



Hudson River View

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Vol. VII Number 5 - Serving Northern Dutchess & Southern Columbia County July 2022

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Dr. Cindy Hoffman Expands Hyde Park Office

**State of the art
Dermatology
including
CoolSculpting and
Fraxel**

By Lisa Dudley
Dr. Cindy Hoffman, D.O., FAOCD has expanded her dermatology practice located at 4 Crumwold Place, just across the road from Emergency One in Hyde Park with the addition of Nadine Bedrosian, PA-C who has over 15 years experience assisting in various surgical subspecialties.
Dr. Hoffman's dermatology practice specializes in diseases of the skin, hair, and nails, in all age groups but, she says, "Kids are a big part of my practice." Dr. Hoffman believes in early and preventative skin care because, "a healthy body begins with healthy skin." She also believes healthy skin is "important in maintaining self confidence and good mental health."
Dermatology is a field that includes all kinds of rashes prevalent in youngsters including acne, rosacea, eczema, and



Dr. Cindy Hoffman, D.O., FAOCD
psoriasis. As they age, Dr. Hoffman does full exams to examine and monitor moles to prevent and detect skin cancers. Dr. Hoffman's office offers a surgical procedure called Mohs micrographic surgery for patients with skin cancers. The procedure involves the immediate removal and microscopic analysis of skin cancers at the tumor site until all of the affected tissue is gone. Since only the cancerous tissue is removed, wound size and the chance of regrowth are minimized.
Continued on page 5

Town of Milan

Please join us for the unveiling of the Jacob Shook historical marker located on Shookville Road in the town of Milan, New York. The ceremony takes place Saturday, July 23, 2022, 10 a.m. Jacob Shook was Milan's second supervisor, postmaster, and served in the Dutchess County militia from 1811 through 1816. In 1833, he and his brother, Peter, donated land for the construction of the Shookville Church and Cemetery. This historical marker is made possible through the William Pomeroy Foundation and was granted for the thorough and important research done by Bonnie Wood, who is a descendant of prominent Milan citizens. For additional information contact Victoria LoBrutto, Milan historian, at Milannyhistory@gmail.com.

Art Walk in Rhinebeck this Summer

Art Gallery 71 is one of four art galleries in the Hudson Valley that is participating in the second annual Rhinebeck Art Walk. Every Saturday from June to September from 4-6pm, the following galleries will be open with special refreshments, prizes, and an opportunity to meet the artists. The Rhinebeck Art Walk galleries include:
Albert Shahinian Gallery, 23b E. Market Street (third floor),
Art Gallery 71, 71 E. Market St.,
Betsey Jacaruso Gallery in the Courtyard, 43 E. Market Street,
Montgomery Gallery, 6423 Montgomery Street (2nd floor).
Art Gallery 71, a cooperative of twenty three local artists, will be giving away a print of a painting of the Hudson Valley by artist Mary Belliveau to a participant in July's Art Walk, Saturday, July 16th. Artists Alix Hallman and Ted Braggins are the featured artists at Art Gallery 71. Acclaimed professional artists are featured at the other participating galleries.

Networking Mixer for Columbia County Women in Business @ Hudson Chatham Winery - Thurs, July 14 from 5:00 - 7:00 pm

Networking Mixer for Columbia County Women in Business (CCWB) at Hudson Chatham Winery on Thursday, July 14 from 5:00 - 7:00 pm. This is a great way to meet other women in business. Hors d'oeuvres sponsored by **Community Bank N.A.** and cash bar will be offered during the After Hours. Guests are encouraged to contact the Chamber at 518-828-4417 or email akneller@columbiachamber-ny.com if they plan to attend.

TAKE ADVANTAGE OF SUMMER WITH CESAR ROMERO FULL SERVICE PAINTING

By Amy Byrne:
From a professional painting, to complete home renovations, Cesar Romero Full Service Painting can handle the job.
Cesar has worked and resided in the Rhinebeck area for more than 30 years, helping clients realize their visions for improving and adding value to their homes. He takes pride in coming from a family of builders, and he recently was able to help several of his nephews join his family business.
Cesar and his crew have been busy with various projects, and with summer here, it's a great time to book an appointment. Cesar says people are especially interested right now in making homes more energy efficient, and in embarking on converting basements to extra rooms or apartments, among other things.



