



Hudson River View

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www.hudsonriverview.net

(518) 828-0333

Vol. IX Number 11 - Serving Northern Dutchess & Southern Columbia County January 2025

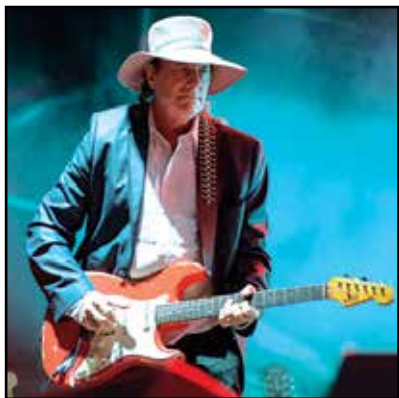
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Spencertown Academy Presents “Gary Lucas: Solo Electric and Acoustic” January 11

Spencertown Academy Roots & Shoots Concerts Series presents “Gary Lucas: Solo Electric and Acoustic” on Saturday, January 11 at 7:30 pm at the Academy’s Blanche Grubin Auditorium. The acclaimed guitarist and Grammy-nominated songwriter will perform a tour de force program of original songs, blues, tributes to Lucas collaborators Captain Beefheart and Jeff Buckley, covers of 1930’s Chinese pop, Wagner, Stones, electronic soundscapes, and more. General admission tickets (\$30 public, \$25 Academy members) are available via www.spencertownacademy.org

“We are looking forward to welcoming Gary Lucas back to the Academy. He is one of the most innovative guitarists I’ve ever seen play live,” says Dusty Wright, a member of the Academy Music Committee. “His repertoire is so vast, each show is unique, inspired by the vibe of the audience and his mood in the moment.”



Gary Lucas
Photo Credit: Paolo Soriani

Lucas has performed and collaborated with a who’s who of musical luminaries, including Captain Beefheart (Don Van Vliet), Jeff Buckley, Leonard Bernstein, Lou Reed, John Cale, Patti Smith, Chris Cornell, Bryan Ferry, Nona Hendryx, Los Van Van, Bob Weir, Nick Cave, Thurston Moore, Lukas Ligeti, Martha Wainwright, Camille O’Sullivan, Steve Kilbey, and many others. He has also recorded over 50 albums to date in his own right in a variety of genres—jazz, rock, classical, folk, blues, avant-garde, and world music—and has performed in over 40 countries. He has received several Lifetime Achievement awards

Continued on page 2

Hudson River Maritime Museum offers Foundations of Woodworking Series, Free ‘Sail Tales’ Storytelling, and Industrial Walking Tour as part of its Winter Event Schedule

Hudson River Maritime Museum is offering Guide Exhibit Tours, Industrial Walking Tours along the Rondout, and free children’s storytelling sessions as part of their winter season of events throughout December and January. The Wooden Boat School will also offer their five-class Foundations of Woodworking Series, alongside individual classes in chair caning, whittling, furniture restoration and more. Full descriptions are provided below. For more information and tickets to



events, visit our events calendar at www.hrmm.org/events.html.

EVENT DESCRIPTIONS
SAIL TALES, 11:30 am-Noon
FREE Saturday Morning Storytime
December 14, January 11 and January 25

Ahoy, whimsical adventurers! Set sail to the Hudson River Maritime Museum for a delightful storytime that will whisk your little ones into the magical world of maritime tales! Join us in the museum, surrounded by incredible historical treasures from the Hudson River’s rich past, as our storytellers read aloud an enchanting seafaring story—perfect for sparking imagination and wonder! Don’t let this a one-of-a-kind experience float away—come and enjoy storytime in a museum setting. Registration is encouraged (just to smooth the sails) but not required. Tickets are free and include admission to explore the museum’s treasures. Come for the tales, stay for the history.

GUIDED MUSEUM EXHIBITS TOUR
\$5, plus admission to the museum

Gain fascinating insight into the story of the Hudson River

Continued on page 3

Art Gallery 71

To commemorate its five year anniversary, Art Gallery 71’s January feature is a group exhibition of the seven artists that founded the cooperative: Alix Travis, Wendy Sheasby, Evelyn LaStella, Richard Chianella, Trevor Hunter, Mary Belliveau and Ted Braggins.

The anniversary installation will be on display from January 3 – February 2 during gallery hours listed below. Please join us for a reception/party on Saturday, January 25 from 4-6 PM.

Gallery address: *71 East Market Street, Rhinebeck, NY 12572*

Gallery hours:

Fridays: noon-6pm

Saturdays: noon-6pm

Sundays: 10am-4pm

For more information, visit our website: <https://www.artgallery71.com>.



Columbia-Greene Humane Society/ SPCA Announces \$10,000 Matching Challenge to Support Community Programs

The Columbia-Greene Humane Society/SPCA (CGHS/SPCA) is excited to announce a special fundraising opportunity thanks to the generosity of a long-time supporter and devoted animal lover. For a limited time, every dollar donated to the shelter will be matched, dollar for dollar, up to \$10,000.

This matching challenge will directly support critical CGHS/SPCA programs, including: Subsidized Medical Treatment for Animals: Helping pet owners with limited incomes access necessary veterinary care to keep their beloved pets healthy and at home.

Free Pet Food Bank: Providing essential supplies to families in need to ensure pets remain in their homes.

Animal Rehabilitation Programs: Caring for animals who have suffered from neglect, cruelty, or abuse and providing them with a second chance at life.

By doubling the impact of your donation, this matching challenge will provide hope and support to countless animals and their families in our community.

“We are incredibly grateful for the continued generosity of our donors, whose support enables us to provide these vital services,” said Ron Perez, President/CEO of CGHS/SPCA. “This matching challenge is a

Continued on page 5

The Claverack Free Library

is pleased to announce their Winter Concert Series for 2025. Local musicians will delight audiences with performances in the Marilyn and Bob Laurie Gallery from January through April.

Saturday, January 11th at 2:00 pm

Songs from the Cinema

Vocalist Ilana Meredith & Piano / Accordion Accompanist Joseph Rutkowski will be pairing with local historian Jim Mackin, for a concert that covers songs that won Academy Awards from the past 100 years of Cinema. Tickets: Suggested donation of \$15.

Saturday, February 8th at 3:00 pm

Cyndy Hall Memorial Concert: River Duo

Violinist Kathryn Aldous & cellist Jay Shulman will perform works of Bréval, Haydn, Glière and others, for the annual Cyndy Hall Memorial concert. Tickets: Suggested donation of \$15

Saturday, March 29th at 4:00 PM

David Donaldson & Marc Shulman

Guitarists David Donaldson and



Ilana Meredith, Joseph Rutkowski, Jim Mackin by Janet Mackin



Violinist Kathryn Aldous & Cellist Jay Shulman

Marc Shulman will present a program of David’s original songs. Tickets: Suggested donation of \$15

Continued on page 3

Spencertown Academy Presents Classical Sunday with Pianist Joanne Polk January 19

Spencertown Academy Arts Center presents Classical Sunday with pianist Joanne Polk on Sunday, January 19 at 3:00pm at the Academy’s Blanche Grubin Auditorium. The program will include Johann Sebastian Bach, Amy Beach, Cécile Chaminade, Alberto Ginastera, David Shenton, and Cole Porter. General admission tickets (\$25 public, \$20 Academy members, \$10 students) are available via www.spencertownacademy.org.

“Joanne Polk’s Spencertown recital offers a unique opportunity to hear a major artist in an intimate setting,” says Jan Douglas, member of the Academy Music Committee and head of Classical Sunday programming. “She is known for playing with graceful, elegant conviction and brilliant technique and for her award-winning and critically acclaimed recordings of works by women composers.”

Polk’s albums have been deemed “best of the year” by the New York Times and Seattle Times, been nominated for a Grammy, and debuted at #1 on the Classical Billboard Chart. Among her many illustrious credits are performances with the English Chamber Orchestra at the Barbican Center in London under the baton of Paul Goodwin, the Women’s Philharmonic in



Pianist Joanne Polk

San Francisco with conductor Apo Hsu, and with Lark Quartet at Merkin Concert Hall in New York City. She received her Bachelor of Music and Master of Music Degrees from The Juilliard School, and her Doctor of Musical Arts Degree from Manhattan School of Music, where she serves as a member of the piano faculty.

This program is made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

Continued on page 2

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

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

ACCORDING TO QUACKERS



The First of Everything

Poet: Catherine Pulsifer
January brings the first of the year,
A time to start fresh, with hope so clear.
The first of twelve months we'll embrace,
A new beginning, a steady pace.
The first step is often the hardest to take,
But January reminds us, dreams are at stake.
With goals in mind and hearts aglow,
This month, we plant seeds for growth to show.
The first of everything is a chance to grow,
A time to reflect and let our dreams flow.
So take this moment, make it your own,
In January, new paths are sown.

