. Have a planned retreat path if something falls.
- Ensure portable generators have plenty of**

ventilation. Generators should never be used in an enclosed area or inside a home or garage, even if the windows or doors are open. Place the generator outside and away from windows, doors and vents that could allow carbon monoxide inside. Keep the generator dry. Do not use it in rainy or wet conditions. Before refueling, turn the generator off and let it cool down.

- Drive Utility Type Vehicles (UTVs) with caution.** Keep the vehicle stable and drive slowly. Do not turn the vehicle mid-slope or while on a hill.

Continued on page 20



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busy Route 9 corridor. High traffic counts, plenty of parking and surrounding business's offer ample exposure for any retail business or professional offices. At current there are several first floor and second units available for rent in a variety of sizes. Call today for more info (845) 876-3196.




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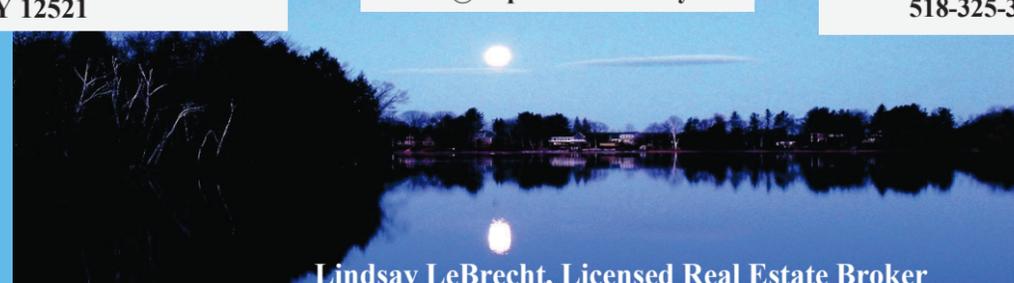
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RHINEBECK



Just listed, this 1891 Greek Revival Farmhouse is incredible charming, is 3900 SF, has a MBR suite, front & back stairs, 4 bay windows, wood floors, period woodwork & doors, & a curved stairway. Design your own K. 1.6 acres. **\$835,000.**

RED HOOK



Just listed, this modern home is immaculate & precise & is hidden back on a dead-end rd. .7 from the V. There's CA, a FPL, a granite K, MBR suite, LR & FR, breakfast rm & DR, a screened porch & 4 decks. Total privacy. **\$399,000.**

MILAN



Just listed, this 3 BR, 2 bath home has a flexible floor plan. There's CA, a WB FPL, lovely K, large LR, MBR suite, plus a 27 x 56 bonus room you can finish. 9 Acres with a pond, on a dead-end rd. ensures complete privacy & quiet. **\$439,000.**

RHINEBECK



The perfect retreat, this 2710 SF Contemporary, backs up to protected land, has a glorious heated pool & huge deck for outdoor living. Here there's a vaulted great room, AC, a floor to ceiling FPL, first floor MBR suite, & FR. **\$489,900.**

RHINEBECK VILLAGE



This 4 BR, 3 bath CAPE has full first floor living, a 2nd floor for guests, plus there's a separate 1 BR apt with a CO for family or for income. The floor plan is open, there's a FPL, a studio & den. Walk to schools & parks. **\$479,000.**

PINE PLAINS



The super charming 1800s home has been updated for today w/a granite K, walls of glass, vaulted ceilings, & views of a superb waterfall. There are 32 acres, 3 outbuildings, a trail system, & a country location w/easy TSP access. **\$599,900.**

RHINECLIFF ON HUDSON



24 acres provides complete privacy w/walking distance to Amtrak & the Hudson. This amazing luxury home has 6 BRs, 6.5 baths, a 900 SF MBR suite, chef's K + a guest house, & a gigantic heated saltwater pool. **\$1,495,000.**

GERMANTOWN



In the Red Hook School District, this amazing luxury home is light filled, private, & special. Here are 6 BRs, 4.5 baths, CA, a FPL, a chef's K, an in-law suite. Also a 28 x 40 garage w/loft. Immaculate & move in ready. **\$765,000.**