David, Yeizon, Cristian, Cesar and "mascot" Jerman
As far as the scale of renovations, "We can handle the whole entire house," says Cesar. "Inside and outside, we can do the whole thing, whatever it is. Right now, we're doing renovations for kitchens. Window installations are big right now. New doors. Fixing roofs, complete new roofs. Stuff like that. Fixing the basement, including finishing basements, making an apartment
Continued on page 2

Thrift Shop Opening: "New to You"

By Pat Owens
From the people who brought you the Annual Tag sale that you know and love, the "New to You" Thrift Shop has opened. For the benefit of St. Christopher and Good Shepherd Church it is located at 30 Benner Road (otherwise known as the school, gym, parish center, etc.). Parishioners Pat



Owens, Gina McCrudden and Harriet Rossi have pooled their expertise to give you the best of the best donations. There are four rooms to roam through: Books (crafts, CD's, tapes...), Housewares (pots & pans, serving dishes, teapots, utensils...), Designing (go crazy decorating your home with candles, pictures, tableware, barware, lamps....) and Clothing (all manner of women's clothing from head to toe, awake, sleeping or out on the town).
We are happy to welcome you on Tuesdays from 11:00 to 4:00 and Thursdays from 11:00 to 7:00.
We will also accept donations on Thursdays after 3:30. Please visit and we're sure you'll come again.

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Hudsonriverview.net

Ruth Piwonka Scholarship Award Recipient Olivia Dumont

The Jacob Leisler Institute for the Study of Early New York History (Hudson, NY) is pleased to announce it has selected Olivia Dumont, a graduating senior from Ichabod Crane High School, Kinderhook, as the 2022 recipient of the Ruth Piwonka Scholarship. Olivia demonstrated both passion and dedication to the study of history through her submitted essay which was supported by a strong letter of recommendation and an outstanding high school transcript. Given the strength of her application, the board decided that Olivia was the candidate of choice for receiving the award. The scholarship, in memory of Columbia County historian Ruth Piwonka, will help to further Olivia's education at Middlebury College. This scholarship is given annually in memory of Columbia County historian Ruth Piwonka, Trustee Emeritus of Jacob Leisler Institute, who passed away in August 2021. Former executive director of the Columbia County Historical Society, 1976-1983, and author of numerous works on Columbia County, Ruth was Kinderhook Village Historian at the time of her death. Her affiliations in Columbia County were broad, covering school districts throughout the county. The scholarship is open to students in the school



Olivia Dumont
districts that Ruth affected. Donations to the Ruth Piownka Scholarship fund may be made to the Jacob Leisler Institute, PO Box 86, Hudson NY 12534. For further information contact the Jacob Leisler Institute: info@jacobleislerinstitute.org.

The August Edition Of The Hudson River View Will Be In Area Homes On August 3rd The Deadline For Advertising And Press Release Submission Is July 20th

ACCORDING TO QUACKERS



No!!! My pool liner is brown! Have you ever filled your pool and come out a day or two later to find your previously spotless liner a hideous shade of brown? Maybe it's algae. You can easily determine this by rubbing the stain with a chlorine tablet. If it comes off, it's likely a form of algae. If not, than the likely culprit is iron. This is easily determined by rubbing the stain with a vitamin C tablet. If it is an iron stain it should disappear almost immediately.

Depending on the size of your pool you can spend upwards of \$50 for professional stain remover to get rid of this stain. Of course some work better than others and may take longer to rid your pool of the stain.

Don't despair, there is a cheaper and faster product out there and you can pick it up at your local supermarket or drug

store. **Vitamin C – aka ascorbic acid.** Ascorbic acid is the main ingredient in professional powdered iron stain remover. All you need is a couple of the big bottles 250 tablets or more. The 1000 mg tablets are bigger, so go for those – or grab what ever is on sale. In my experience you can usually find these bottles on sale for “buy one get one free” or “buy one get one 50% off”.

I have discovered the best thing to do is coarsely crush the tablets in a ziplock bag and then scattering the pieces uniformly over the bottom of the pool and along the sides. Be sure to do this with the filter turned off to ensure the pieces fall straight down. The stain will start disappearing immediately and after several minutes you can come back and use your brush to reposition the pieces over the remaining stained areas. Wait a few more minutes and turn your filter on. By the next day the stain should be gone.