Spencertown Academy Presents Gary Lucas from page 1

for his songwriting with Jeff Buckley (he co-wrote Buckley's anthems "Grace" and "Mojo Pin") and many honors, including performing solo before the General Assembly of the United Nations to commemorate International Holocaust Remembrance Day.

Roots & Shoots Concerts is an ongoing Academy series that showcases artists who reach back to earlier traditions in music (Americana, jazz, blues, rock, and world music) for inspiration while incorporating more recent forms and influences of the present. This program is made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

Founded in 1972, Spencertown Academy Arts Center is a cultural center and community resource serving Columbia County, the Berkshires, and the Capital region. Housed in a landmark 1847 Greek Revival schoolhouse, the Academy is located at 790 State Route 203 in Spencertown, New York. For more information, please contact info@spencertownacademy.org.

Spencertown Academy Presents Classical Sunday from page 1

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Library of Local Presents "The Pollinators" Screening Followed by a Q&A with the producers Tuesday, January 7 @ 6:00 pm

Peter Nelson and Sally Roy present their movie "The Pollinators". The Pollinators is a cinematic journey around the United States following migratory beekeepers and their truckloads of honey bees as they pollinate the flowers that become the fruits, nuts and vegetables we all eat. The many challenges the beekeepers and their bees face en route reveal flaws to our simplified chemically dependent agriculture system. Beekeepers, farmers, scientists, chefs and academics

give a broad perspective about the threats to honey bees, what it means to our food security and how we can improve it. Hundreds of billions of honeybees are trucked around the country to pollinate crops critical to what we eat. The Pollinators tells the story of this amazing annual migration through the eyes of beekeepers, farmers and scientists who warn that the bees and our food supply are in peril. The screening will be followed by a Q&A. Free and open to the public.

Diana Devlin Presents a Screening American Nightmare/ American Dream Followed by a Q&A Friday, January 24 @ 6:00 pm

"American Nightmare/American Dream", a documentary, follows the struggles and triumphs of four women who fight all barriers – red tape, prison, homeless shelters, abuse – to escape poverty and change their lives forever – through education. They pave the road for others to follow. The screening will be followed by a Q&A. All are welcome. \$5 suggested donation. Morton Memorial Library, 82 Kelly Street, Rhinecliff,

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The Claverack Free Library from page 1



Guitarists David Donaldson & Marc Shulman

Saturday, April 5th at 4:00 pm The Wicker’s Creek Band & Beer Tasting

The Wickers Creek Band performs an eclectic mix of traditional American music, primarily in the Bluegrass tradition. The Friends of the Library will be hosting a beer tasting during this event, stay tuned for more details. Tickets: Suggested donation of \$25 to include a flight of local beer.



Wicker’s Creek Band

Tickets are pay-what-you-wish with a suggested donation of \$15.00 and \$25.00 for the Wickers Creek Band and Beer Tasting. Reservations are recommended as seating is limited. To reserve seats email: info@claveracklibrary.org or call 518-851-7120. The Claverack Free Library is located at the junction of NY Route 23 and NY Route 9H. Library parking is located at 629 Route 23B, Claverack NY.

Hudson River Maritime from page 1

and its rich maritime history in this guided museum tour. Join one of our expert guides as you explore Hudson River Maritime Museum’s fascinating exhibits and collections. Learn about the river’s tributaries and the industries, like brick making, bluestone quarrying, and coal transportation, that thrived along its banks. Ever wondered how the New York Canal system and the steam era revolutionized transport on the river? Discover how these influences paved the way

for the booming industries of the 19th and 20th centuries. Don’t miss this unique opportunity to connect with our shared history! **Tour Schedule:** Thursday, December 12 at 1:00 pm & 3:00 pm Friday, December 13 at 1:00 pm & 3:00 pm Saturday, December 14 at 1:00 pm & 3:00 pm Sunday, December 15 at 1:00 pm Thursday, December 19 at 1:00 pm & 3:00 pm Friday, December 20 at 1:00 pm & 3:00 pm Saturday, December 21 at 1:00 pm & 3:00 pm Sunday, December 22 at 1:00 pm **INDUSTRIAL WALKING TOUR, 3:00pm \$10 (\$8 for HRMM Members) December 8, 15 & 22 at 3:00pm**

Curious about the rich maritime and industrial history of the Kingston Waterfront? Join us for a guided walking tour that’ll take you along the shores of

Rondout Creek. Uncover the area’s fascinating past with stories of the Thomas Cornell Steamboat Company, Skilypot, the Delaware & Hudson Canal, and the iconic Island Dock—just to name a few. Tours leave from in front of the Hudson River Maritime Museum. **WOODEN BOAT SCHOOL January 2025 Class Schedule Introduction to Chair Caning** Saturday, January 11, 10:00 am - 4:30 pm Join Janice Meltzer in a basic 7-step class in caning seats: using a stool kit, we will learn about soaking cane and weaving it in a traditional pattern. This process can be applied to applications like canoe seats as well as chairs. You will have the option of bringing in your own chair or canoe seat to recane. **General Public:** \$179 +

materials, with discounts for HRMM Members **Skill level:** beginner **Furniture Restoration and Repair** Saturday, January 18 and Sunday, January 19, 10:00 am - 4:00 pm This class is your chance to bring a cherished piece of furniture back to life and learn techniques so you can restore furniture yourself. **General Public:** \$318+ materials with discounts for HRMM Members **Skill level:** beginner **Foundations of Woodworking: Understanding Wood** Monday, January 20, 6:00-9:00pm This is the first course of our Foundation of Woodworking series. During this class you will explore the nature of wood as a material and the unique qualities it has, from

Continued on page 4

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ACROSS

1) "Gaping" gullet

43) "Let it ride," to a proofer

4) Robin of "Lifestyles of the Rich and Famous"

44) Bumpy gait

9) They measure up

45) Hindu dignitary

14) Lennon's mate

47) Govt. cosmetics watchdog

15) Pool problem

48) Undresses

16) Slip the clutches of

51) "Holy" Ohio town

17) "Neither" go-with

53) Cleverly skillful

18) How to announce a boxing match

55) Italian seaport

20) Confuse

58) Conspirators' plan

22) Eyelid protuberance

60) Draw a conclusion

23) Makes impure

61) One way to keep up

26) Detonate

67) .com relative

30) Complied with commands

68) Just plain bad

32) Two out of 100?

69) Place to sweat

34) Paddle kin

70) Cells for women only

36) Tied the knot again

71) Survived somehow

38) Shelter for birds

72) Fashioned into a sphere

39) Stalag inmates

73) Top of many rating scales

41) Clear, as a cloudy windshield

DOWN

1) Single-celled organism

2) Battery post

3) Verbatim

4) Name-affixing tool

5) Right-angle pipe

6) Long ____ and far away ...

7) Bird sounds

8) Tests for weight

9) Cylindrical and tapering

10) Vestment for a priest

11) Afghani coin, once

12) Tokyo, way back when

13) Mend with a needle

19) Court call, if tripled

21) "Ad" or "women's" follower

24) Watched closely

25) Setting in "Les Miz"

27) Mythical monsters

28) "Eye for eye, tooth for tooth, hand for hand" go-with

29) Honored with a bash

31) Skim, as milk

33) ____ new record

34) Makes a choice

35) Main blood vessel

37) Martial arts schools

40) Recipe directive

42) Elaborate party

46) Whirlybird landing place

49) Easy out, often

50) Farm storage unit

52) Bookcase locale, perhaps

54) Human trunk

56) Chicken's lack?

57) Nose or heart, e.g.

59) Old Russian ruler

61) Sink in the middle

62) Helium's atomic number

63) Terrestrial amphibian

64) British saloon

65) Bathroom fixture

66) 67 degrees, 30 minutes

Solution on page 5

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Hudson River Maritime from page 3

living organisms to lumber.

General Public: \$90

Skill level: beginner

Foundations of Woodworking: Machine Tools & Shop Safety

In order to keep class sizes small, this class is offered in two sessions:

Session A: January, 22-23, 6:00-9:00 pm

Session B: January, 27-28, 6:00-9:00 pm

This class is perfect for anyone looking to learn the safety basics of wood shop machinery or looking for the best practices to take home to their workshops. This will include information on the different types of machinery and their uses, safe shop practices including the

use of eye and ear protection, emergency protocols, and advice for setting up a home shop. **General Public:** \$196 + materials **Skill level:** beginner **Square Rule Timber Framing** Saturday and Sunday, January 25-26, 9:00 am - 5:00 pm This two-day class, which takes place indoors, is designed for both beginner and intermediate timber framing students. You will learn about all of the steps involved in planning and executing a square rule, post-and-beam timber frame structure, and construct one on the HRMM campus under the guidance of timber framer Wayne Ford. The group will measure and cut pieces, using mortise and tenon joinery, and then assemble the structural frame, followed by

adding girts, rafters, and purlins to accomplish a finished structure.