CLINTON



SWIM, FISH, KAYAK & relax lakeside at this architect designed Contemporary. Entertain on the huge screened porch, pamper yourself in the 3 rm MBR suite. LR w/FPL, den, lovely EIK, DR & an auto generator. **\$399,000.**

RED HOOK



INCREDIBLE VIEWS of the Catskill range make this 3866 SF Contemporary in Red Hook one special home. Here there's total privacy on 3.86 acres, CA, a FPL, studio, & a 20 x 29 LR/DR. 850 SF of decking for outdoor living. **\$689,000.**

RHINEBECK



ON A BUDGET? This brand new manufactured home may be the answer. Why rent when you own? Here are two MBR suites, an open K/DR/LR, a great K w/a gas range, laundry & propane heat. Dead end road, too. **\$69,900.**

RHINEBECK



Planning on building a special home? This 12.98 acre parcel on Morton Road has dramatic Hudson River views. Close to Amtrak & not far from Rhinebeck Village this will be a wonderful place to call home! **\$838,000**

Get Ready from page 19

•Be aware of others. Keep bystanders, children and animals out of your work area. Don't let other people near outdoor power equipment when starting or using it. •Pay attention to your health. Storm cleanup can be taxing on the body and the spirit. Don't operate power equipment when you're fatigued. Drink plenty of water and take regular breaks. Keep this advice in mind and you may be better prepared to weather any storm.

Don't Forget Marvini Auto: always new choices and garage as well

Conveniently located at 495 Route 82 (Town of Livingston but Hudson 12534 address) between the Taconic State Parkway and Bell's Pond, Marvini Auto is a wise choice to check out. They prepared to set up and open there last fall but by the time all the paperwork was completed, they just barely had opened their doors when the coronavirus hit and changed everything! However, in the midst of all this, they have continued to locate and procure a great variety of good used cars and trucks, and owner Marco says to call him if there is a specific

vehicle you are looking for and he will try to search for it for you. He has many contacts and years of experience in the field.

In addition to finding prime previously owned cars (which they check out thoroughly and stand behind), Marvini Auto operates a successful garage and has a mechanic available there from 9 to 5 Monday through Saturday, doing brake work, tune-ups, oil changes, suspensions, and general repair.

Walk-ins are certainly welcome, but a call to either (518)610-6733 or Marco's cell at (845)464-2005 in case he has had to run out briefly to deliver or pick up a vehicle is a good idea. He is professional, skilled, friendly and bilingual – a great mix!!



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Rhinebeck 91 Acre Farm



Located just a short drive from the Historic Rhinebeck Village is this 91 Acre Farm w/Barn Complex and 3 BR, 2 bath Colonial. Property currently a Christmas Tree Farm & CrossFit Gym. Proudly offered at **\$1,165,000**

Bowling Alley For Lease



Located in the Town of Red Hook in high traffic corridor of the Kingston/Rhinecliff bridge close to BARD Collage is this 20 lane, 18000sf bowling alley constructed of 12 inch block & steel trusses that offers 20 lanes, arcade, miniature golf course, lunch counter w/liquor license & has parking for 100+ cars. Asking **\$9,000.00** per month

Rhinebeck Village



Turn of the Century Colonial located in the heart of the Rhinebeck Village on one of it's most sought-after streets. This home is currently being used as a 2 family w/an apartment on the 1st floor and another on the 2nd and could easily be converted back to it's original single family floor plan. **Reduced to \$399,000.**

Rhinebeck - 3 BR Colonial



Located just a stone's throw from the Historic Rhinebeck Village is this warm, 3 BR, 2.5 bath, 1910sq.ft. Colonial with detached garage and stream. Asking **\$299,000.**

Red Hook 3 Acre BOHA Lot



with septic fields in place for a 3 BR house with 4 BR being an option with added lateral. The driveway base is in place and the house site is cleared and offers seasonal Catskill Mountain views. **\$119,000.**