Just one more thing. Though the vitamin C will remove the stain it cannot remove the iron from the water. To do this you will need to purchase a metal sequestering product, so the iron can be removed by your filter.

From our family to yours we hope you have a fun and safe summer.

Cesar Romero Full Service Painting from page 1

in the basement, things like that.” Helping Clients Realize Their Visions Within a Budget

Current economic conditions mean making sure that customers have a clear idea of what materials and choices might make for suitable and cost-effective choices in a project.

Cesar has many years of experience in working with clients to do exactly that. “For kitchen and bathroom renovations, I let people know that these are usually the most expensive areas of the house. You have to understand that. Renovations usually involve a plumber, and an electrician, you know. The whole nine yards. So most of the time, what I do is everything like framing, painting, sheetrocking, taping, and all carpentry work. For the plumbing and electric, I have subcontractors I can call in for those parts of the job.”

As far as availability of construction materials and other items, Cesar says the supply chain has improved compared to the height of the COVID pandemic. “Right now, getting stuff is no problem. Because before, we had serious problems. Two years ago you could not find supplies and materials. But

now they have started to have more supplies in the stores, as far as lumber, and other things.”

Cesar says that while there have been noticeable inflation-related price increases and that clients are certainly aware of and sensitive to price rises, so far the impacts on his work and business haven't been a huge negative.

Clients will often have preferences or desires as far as materials, fixtures and styles they have in mind for a project. Cesar considers it his job to work with customers to build and create what they have in mind. "Most people have their own opinions and ideas already about what they want. And if there are two people and they have a disagreement, I wait for them to work that out!"

The frenzy in the local real estate market that came on the heels of COVID may have cooled down. But there's been no let up in people who have lists of projects they're looking to get done to improve those homes.

Cesar notes that people who have purchased a home “might want a different look for a kitchen. They might want new cabinetry. Flooring. They might want to change the bathroom. Again, we can do just about anything. Carpentry, sheetrocking,

Continued on page 3

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Cesar Romero Full Service Painting from page 2

taping, and painting.”

Roofs are another renovation that people look to take care of when the weather permits. Cesar Romero Full Service Painting are experienced roofers in all types of traditional roofing jobs, with the exception of large metal roof projects.

“A roof only lasts so long. If you have a shingle roof more than 20 years old, it’s probably time to start thinking about a new one, and at least watching for problems. We do mostly regular shingle roofs, and cedar. We don’t do big metal roof projects, but we sometimes will do smaller ones. Metal requires special tools, to bend it, and things like that.”

Solid References and Fair Rates

Cesar Romero Full Service Painting offers great references and reasonable rates for projects. They also offer free estimates.

As a longtime local working

professionally in the area of renovation, painting, construction and roofing, Cesar has plenty of satisfied customers who can vouch for the quality of the services he and his crew provides.

Cesar comes from a family of builders. His father was a carpenter, and in the 1980’s, Cesar came from Honduras to work with his brother in NYC.

“He was the superintendent of an apartment building in New York. I learned how to repair walls and fix sinks, and learned a lot of basic plumbing, fixing toilets and things like that.”

Cesar can attest that there might be no better all-around repair and maintenance teacher than an aging NYC building. “When something goes wrong with plumbing, there can be damage in ceilings, in walls. So working with my brother, I learned how to repair and fix those kinds of things, and do sheetrocking and taping.”

When Cesar’s wife Jenny (of

locally based Jenny’s Cleaning Service) had a job opportunity in Rhinebeck, the couple decided to make a move to the area. Cesar found work with a painting firm in Millerton.

The significant travel factored into Cesar’s decision to begin working for himself. “Around 2000, I decided to go on my own. I did painting myself for five years. But then I took on a crew for that. My company continues to do a lot of painting, and I oversee that of course. We have a lot of experience, and my guys do great work.

“But for my own hands-on involvement, I focus more on construction projects. I’ve worked for contractors, and was able to learn a lot over the years, by doing that. Everything from framing houses, to roofing.”

Cesar says one of his greatest satisfactions has been to be able to be a successful businessman, and to help other members of his family. Recently he was able to take on two of his nephews, Cristian and Yeizon Romero into the family business. He

says that unfortunately, his home country of Honduras has experienced many problems and much suffering, and helping his family has been a high priority.