General Public: \$445 with discounts for HRMM Members **Skill level:** beginner and intermediate

Intro to Whittling

Sunday, January 26, 10:00 am - 5:00 pm

Come down and spend the day with woodworker and artist Vince Sanborn learning the basics of whittling. You'll learn about different carving techniques, tools, tips for working with different types of wood, and about characteristics of wood like grain. Your ticket includes your choice of a variety of hard, soft, local, and exotic woods.

General Public: \$162 with discounts for HRMM Members **Skill level:** beginner and intermediate

To receive 10-15% off class tuition consider becoming a museum member (for as little as \$30/year). You must be a current member to receive your discount. To become a new

member, please sign up on our website, or call 845-338-0071. The **Hudson River Maritime Museum** is dedicated to the preservation and interpretation of the maritime history of the Hudson River, its tributaries and related industries. In addition to extensive collections documenting maritime transportation, industry, recreation, and natural science, the museum offers classes and programs at its Wooden Boat School, Sailing and Rowing School, and aboard Solaris, the 100% solar powered tour boat and floating classroom. The museum is located along the historic Rondout waterfront in downtown Kingston. Visit www.hrmm.org for more information.

Keep Your Home Safe from Fires and Other Emergencies This Winter

(NAPSI)—While the holiday season brings many joyful

moments, it can also bring increased safety risks—but you can protect yourself, your home and your family.

Who Can Help

Volunteer fire departments across the country are raising awareness of seasonal hazards to protect residents and keep families safe. “Firefighters are there to protect their neighbors when emergencies arise, but they also work hard to prevent emergencies from happening in the first place,” said Steve Hirsh, Chair of the National Volunteer Fire Council (NVFC), the national association for the volunteer fire service. Holidays, cold weather, and winter storms all bring their own fire hazards. In fact, the National Fire Protection Association reports more home fires occur in winter than any other season. Fortunately, there are simple steps everyone can take to reduce the risks and keep their homes safe.

What You Can Do

The NVFC recommends the

Continued on page 7

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Tips for Cold Weather Care of Your Pets

By Julianne Porter, DVM

One of the cherished aspects of the Hudson Valley is the variety of seasons it experiences throughout the year. However, our winter season can bring harsh temperatures, winds, snow and ice. This can be dangerous for not only humans, but our pets as well.

You have heard it before (and likely have seen a funny meme or two), but as a general rule: if it's too cold for you, it's probably too cold for them. Depending on the coat thickness, age and health of your dog or cat, and amount of time spent outside, even 40 degrees Fahrenheit can be dangerous. Certain conditions and diseases can compromise their ability to regulate their body temperature. On the other hand, breeds with heavier coats are often able to handle colder temperatures for longer, as long as they are acclimated to them.

When the temperature is cold or there is snow/ice on the ground, limit the time outside to avoid hypothermia, frost bite, and cracked nails/paws. Even keeping your pet in a car can be dangerous as cold cars can act as refrigerators to hold in the cold. Time spent outside will depend on the individual pet and the weather conditions. Look at your pet's body language for cues. Signs that it's time to go inside may include tucked tail, holding ears back/down, lifting up paws, shivering, whining, walking slowly or stopping frequently. You can refer to the chart on this website to get a sense: <https://www.fetchpet.com/the-dig/how-cold-is-too-cold-for-your-dog> When in doubt, err on the side of caution and note that no graph will 100% predict how your pet tolerates the cold or for how long.

To try to cope with the cold weather and snow, consider booties and coats for the short-haired breeds. You can also use protectants on the feet such as Musher's Secret or petroleum jelly. Once your pet is inside, remove any trapped snow, ice, salt/sand from the paws, belly, and legs.

Dogs and cats can become hypothermic. The main signs are lethargy and decreased appetite. If you suspect your pet has hypothermia, move them to a warm environment and bundle them with warm blankets. Do not use heated blankets/pads as they can cause burns, and a hypothermic pet may not be alert enough to move away from them. Avoid using excessive external heat (i.e. heaters, hair dryers) as that could cause blood vessels to dilate too much, causing systemic shock. If hypothermia is suspected, it is best to get them veterinary medical care.

If your pet does need to spend extended time outside, be sure there is adequate shelter and fresh water (ice does not count). This may mean replacing the water several times in a day or investing in a pet-safe heated water bowl. The floor of the shelter should be elevated off the cold ground with plenty of thick, dry, clean bedding. The door should face away from the direction of prevailing winds if possible. Avoid heated blankets and space heaters as they can be fire hazards and cause burns.

Another hazard during the winter is automotive antifreeze ingestion. Be sure to clean up any spills and keep containers out of reach of your pet.

Knowing your pet's tolerance to cold weather is important during this time of year. Remember that it varies from pet to pet, so look for cues and use common sense to know when it's time to bring them inside.

Columbia Greene Humane Society/SPCA from page 1

unique opportunity to maximize your impact and make a real difference for animals in need."

Donations can be made online at cghs.org, by mail to CGHS/SPCA, Attention MATCH at 111 Humane Society Road, Hudson, NY, 12534, or in person at our shelter. This matching challenge is available for a limited time, so we encourage our community to act quickly to take advantage of this incredible opportunity.

For more information about the Columbia-Greene Humane Society/SPCA and our programs, please visit cghs.org or call (518) 828-6044 ext 100. Together, we can save lives and make a lasting difference!

Columbia-Greene Humane Society/SPCA receives \$100,000 in grants for low-cost veterinary clinic

The Columbia-Greene Humane Society/SPCA has received a \$75,000 grant from the PARC Foundation and a \$25,000 grant from the Bruce G. Geary Foundation to support the low-cost veterinary clinic at the shelter. The clinic is open to the public, catering to pet owners with limited incomes, and offers services for cats, dogs, and rabbits. These services include spaying/neutering, minor surgeries, vaccinations, health testing, flea/tick and worm preventatives, microchipping, basic teeth cleaning, and health and wellness exams.

"We are very grateful to both the PARC Foundation and the Bruce G. Geary Foundation for their support. These funds will make life-altering, quality changes for hundreds of animals yet to be seen at our veterinary clinic, many of which would otherwise go without medical care," said CGHS/SPCA President/CEO Ron Perez.

All services at the clinic are by appointment only. To schedule an appointment, pet owners can call (518) 828-6044 ext. 100.

Is Your Identity Safe? What To Do If It's Not

(NAPSI)—Identity theft is becoming more common, affecting people from all walks of life—but you can protect yourself.

The Problem
Scammers are always finding new ways to steal personal information, often leaving their victims with financial losses and a sense of violation.

An Answer
Staying informed can make a big



difference in keeping yourself safe. Here's what you should know:

How Identity Theft Happens
Most identity theft happens online. Often when someone clicks links from text messages, emails, or even is catfished. The link you click could lead you to a fake website to input credentials or have you install an app that can retrieve your passwords to important accounts.

Identity Theft Scams on the Rise
• **Synthetic Identity Theft:** With synthetic identity theft, scammers mix real and fake information to create a new, false identity. They might use a real Social Security number alongside made-up details. This lets them open bank accounts, get credit cards, or even apply for loans—using a fake identity that feels all too real.

• **Medical Identity Theft:** Medical identity theft happens when someone uses your personal medical information to access healthcare services, prescription drugs, or medical devices. This can leave you

with unexpected medical bills or inaccurate records, which can complicate future treatments. It's a frustrating situation, but knowing what to look for can help.

• **Account Takeover Fraud:** In account takeover fraud, scammers take control of your online accounts, such as banking, email, or social media. This often happens through phishing emails, weak passwords, or data breaches. Once inside, they can drain your funds or steal even more personal details. It's scary, but there are ways to protect yourself.

• **Deepfake and AI-driven Identity Theft:** As technology advances, criminals use tools such as artificial intelligence (AI) to create deepfakes—fake videos or voices that look and sound just like real people. They can use these to trick others into believing they are someone else. It's a high-tech problem, but you don't need to be a tech expert to fight back.

Ways to Protect Yourself
No solution is foolproof, but

Continued on page 8

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Reducing Your Risk of RSV: What You Need to Know

(NAPSI)—As cold and flu season sets in, a seemingly simple cold could signal a more serious concern for some people—but there’s good news, too. **The Risk of RSV** Respiratory syncytial virus (RSV) is a common virus that mimics cold-like symptoms. While many people recover quickly, RSV can cause severe illness, hospitalization, and even death in certain groups, particularly older adults. The virus spreads easily through coughing, sneezing, and close contact. However, there’s a way to protect yourself: vaccination. Last year, RSV vaccines reduced the risk of hospitalization or emergency visits by 75%, making them a powerful tool in preventing severe outcomes. The Centers for Disease Control and Prevention (CDC) recommends RSV vaccination for:

- Everyone 75 years and older
- Adults aged 60–74 at higher risk

due to chronic conditions like cardiovascular disease, severe obesity, or diabetes, as well as those living in nursing homes. Unfortunately, chronic conditions are widespread in older populations. Public health experts encourage you to discuss your RSV risk with your healthcare provider. Nearly 95% of adults aged 60 and older have at least one chronic health issue, and almost 80% have two or more, so talk with your healthcare provider if you have questions about whether you have eligible risk conditions. **Taking Action** Champions for Vaccine Education, Equity, and Progress (CVEEP), a trusted source of information that advocates for access to recommended vaccines, emphasizes the importance of vaccination for those most vulnerable to respiratory illnesses, especially in underserved communities. RSV vaccines can be given alongside other vaccinations, and they’re free for most people. Both private and public

insurance plans, including Medicaid and Medicare, cover RSV vaccines. Adults who are eligible can get vaccinated against RSV at any time of year. **Find a Vaccine** To locate an RSV vaccine near you and learn more about RSV protection options, visit www.vaccines.gov or www.CVEEP.org/RSVReady.

There’s More To Vision Health Than Meets the Eye

(NAPSI)—If you or someone you care for is ever among the millions of people in the United States who suffer from a loss of visual function as the result of stroke, concussion, traumatic brain injury and other illnesses and conditions, there’s information you may want to see. **Understanding the Issue** Most seeking care are told that if their visual abnormalities don’t resolve on their own within the first year, there is nothing that can be done to rehabilitate visual field loss. It can be devastating, resulting in loss of the ability to work, drive, read and other important functions that are critical components to quality of life. Fortunately, many of these conditions have and continue to be rehabilitated through neuro-optometry. Vision is more than eye health; it’s a complex process that relies on the brain’s processing functions to translate the information received from the eyes. The practice of treating the interaction of the eyes and

the brain is known as neuro-optometry, but awareness of this field of practice—and access to physicians who specialize in it—is limited. That’s why a group of experts and innovators created the DeyeNAMICS Alliance. Its goal is simple, but its implications are profound. By raising awareness of neuro-optometry and creating the most rigorous standards of care, the organization seeks to revolutionize access and outcomes for patients. **Access is Critical** The life-changing care the group provides, however, is only as valuable as a patient’s ability to access to it. That’s why the DeyeNAMICS Alliance is committed to growing a nationwide network of quality providers to create more access points for patients. The Alliance’s core values are grounded in the belief that everyone deserves the dignity of a diagnosis and quality continuum of care. A network of doctors is located across the country, and a goal is to have so expansive a network that everyone has a provider within an easily drivable radius—so there’s more care for more people with better outcomes. **Treatable Conditions** Stroke and TBI aren’t the only conditions that can produce loss in visual function abnormalities—and visual field loss is only one of several conditions people may develop. Patients with Lyme disease, cerebral palsy, Parkinson’s and other conditions can have other visual abnormalities that require more than traditional optometric

care—and may also suffer from visual midline shift, which results in dangerous gait and balance problems destabilizing everyday motor function, making life far more difficult. **Conditions May be Complex, but Awareness and Access Can be Simple** With millions of people suffering, we all probably know someone struggling with one or more of the treatable conditions mentioned. The key is to educate and increase awareness of neuro-optometry and how to access it. To that end, the DeyeNAMICS Alliance created an informational website of easy-to-understand information and links to providers. A better understanding of how neuro-optometry can improve lives is as close as your phone or home computer. **Learn More** To learn more about how neuro-optometry works, see a comprehensive list of conditions it can treat and even schedule an appointment with a physician, visit deyenamics.com.

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Keep Your Home Safe from page 4

following 10 tips to minimize home fire and safety risks this winter.

- Stay alert when cooking. Do not leave the kitchen when frying, boiling, grilling, or broiling food, and keep kids at least 3 feet away from the stove.
- If using a live Christmas tree, keep it adequately watered and get rid of it after Christmas or when it gets dry.
- Consider using battery-operated flameless candles. If using real candles, do not leave them unattended, and keep them out of reach of children and pets.
- Place fire extinguishers in the kitchen, garage, and living room, and make sure all household members know how to use them.
- Install smoke alarms in every sleeping room, outside each separate sleeping area, and on every level of the home. Test them monthly to ensure they work.
- Install carbon monoxide alarms and test them at least once a month.
- Develop a home fire escape plan and practice it with the entire family.
- Keep portable generators outside and away from the home.
- Practice fireplace safety. Have chimneys professionally inspected and cleaned every year, install a screen in front of each fireplace or wood stove, and store cooled ashes in a metal container outside the home.
- Do not leave space heaters

on unattended and keep anything that can burn at least three feet away from it.

How to Help Others

In addition to keeping their own homes safe, residents can take an active role in protecting their neighbors from fires, medical emergencies, natural disasters, and more. Many fire departments are looking for volunteers to step up and serve their communities. “About two-thirds of our nations’ firefighters are volunteers, neighbors helping neighbors in their hour of need,” said Hirsch. “There are few volunteer opportunities that are as rewarding as the fire service. I encourage all those who want to make a true impact in their communities, learn life-saving skills, and join an incredible network of people to consider volunteering with their local fire department.”

The volunteer fire service offers roles for all ages, backgrounds, and interests, and training is provided by the department. Firefighters and emergency medical personnel provide life-saving services. Auxiliary or support members assist with the non-operational needs of the department, such as fire prevention and life safety education, disaster preparedness planning, fundraising, administration, and much more. Young people can participate as junior firefighters, learning about the fire service while gaining important life

skills such as teamwork, responsibility, and leadership. “Whether you are interested in becoming an emergency responder, support member, or junior firefighter, there is a place for you in the volunteer fire service,” Hirsch said.

Learn more

For more about the volunteer fire service and to find an opportunity visit www.MakeMeAFirefighter.com.

PANDA TV RETURNS TO SPECTRUM CABLE

Spectrum cable TV subscribers in Rhinebeck, Red Hook and Tivoli can once again view PANDA public access television, but on a different channel than in the past. PANDA can now be seen on channel 1303.

PANDA had been off cable for more than two years due to a technical failure of its broadcast system. Although PANDA’s programs have always been available to view on YouTube and, for the past year, the PANDANOW streaming app, the cable channel was missed by many viewers.

PANDA acquired updated technology last year, but Spectrum needed to run a high-speed connection to PANDA’s new location in the Red Hook Community Center and update its own equipment.

Now there are more ways than ever to watch PANDA:

- Spectrum cable TV subscribers can watch Channel 1303.
- Both the traditional channel and on-demand viewing of PANDA programs are available on the free PANDANOW app—available for Roku, AppleTV, FireTV, Android and iPhone/iPad.
- Viewers who do not use

those platforms can see PANDA programs on demand with YouTube, by searching for PANDANOW. YouTube is available on all smart TVs, computers and mobile devices.

- On the PANDA website, www.pandatv.org, the latest programs are featured on the home page. The traditional channel and links to YouTube playlists are on the “Watch” page.

PANDA is local TV for Northern Dutchess. As a public access station, any resident may create a program to be seen on PANDA. PANDA produces and airs videos of all town board and village trustee meetings, and broadcasts those of other boards that choose to have them recorded. In addition, PANDA

produces shows on community events, festivals, candidate forums and history talks.

Operational funding for PANDA (Public Access Northern Dutchess Area Inc.) comes from the two towns and three villages of Tivoli, Red Hook and Rhinebeck.

Morton Book Club The Black Tulip - Alexandre Dumas Thursday, January 16 @ 7:30 pm

Read, ponder, discuss, broaden your horizons, and have fun - all in a very casual and low key style. The Black Tulip by Alexandre Dumas. Books available through Hoopla. We’d love to have you join! Potluck encouraged!! Morton Memorial Library, 82 Kelly Street, Rhinecliff.

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God's Corner

Stitching Belief

By Naomi Fata

Over the years sewing for a business, I have realized how many lessons can be found in the stitches. Claire Hunte writes, “Sewing is a visual language. It has a voice. It has been used by people to communicate something of themselves—their history, beliefs, prayers, and protests. All this is conveyed using needle and thread with intricate patterns and fabrics. Doesn’t it make you wonder what your life communicates to others?

It is the state of our heart and the beliefs that we hold which create a “visual language” for others. Those looking in can trace the threads of our lives to determine if we have woven them in peace or in confusion and anxiety. One foundation to stitching a life reflecting the peace of God is belief and trust. Without these it is challenging to bond with God as our Father. The purpose of Christianity is that we may know Him and be close to Him. The purpose of sewing is to join pieces together securely, create beauty with embroidery, and patch holes.

In faith, we must choose belief that will draw us into knowing God. Jesus said in John 14:1, “Don’t let your hearts be troubled. Trust in God, and trust also in me.” (NLT) The word for trust here is “pisteuo” which also means to entrust. Strong’s Concordance states that entrusting one’s spiritual wellbeing to Christ involves not only believing but also being persuaded and placing confidence in Him. It signifies reliance upon Him, rather than mere credence, and is therefore translated as “commit unto,” “commit one’s trust,” or “be committed unto.