“My nephews, and some cousins have come to this country now. And my sister Aracely is coming soon. It used to be only me. The president of [Honduras], he was put in jail three months ago. He’s right here in the Bronx. He’s done a lot of things wrong. In Honduras, it’s very difficult. My family have no jobs, don’t have food, don’t have things to survive, you know what I mean?”

“So I wanted to help out my family as much as I could. I have given them support. I’ve sent money every month. And now, I have my two nephews here working with me.”

Cesar has also been something

of an entrepreneur in the area of social media. “I make [renovation themed] videos for people in Spanish. I make presentation videos of using different tools, like drills and carpentry skills, and things like that.” [Those videos can be found at: Proconsejos.com]

So whether it’s professional painting, a home renovation project, new windows, or roof repair, Cesar Romero Full Service Painting has the experience and local track record that can assure clients the job will be done right.

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ACROSS

1) Notable historic period

6) Legions

11) Degree in math

14) Hawaiian island

15) Burqa wearer's deity, often

16) "And what have we here?"

17) Brain part

19) Big ___ Conference

20) Where a frog may be found?

21) Terrible twos, e.g.

23) Bands around the biceps

26) Oar steadiers

27) Bright and pleasant

28) Let out, as fishing line

30) Charged particles

31) Disparaging look

32) Rubble-making stuff

35) Banned bug-killer

36) Not going anywhere

38) ___ polloi

39) Swell place?

40) Artist's stand

41) Drudge

42) Swarming insect

44) Ludlum's "The ___ Identity"

46) Nearly

48) Without wheels?

49) Natural talent

50) Acre's acres?

52) Choose for membership

53) Payment on a payment plan

58) Dash lengths

59) Baseball's "Ryan Express"

60) Fergie, formally

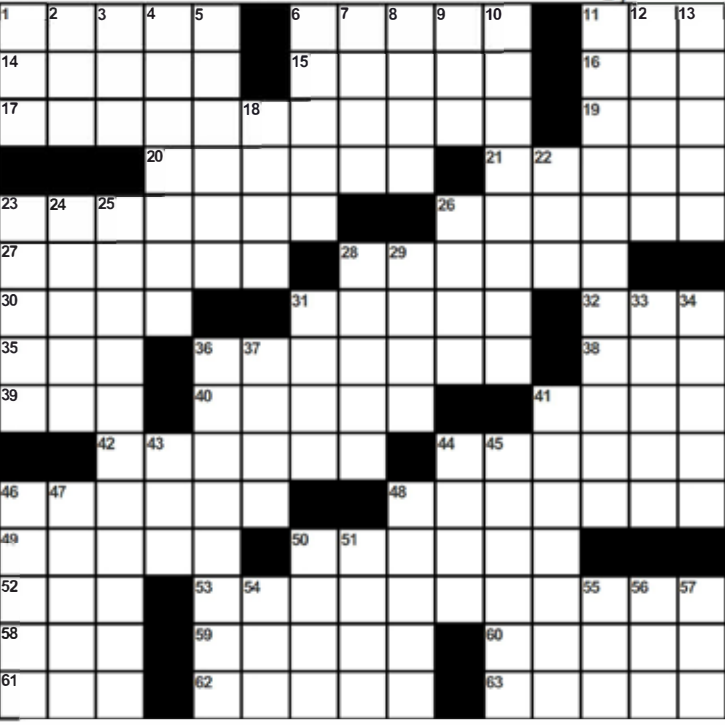
61) "Norma ___" (1979 film)

62) Loon relative

63) Foe

A HEIGHTENED CHALLENGE

By Rob Lee



DOWN

1) Character in a Christmas special, often

2) An eagle is two under this

3) Lennon's wife

4) Saddle parts

5) Come-___ look

6) Signs of divinity

7) ___ podrida

8) Vegas machine

9) Bar bill

10) One leading the flock

11) Nuts

12) "We hold ___ truths ..."

13) Fine-tunes

18) Affectedly creative

22) Clod chopper

23) Litmus reddeners

24) ___ Island (state)

25) Senior moment, e.g.

26) Cheshire cat's hangout

28) Available for occupation

29) "Ain't Misbehavin'" star Carter

31) Back talk

33) High times?