As a Sunday School kid, I was taught “belief” in Jesus, Old Testament heroes, and New Testament apostles. But the belief was a credence. In childhood, we rarely know the difference between being taught something as words versus theology. But to adhere to Christ as more than a credence—to really wrestle with Scripture tenaciously until we believe from our heart, not just our head—that takes maturity beyond our child years.

As we enter adulthood, questions may come, and our inner persons will recognize the cognitive dissonance between what we say we believe (adhere to) versus what we actually do.

This past Sunday at church our pastor reminded us this difference, asking the congregation members to hold up their Bibles and repeat several statements of belief including, “This is my Bible, I believe by faith what is written, I’m what it says I am, I can be what it says I can be, I can do what it says I can do, to the Glory of His name and Kingdom!”

How often our faith becomes more like rote knowledge than belief and trust that comes from deep within. We want faith to be reflected in all that we are. As you head into the new year, consider the message of your life and ponder the words of John 14:1-4, “Do not let your hearts be troubled. You believe in God; believe also in me.

If you are feeling anxious or afraid, even the disciples experienced those same feelings, yet Jesus reminded them to believe. May the words of Jesus become a prayer of thanks.

Thank You, Father, for the words of Jesus which tell me to trust in You when I am anxious and troubled. I am anxious. I want to trust You. Help me trust. Amen. This is an excerpt from Naomi’s new book *Stitching Your Story Piece by Piece*, adapted for this audience.

MOVING ON TO HIGHER GROUND IN 2025!

“I press toward the mark for the prize of the high calling of God in Christ Jesus.” (Philippians 3:14).

The Apostle Paul knew the Lord Jesus Christ for about 25 years when he wrote the Epistle to the Philippians. While Paul knew the Lord Jesus Christ as his Personal Savior and Lord, his desire was to know the Lord better. “That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death” (Philippians 3:10). His desire was to press on in Christ in order to go on to higher ground in his Christian Life. This should also be the desire of everyone that is a Believer in the Lord Jesus Christ. I trust that in 2025 that your desire will be to go on to Higher Ground in Christ. In order to do so you need to:

1. Forget those things which are behind us. We can’t do anything about the past. We all have memories of things that have occurred in the past, but what we need to do is live in the present

time, and look forward to the future. We understand the need to forget about the failures of the past, but we should also forget about things which are considered to be victories. We should learn from the past, and use those experiences to either make adjustments or change things in our lives as we go forward in 2025.

2. We need to Press on in Christ by Running the Race that is set before us. Life is ahead of us, not behind us. For example, when we run a race it is not how far we have come, but the race which is before us and how far we have to go. We need to press toward the mark of the prize of the high calling of God in Christ Jesus. We are to go on to Higher Ground in Christ.

3. We have a great cloud of witnesses to look to as examples of the those who have gone on before and have already run the race. The writer of Hebrews mentions the great cloud of witnesses. “Wherefore seeing we also are compassed about with so great a cloud of witnesses” (Hebrews 12:1a). The writer of Hebrews is referring to the Old Testament Saints mentioned in Hebrews 11 that have run the race. As Christians, we can look to the Believers both in the Old Testament and New Testament as examples of those who have run the race and finished it successfully. While they are not perfect men or women, they have lived their lives by faith by trusting in the Lord. We also have great examples of Believers down through the ages, as well as Believers today that have run the race that was set before them.

4. While we have great examples of the past, the best and perfect example is the Lord Jesus Christ. We are to look to Him as we live the Christian life and run the race. “Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of

God” (Hebrews 12:2). Jesus began and finished the race that was set before Him perfectly. He willingly gave His life for our sins. While we can never do that, He set the example for us to go on to Higher Ground and to finish the race that is set before us!

5. In order for us to run the race and go on to Higher Ground in 2025 we need to commit our lives to the Lordship of Jesus Christ (Romans 12:1,2) and be filled with the Holy Spirit (Ephesians 5:18). We need to depend on God’s direction and strength as we go forward in our Spiritual lives in 2025. Brethren, remember when we run the race successfully God will be glorified, others will be edified and encouraged, and we will be blessed. Then when we are called from this life to go to heaven, we will hear the words of our Lord say, “Well done, good and faithful servant” (Matthew 25:23b). In order to go on to Higher Ground in Christ in 2025, we need to know Him as our Personal Savior and Lord. The Lord Jesus Christ paid the price in full for our sins. Salvation is a gift of God’s grace offered to all that believe on Him and receive Him into your life as Personal Savior and Lord (Ephesians 2:8,9). I trust that you will come to the Lord Jesus Christ today. If you would like to know more about going on the Higher Ground in Christ in 2025 or about becoming a Christian, please contact us. We are here to help and support you in what it means to be Christian, and the way in which to live the Christian Life. We have excellent Christian material for all ages. If you would like to know more about the Ministries at GBFC, please contact us by Email at fdcirone@aol.com or by telephone at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is an Independent Bible Church. We are located at the intersection of Route 9 & Route 9G, 1/4 mile north on Route 9 in Rhinebeck, NY. Frank L. Cirone, Pastor.

Is Your Identity Safe from page 5

there are 7 steps you can take to protect yourself and lower the chances of becoming a victim:

1. **Use a Caller ID & Scam Blocking app:** The Truecaller app helps identify unknown calls and messages, and will even identify scam numbers in real time. People around the world actively report numbers as scams and write comments about their experience, and you can see statistics about scammers’ call patterns.
2. **Use Strong and Unique**

Passwords: Use passwords that are tough to crack—mix letters, numbers, and symbols. Avoid reusing passwords across accounts. A password manager can be a handy tool to create and store them safely.

3. **Enable Multi-Factor Authentication (MFA):** MFA adds an extra layer of security to your accounts. After entering your password, you’ll need to verify your identity again, like with a code sent to your phone. It’s like adding a second lock on your door, making it harder for scammers to break in.

4. **Monitor Your Credit Regularly:** Keep an eye on your credit reports for anything unusual, such as new accounts you didn’t open. It’s one of the quickest ways to spot identity theft early. Many places offer free credit monitoring services, so take advantage of them.

5. **Consider Identity Theft Protection Services:** Some services can keep an eye on your personal information and alert you if they spot something suspicious. While they can’t prevent identity theft, they can make the recovery process smoother if it happens to you.


6. **Secure Your Devices:** Keep your phone, computer, and other devices updated with the latest security patches. Use antivirus software and strong passwords to keep hackers out. It’s a simple habit that can go a long way.

7. **Shred Important Documents:** Even in today’s digital age, physical paperwork can still be a goldmine for thieves. Shred any documents with personal information—bank statements or medical bills—before you toss them out. Staying informed about the latest scams and being careful with your information can make a big difference. And if you do become a victim, don’t panic. Report it to the authorities or your credit bureau right away. They can help you limit the damage and start the recovery process.

Learn More
For further facts and tips, visit www.truecaller.com.

Richard’s Rhinecliff Acoustic Show Friday, January 17 @ 8:00 pm

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Bible Study for All: Tuesdays at 11:00 am
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Children & Teen Ministry: Fridays 6:45-8:30 pm, Ages 4-18
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If you would like more information on the Ministries offered at GBFC contact us.
For information about Grace Bible Fellowship Church, please call (845) 876-6923 or (845) 876-2122 or email us: fdcirone@aol.com

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Glutathione Depletion and Alcohol: Read This Before You Have Another Drink

By Joseph V Cassarino

Glutathione is referred to as the Master Antioxidant and is an important driver in supporting liver function, immune function and detoxification. Alcohol depletes glutathione levels, which increases free radical damage, weakens immune function and allows toxins to build in the body, resulting in toxic overload. You may have experienced a hangover before, but why do hangovers make you feel sick? Alcohol is metabolized in your system through the liver in a two-step process. First, alcohol dehydrogenase converts alcohol into acetaldehyde. Second, glutathione-S transferase helps partner acetaldehyde with glutathione, which then helps with the removal of acetaldehyde

from the body by being excreted in the urine. This process only runs smoothly if your liver produces enough glutathione to assist acetaldehyde's quick exit from your system. Binge drinking, however, can deplete stores of glutathione, causing acetaldehyde to further circulate and wreak havoc on your system.

Acetaldehydes are more toxic than alcohol, up to 30 times more toxic, in fact, and are responsible for the hangover feelings that have made us swear we will never drink again—nausea, vomiting, headaches, bed spins and fatigue. Acetaldehyde is also responsible for the development of liver disease and is a known neurotoxin that can contribute to cognitive decline with chronic binge drinking. Alcohol reduces immune function, as well, due to the loss of glutathione levels retained inside cells. Inflammation increases, resulting in inflammatory symptoms if

excessive drinking is chronic. Brain fog, memory loss and body aches as well as susceptibility to catching colds and other things going around are a result of glutathione levels being too low inside the cells. Your liver, which is your main detoxification organ, is responsible for producing most of your glutathione. Drinking, however, depletes your natural stores and inhibits the detoxification process. Even just one or two alcoholic beverages a day can deplete glutathione levels and the anti-aging and detoxification benefits of optimal glutathione levels. Coupled with other factors that reduce glutathione levels—stress, aging, GMO foods, chronic illness and certain pharmaceuticals, your liver cannot keep up with the detoxification demands and production of glutathione. Therefore, it is critical to replenish glutathione levels all naturally with the most effective glutathione replenishment available.

Interestingly, chronic alcohol use also impacts the lungs by reducing stores of glutathione. This decrease in glutathione can make you more susceptible to lung diseases and illnesses. We frequently associate the liver to be the organ most affected by alcohol. The lungs, however, are dependent on glutathione for protection from oxidative damage. Low levels of glutathione can negatively affect lung function, causing abnormalities in the cells that line the lungs. As a result, serious illness can occur, including frequent infections such as pneumonia. Eating plenty of cruciferous vegetables as well as a variety of fruits and reducing the amount of alcohol you drink can help restore glutathione levels. However, supplementation, may be essential, particularly if you have risk factors that reduce glutathione levels. A local Rhinebeck, NY scientist, Dr. Albert B. Crum, M.D., DSc, (Hon), M.S., discovered the enigma to glutathione synthesis after years of scientific research

and he figured out exactly how the cells themselves are making glutathione directly inside of the cells and exactly as nature intended, intracellularly. Dr. Crum's discovery is hailed as a scientific breakthrough of epic proportions due to the fact; all other glutathione products are synthetic, not natural to the cells. Therefore, they have to attempt to make their way into the cell, and if and when they do, they bypass the substrate specific enzymes inside the cells. 18 universities under an \$88M NIH research grant confirmed what Dr. Crum discovered. Today, the all-natural glutathione formula Dr. Crum patented, known commercially as ProImmune Immune Formulation 200 is rapidly becoming the gold standard of glutathione replenishment across the country, since his all-natural glutathione precursors induce the cells to synthesize (replenish) glutathione levels directly inside the cells exactly as nature intended. The results of intracellular glutathione replenishment are so effective that all the peer reviewed NIH research reports confirmed ProImmune Immune Formulation 200 performed more effectively and efficiently than NAC or the glutathione molecule per se. One NIH peer reviewed research report by Georgia State Virology Lab indicated ProImmune stops Zika, Dengue and HIV, while another research report indicated ProImmune improves CKD (chronic kidney disease) by reducing oxidative stress

effectively and another research report states ProImmune activates the Nrf2 Gene to support 200+ immune support systems inside cells. The science is available in the science section of the website: www.TheBestImmuneSupport.com Please read the testimonials as well to better understand why patients and customers taking ProImmune are witnessing improvements to health like never experienced before.

Top physicians, health centers, pharmacies and health food markets across America are loving how ProImmune supports the immune system and helps improve many conditions people are suffering from. In fact, 37 countries granted a patent to ProImmune as an all-natural Statin to help lower cholesterol, triglycerides and A1C. Veterans supplement with ProImmune because they are reducing PTSD and TBI (traumatic brain injury) by reducing oxidative stress, lowering inflammation and replenishing glutathione levels to improve health. When the immune system is in optimal health, by maintaining ample glutathione levels, viruses, pathogens, toxins and anything else that does not belong inside of the cell, has a much better chance of being restricted to enter the cell. This is exactly what maintaining proper levels of glutathione is known for. Glutathione is titled: The Master Antioxidant for a reason! Maintaining adequate glutathione levels help ward off unwanted toxins and

Continued on page 12



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BigFuture Resources Help Students Discover College, Career, and Scholarship Opportunities Throughout the Year

(NAPSI)—At a time when so many teens feel uncertain about life after high school, College Board's BigFuture® is inspiring millions of students to take steps that can help them see a future that's bigger and brighter. Every year, 15 million users visit BigFuture, a free platform that empowers students to discover college and career possibilities that are authentic and personalized to their experiences. Students have so many options after high school. The resources on the platform are a way to start the conversation about what comes next. Students can use its tools, videos, articles, and more to discover options and enable informed conversations with their parents, educators, and other caring adults. BigFuture also invites parents and families to join short virtual events where college reps and career experts answer their questions (BigFuture Live). **What Students Get**

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- A college quiz that helps students find personalized college matches
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offers students personalized career suggestions based on their areas of interest

- A scholarship search that helps connect students with over 24,000 scholarships
- College and career planning checklists to help students keep track of key steps to take in grades 9-12 as they prepare for college and career

Scholarship Opportunities

BigFuture not only guides students through college and planning steps but also rewards them for their efforts with BigFuture Scholarships. Starting in 10th grade, when students complete any of the 6 qualifying college and career planning steps on BigFuture, they automatically qualify for \$500 and \$40,000 scholarships awarded every month. During the 2023–2024 school year, College Board helped more than 3,000 students prepare and pay for postsecondary education with BigFuture Scholarships, and more than half of the recipients were students from low-income backgrounds who needed financial support. The earlier students complete each step and the more steps they take, the more chances they have to win. There's no GPA or essay requirement. All students can earn entries by exploring the resources on BigFuture and using them to:

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3. Start a scholarship list

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6. Apply to colleges

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For more information and to start qualifying for scholarships, students can visit BigFuture.org.

New Book in Epic Fantasy Series

(NAPSI)—The highly anticipated third book in The New York Times bestselling Supernatural Investigations series from B. B. Alston and HarperCollins is now available. Popular with middle-grade children, young adults and not-so-young adults, the books have been called Artemis Fowl meets "Men in Black," exhilarating and filled with #blackgirlmagic. Throughout the series, the hero, Amari grapples with what it means when entering a new magical world as the "chosen one" doesn't erase the prejudice and discrimination you've faced as a marginalized individual. Skillfully tackling social justice issues, including racism, classism, and prejudice, each book in the series has a thrilling fantasy-adventure plot with substance.

About the Book

In the latest issue, war has come to the supernatural world, and Amari's two worst enemies are leading the charge. Elaine Harlowe has manipulated her way into becoming prime minister, using her mind control ability to force the Bureau to take up her vicious grudge against magiciankind. Meanwhile, Dylan Van Helsing, the newly crowned leader of the League of Magicians—and Amari's former partner—is after a destructive new power that would not only ensure the magicians' victory, it would make him invincible. With neither the Bureau nor the League safe for Amari, and her newly returned brother, Quinton, determined to keep her out of the fray, she and her friends decide to find a way to end the war on their own. So when they learn that the only way to stop Dylan is to find

powerful magical inventions known as Wonders, they go after them. But wielding these items comes at a terrible cost, and Amari will have to decide just how much she's willing to sacrifice—because the Despicable Wonders will demand everything. The book is available in hardcover and as an e-book from most booksellers.

About the Author
B. B. Alston's debut novel, Amari

and the Night Brothers, was a #1 Kids' Indie Next pick and the winner of Barnes & Noble's inaugural Children's and YA Book Award as well as a New York Times and indie bestseller. It's soon to be a major movie from Universal Pictures. Fans can visit him online at bbalston.com.

Learn More

To order the books or learn more about them, visit www.harpercollins.com.



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Church Supper Hot Dish



Ingredients

1 pound ground beef
2 cups sliced peeled potatoes
2 cups finely chopped celery
3/4 cup finely chopped carrots
1/4 cup finely chopped green pepper
1/4 cup finely chopped onion
2 tablespoons butter
1 cup water
2 cans (10-3/4 ounces each) condensed cream of mushroom soup, undiluted
1 can (5 ounces) chow mein noodles, divided
1 cup shredded cheddar cheese

Directions

Preheat oven to 350°. In a large skillet, cook and crumble beef over medium heat until no longer pink; drain and set aside. In same skillet, saute potatoes, celery, carrots, green pepper and onion in butter 5 minutes. Add water; cover and simmer 10 minutes or until vegetables are tender. Stir in soup and cooked ground beef until blended. Sprinkle half the chow mein noodles into a greased shallow 2-qt. baking dish. Spoon meat mixture over noodles. Cover and bake 20 minutes. Top with cheese and remaining noodles. Bake, uncovered, 10 minutes longer or until heated through.

Glutathione Depletion from page 10

improves health by reducing oxidative stress and lowering inflammation. ProImmune, being the deemed most effective all-natural glutathione synthesis replenishment is helping tens of thousands across America and can help you as well. Visit www.TheBestImmuneSupport.com and eliminate toxins directly inside every cell of your body. Those who comprehend and trust the science are raving about how ProImmune changed their life for the better. Willner Chemists in NYC calls ProImmune a Game Changer. Visit Willner.com to learn more as well. Dr. Joseph Malak, MD Founder of Bambini Pediatrics in Poughkeepsie, NY says: We recommend and sell ProImmune in our pediatric center because ProImmune boosts glutathione levels better than NAC. Additionally, it is a semi-sweet taste that

children like. Visit: www.bambini-peds.com Praveen, owner of Robbins Pharmacy in Croton On Hudson says: We are more into nutraceuticals than pharmaceuticals because nutraceuticals will have more benefit and impact on your health and we recommend ProImmune directly at our front counter to every customer including children to help them avoid winter colds and avoid missing school after they strengthen their immune system. Visit: robbinscrotonrx.com Avinash, the wellness consultant at Sunflower Market located in Woodstock, NY says: ProImmune provides me with more energy and has improved my asthma, I am also no longer susceptible to a cold and I recommend ProImmune to many customers and have received positive feedback. Visit: www.sunflowernatural.com Joseph Cassarino is a published wellness author, a National

health radio show talk host with physicians across America and a consultant to Dr. Albert B. Crum and national distributor of ProImmune. Contact Joseph at info@TheBestImmuneSupport.com



MakerSpace Saturdays @ 2:00 pm

MakerSpace is offering a Fall class for neurodivergent kids and their parents/caregivers. Parents are invited to be on hand to help support their children as needed. All projects and activities will take into account the individual needs of the children A few spaces have opened - Please contact Judy at MakerSpace@mortonrhinecliff.org to register.

MakerSpace Sundays @ 10:00 am

MakerSpace will be offering a class for 9-13 year olds. We appreciate that Sundays are often busy and filled with birthday parties and sports etc. We will not necessarily expect kids to show up consistently but will prep more open ended projects. A few spaces have opened - Please contact Judy at MakerSpace@mortonrhinecliff.org to register.

Winners of Germantown Garden Club Adorn-A-Door Competition

At our yearly visit to the Palatine Manor, the Senior Housing Residence in Germantown, we judged 22 decorated doors. The door competition is one of the club's senior citizen outreach projects. Manor residents are enthusiastic about the Adorn-A-Door competition. Monetary prizes are awarded based on the following criteria: creative choice of decorations, creative use of decorations and creatie use of space. Member Elke Crane, Vice-President Maureen Lockwood and Treasurer Joyce Vale. This was a super close competition! Prizes were awarded to 1st - Apt. 220 - Howard Coons 2nd -Apt. 109 - Margaret Miller



1st Place Howard Coons



2nd Place Margaret Miller



3rd Place Mara Bolin

Continued on page 13

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Winners of Germantown Garden Club Adorn A Door from page 12



4th Place Joanne Walker
3rd - Apt. 105 - Mara Bolin
4th - Apt. 207 - Joanne Walker

The Garden Club is busy planning for the upcoming year's programs. The new theme and yearbook will be available at the first meeting for 2025 in February. The Germantown Garden Club is a member of Third District, Federated Garden Clubs of New York State, Inc., Central Atlantic Region, and National Garden Clubs. For more information about the club call President Irene Clum at 518-567-2191. Meetings are free and the public is always welcome.

Yoga with Kristin
Sundays in 2025 @ 10:00 am
All levels welcome in peaceful Morton Hall. The

classes are breath-based with an emphasis on thoughtful sequencing and alignment so that practitioners can move with stability, awareness, and grace. This is a drop-in class and all are welcome. Please bring your yoga mat, a blanket, and blocks if you like. \$12 suggested donation. You can purchase a prepaid card for 10 sessions and get a free 11th class via check or PayPal. Morton Memorial Library, 82 Kelly Street, Rhinecliff

DCLA Presents: "Art on Ice" Gilded Age Figure Skating Tuesday, January 21 @ 6:00 pm (virtual)

In this virtual program, Staatsburgh State Historic Site's curator and competitive figure skater, Maria Reynolds will explore the popularity of skating during the era as well as demonstrate the maneuvers of Staatsburg's former resident Ruth Mills (herself an avid skater). This is open to all. Please register for this virtual program. Sponsored by Dutchess County Library Association

Gina Malfetano Art Exhibition "Objective Perception and Reclamation of Agency" Exhibition: January 4 - January 31 Closing Party: Sat., January 31: 5:00 - 7:00

This new series of paintings and textile art pieces has been an excavation and discovery of hidden narratives and truths amongst the collage-like dreamscapes in arranged and rearranged compositions. Not unlike playing with paper dolls and throwing their voices; a dialogue emerges in the process. Morton Memorial Library, 82 Kelly Street, Rhinecliff

The Columbia County Chamber of Commerce

proudly celebrated the third anniversary of Roots Holistic Wellness with a Ribbon Cutting ceremony at 25 Main Street, Chatham, NY 12037. Roots Holistic Wellness is a vibrant community space dedicated to exploring, learning, and growing. Continuously expanding its spectrum of wellness services, Roots Holistic Wellness offers diverse topics and practices that contribute to the overall well-being of the community. The center provides a welcoming space for educators and practitioners to share their expertise and specializes in healthy aging through movement and holistic healing. Offerings include programs such as Strength for Women, Yoga, and Barre classes, designed to nurture both body and mind.



For more information about Roots Holistic Wellness and its programs, please visit: <http://rootsholisticwellness.com>
For details about the Columbia County Chamber of Commerce and its initiatives, please visit: www.columbiachamber-ny.com

Top Backyarding Trends for 2025

(NAPSI)—The popularity of backyarding will continue to increase in 2025, says the TurfMutt Foundation, which has encouraged outdoor living and caring for green spaces for the last 15 years. Backyarding is the act of moving everyday activities such as dining, entertaining, relaxing, and working to

outdoor green spaces including family yards, parks, sports fields, and other green areas. Things are always changing economically, culturally, and in terms of what people prioritize in their lives; however, the importance of the family backyard and community parks remains consistent. People have come to appreciate the

Continued on page 14



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Top Backyarding Trends for 2025 from page 13

many health, well-being, environmental, and economic benefits of the green space around us, and the TurfMutt Foundation says that communities should be making it a greater priority. Here are the top backyarding trends for 2025:

- **The need for urban backyarding will increase.** Homebuyers moved to the suburbs in droves during the pandemic, but mandates to return to in-person workspaces continue driving people back to city centers. This means greater importance on making the most of small urban backyards, balconies, or patio gardens. There will also be an increased desire for “public backyarding” spaces, like neighborhood parks, pocket parks, community gardens, dog parks, and more.
- **Cities investing in green space will be sought after.** Community investment in spaces for “public backyarding” as a keystone amenity has proven to produce happier residents. Green space makes cities more livable, creates wildlife habitats, and improves environmental conditions within city corridors. The city of Louisville is ahead of this trend with Mulligan’s Bark Park and The TurfMutt Foundation Great Lawn, both in the city’s historic downtown.

- **Outdoor activity areas will accommodate all ages.** According to the National Association of REALTORS®, there are now more multi-generational households than ever before. This is largely because of the cost of homeownership and the need to pool money to afford housing. Other factors are an aging population that requires care or young adults “boomeranging” back home due to high housing costs. Backyards will be revamped for flexible activity zones that accommodate all manner of activities.
- **Backyards will become wellness retreats.** The focus on improving mental health in big and small ways will continue to gain steam in 2025, and the backyard and public green space will play a pivotal role. People will set up calming spaces in their yards to support a slower lifestyle, seek out opportunities to disconnect from technology, and reconnect to the natural world right at their back door and in neighborhood parks.
- **Pet-friendly spaces will level up.** More than 66 percent of American households own a pet, and more millennials are choosing pets over having kids. Expect greater pet pampering in the backyard with water fountains, digging areas, and at-home agility courses. Pet lovers also will seek out communities

that cater to their canines with dog parks such as Mulligan’s Bark Park, agility courses, splash pads, pet-friendly shopping and dining corridors, and more. To learn more about the TurfMutt Foundation, download the TurfMutt Foundation’s International Backyarding Fact Book and sign up for Mutt Mail, a monthly e-newsletter with backyarding tips and all the news from the TurfMutt Foundation, visit TurfMutt.com. You can see Mulligan the TurfMutt on the CBS Lucky Dog television show on Saturday mornings.

5 Tips That Could Save Your Life On The Road

(NAPSI)—The next time you’re commuting to work, taking the family on a road trip, or even just learning to drive, chances are you’ll be sharing the road with large trucks; fortunately, there are safe ways to do so. Sharing the road means also sharing the responsibility to drive in a way that keeps everyone safe. Poor driving habits or driving while distracted puts everyday drivers, truckers and others such as highway maintenance workers at risk. So how to coexist safely?

Try These Tips

Tip 1: If you can’t see the truck driver, they can’t see you. Can’t spot the truck driver in their side mirror? This means you’re following too closely in the truck’s blindspot and need much more space. Keep a safe distance (the length of half a football field) between your car and a truck.

Tip 2: Be patient. Many trucks have a speed limiter that prevents them from traveling more than 65 miles per hour. Tailgating won’t make a truck driver go any faster and instead puts you both in dangerous positions.

Continued on page 15

The Columbia County Chamber of Commerce

is pleased to celebrate the new management of the Little Cat Lodge at 37 Catamount Rd, Hillsdale, NY 12529, with

The on-site restaurant, a culinary gem, includes a 45-seat bar and 70-seat dining room offering high-quality alpine-inspired cuisine. For more information about The Little Cat Lodge, please visit www.littlecatlodge.com



a Ribbon Cutting. Warmed by the giant fireplace behind them, the group celebrated the ribbon cutting and enjoyed the delicious small bites Little Cat Lodge offered us. Reopened last April, Little Cat Lodge is a boutique hotel nestled in the serene and tranquil Berkshire-Taconic region. Our mountain retreat is the perfect destination for travelers seeking a peaceful escape, whether you’re here for a weekend getaway, outdoor adventure, or simply to relax in the serene surroundings.

For more information about the Columbia County Chamber of Commerce, please visit www.columbiachamber-ny.com.

Making Wintertime Energy Management Easy

(NAPSI)—When the weather cools, it’s a good time for Massachusetts residents to prepare their homes for potential power outages. By taking a few simple steps, you can increase your home’s energy efficiency

Continued on page 16

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5 Tips That Could Save Your Life On The Road from page 14

This tip also applies to trucks making turns or backing up. Many cars try to squeeze past or around a truck when the truck driver needs only a few seconds to complete a maneuver. The truck isn't leaving a lane or space open for other drivers—it's leaving room for the back trailer to follow. Why risk injury or damage to your vehicle when it only takes a few seconds for a truck to clear the intersection or enter a loading dock? "I've had incidents where I was backing into a loading dock and a car drove down into the dock and out again just to get around me," says Tom Blad, hardware technician at Trimble and former truck driver. "Simply because I was going to block their path for three or four seconds."

Tip 3: Spend as little time driving beside a truck as possible. Traveling alongside or pacing a truck can be very dangerous due to the risk of a tire blowout—either the truck's tire or your own. In fact, the NHTSA tracked more than 550 fatalities in 2022 from tire-related accidents. A single semi-truck tire weighs 500 pounds—certainly not an object you'd want hitting your car. If your own tire blows out, your vehicle may end up under the truck next to you. "Lingering next to a truck creates a dangerous situation

where you may be sideswiped by the truck if it swerves or attempts to change lanes," explains Gary Falldin, senior director of industry solutions at Trimble and the Minnesota Trucking Association's 2016 Safety Professional of the Year. "Move at a safe and steady speed until you're far enough past the truck to change lanes."

Tip 4: Stay out of the "no zones." Due to their large size and height, trucks have four significant blind spots around the truck: in front, behind, and along both sides. When passing a truck, don't immediately return into the lane in front of a truck. Make sure you can see the full truck—from its tires on the road to the tip of its roof—in your rear-view mirror first. Many drivers don't know that the right side of a truck is more dangerous than the left. With the steering wheel positioned on the left, the truck driver has less visibility over the hood and into the right lane. Remember to always pass trucks on the left (as long as it's safe to do so).

Tip 5: Avoid the back of trucks. One of a truck's most perilous "no zones" is located behind the trailer. While it's not smart to tailgate or zip into gaps behind trucks on the go, this rule also applies when a truck is reversing on or off the road. Keep this in mind when driving and walking through parking lots or other roads.

"I can't tell you how many times cars have tried to zip around behind me—it's extremely dangerous," says Matt Carter, Certified Transportation Professional, a Trimble sales engineering manager who also works as a hazardous material driver on weekends. "Just try to avoid the rear of a semi-truck altogether." **Learn More** For additional tips, check out the [Sharing the Road Program](#) from Virginia Tech Transportation Institute. For information on Trimble, visit <https://transportation.trimble.com>.



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Making Wintertime Energy Management Easy from page 14

and help manage monthly bills. Here are some actions to consider:

Quick Fixes for Lower Bills Seal doors and windows: Weatherstripping or a door draft stopper can keep warm air in and cold air out.

Unblock air vents: Make sure furniture and curtains are not obstructing vents. A vent extender can help redirect airflow if you want to keep furniture in place.

Schedule heating maintenance: Book an annual checkup for your furnace, boiler, or heat pump to boost efficiency, catch minor issues before they escalate, and extend its lifespan.

Bleed radiators: Trapped air can hinder heating efficiency and increase energy costs. If you hear gurgling or banging, it is time to bleed your system.

Check chimneys and fireplaces: Service your chimney and close your fireplace damper when not in use. A glass screen can help keep warmth indoors.

Tips to Conserve and Control Energy Use

Adjust thermostats: Keep the temperature between 68 and 70 degrees when you are home and lower it at night or when you are away. Lowering your thermostat by just one degree could reduce heating costs by 1 to 3 percent annually.

Insulate key areas: Insulating walls, pipes and especially attics can keep warmth in and cut down heating costs. Focus on outlets, utility entry points and water heaters.

Change ceiling fan direction: Run fans clockwise in the winter to circulate warm air downward. In the summer, reverse the direction to create a cooling breeze.

Unplug unused electronics: Unplug devices when they are not in use, switch to LED light bulbs and consider using timers for lights.

Use rugs and curtains: Rugs add insulation to hardwood floors. Opening curtains in the daytime to let in sunlight and closing them

at night helps retain warmth.

Limit decorative light use: Limiting use of seasonal lights—such as indoor and outdoor holiday lights—and choosing energy-efficient LEDs helps prevent hazards and manage energy bills.

Long-Term Energy Savers

Consider a professional energy audit: An energy audit can identify opportunities to improve efficiency. National Grid offers free audits to income-eligible households, along with services like air sealing, insulation, or energy-efficient appliance replacements, such as ENERGY STAR® appliances, through the Mass Save program.

Install zoned heating or a smart thermostat: Zoned heating allows targeted temperature control, and a smart thermostat lets you automate temperature adjustments, potentially saving 10 percent annually on heating and cooling.

Seek out customer assistance: National Grid's customer savings initiative offers support for customers and encourages participation in energy efficiency programs, flexible bill management solutions and payment assistance for income-eligible customers. For example, the Budget Plan offers eligible customers a monthly budgeting program that averages your annual energy costs and divides them into twelve equal payments, helping to smooth out high winter heating

and summer cooling bills.

Learn More

Visit ngrid.com/ee for details on energy efficiency programs for homes, multi-family properties, and businesses, or check ngrid.com/heretohelp for additional payment options and tips on managing energy costs.

A Story To Sing About

(NAPSI)—The next time you listen to a lullaby, a love song, carols or karaoke, consider this: Why do people sing? A charming answer to that intriguing question comes from YouTube creators and musicians Sam Tsui and Casey Breves. Their new book, “Why Do We Sing?,” is one adults will enjoy as much as their kids. It's an adventure around the world to celebrate the role of music throughout many cultures. With gentle rhyming text, it's a delightful introduction to the magical world of singing—from Bollywood to Broadway to your own backyard. The married creators' original songs and covers have been viewed and streamed over a billion times (and counting), so it's fitting that the authors have released a companion album with Republic Records: Kids & Family alongside the book. Featuring original songs and celebrating the

book's global themes, each song on the album draws inspiration from a different genre featured in the book: opera, K-Pop, campfire songs, mariachi, and more. While this gently inspirational book about the power of music is suitable for any reader, the inspiration comes from Sam and Casey's own family: their daughter, Elaia, and their cat, Alfie, are featured on every page. The book encourages empathy, appreciating diversity, and respect for others, and has been well received by the critics: “The authors pose the titular question and, in bouncy, lilting verse, provide brief, thought-provoking answers. It's a simple enough query but a meaningful one. This spirited offering delivers good answers. Following a read-aloud, children should be strongly encouraged to give their vocal chops a hearty workout. We're singing the praises of this joyful charmer,” said Kirkus Reviews. Publishers Weekly adds: “Rhyming text lists ways music can express and share emotions. Amplifying the text's joyful tenor, Tsui's illustrations feature smiling characters. Concluding with a call to action (“What will YOU sing?”), this sampling of visually suggested styles [is] inspirational.” Published in hardcover and audio by HarperCollins, it's available wherever books are sold.

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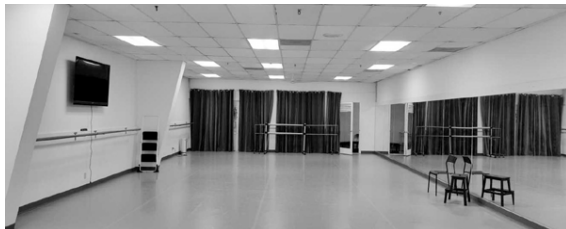
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