34) Points at the dinner table

36) Battening down

37) Drawn tight

41) Large suitcase, perhaps

43) ___-Wan Kenobi

44) Canaanite deity

45) End of a threat

46) Behind

47) Andean animal

48) Construction site sight

50) Vacation destination

51) Attempt

54) Postal creed word

55) "... ___ he drove out of sight"

56) "Platoon" war, briefly

57) "___ will be done"

Solution on page 5



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Catskill Mountain Shakespeare adds to growing Hudson Valley art scene presenting a contemporary “A Midsummer Night’s Dream”

New company enters second season; show set outdoors in scenic Catskills with diverse, gender-blind cast

In its second year of producing, the newly established Catskill Mountain Shakespeare

announces their 2022 main stage show, “A Midsummer Night’s Dream” (July 16 - 31, 2022). “AMND” is an intricate story of love, performance, mistaken identity, colliding worlds and magic and will be presented outdoors and under an expansive tent at [The Emerson Resort & Spa](#). A diverse and gender blind cast will perform in an immersive setting against the picturesque landscape of the Catskill mountains and the Esopus Creek. The production will feature 11 classically trained actors (a combination of New York City

and Hudson Valley based talents), a creative crew of costume, set, music and lighting designers, and directed by Peter Andersen, an MFA directing candidate at Carnegie Mellon University and a graduate of Emerson College (BFA Acting). The show runs July 16 - 31, with a preview pay-what-you-will night on July 15; tickets are \$30/adults; \$15 students, available for purchase via the CMS website (need-based discounts also available): catskillmountainshakespeare.com

“After an incredible first season last year, we are thrilled to be back,” says Artistic Director and Founder Sarah Reny. “Summer theater out on the grass and under our tent, what’s better than that?!”

Inspired by the majesty of the mountains, CMS aspires to create a theatrical experience for the growing and picturesque Hudson Valley region, offering a complete visual experience. Catskill Mountain Shakespeare explores classic texts (and new work initiatives) and makes these stories accessible, thought-provoking and entertaining for a modern audience. Fostering diversity, inclusion and equity for all artists, creators and audience members is a top priority. CMS has garnered wide support from patrons, business owners and investors and performs at existing locations that provide infrastructure, accessibility and a beautiful landscape. CMS believes outdoor summer theater

is an inviting way for the local community, and anyone visiting the area, to enjoy live art together.

In addition, join us for a special “A Midsummer Night Out” Opening Night Performance & After Party on July 16, an LGBTQIA Midsummer Social on July 22, and a ‘Relaxed’ Performance for Kids (with Childcare) on July 23. FREE children and teen theater workshops will be offered as well. Details on the CMS website.

Catskill Mountain Shakespeare presents classic theater (and new work initiatives) in a fresh and modern way in immersive, natural settings while fostering

Continued on page 5

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Red Hook Veterinary Hospital
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The Hair Salon
The Rossignol Children Center
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Xtra Mart
Yum Yum Noodle

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WHERE YOU CAN FIND US IN COLUMBIA COUNTY				
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Germantown Gulf Station	Church Street Deli Copake	Philmont Pine Haven	Fairview Wine & Spirits	Hudson Polish Deli
Bank of Green County - Germantown	Copake Front Porch Market	Philmont Cumberland Farms	Wash Rite	Salvation Army
Upstate Auto	Dad's Copake Diner	Claverack Xtra-Mart	ShopRite	A Cut Beyond
Mrs. Sew & Sew	O's Hillsdale Diner	Claverack Post Office	66 Food Mart	Hudson Red Barn
Fully Loaded	Hillsdale 4 Brother's Pizza	Cobble Pond Farms Route 9H & 66	66 Fine Wine & Spirits	Morabito's
Blue Stores Xtra-Mart	Hillsdale Cobble Pond Farms	Hudson Subway Mobil Station	Mountain View Animal Hospital	Restore
Livingston Post Office	Hillsdale IGA	Wash & Dry Fairview Ave	Trustco Bank - Hudson	
Bell's Pond Xtra-Mart	Craryville Ameri-Stop	Plaza Diner	The Antique Warehouse	

Dr. Cindy Hoffman Expands Hyde Park Office from page 1

Mohs surgery is ideal for areas on the body that are cosmetically important such as the face and neck. The procedure is most commonly used for basal and squamous types of skin cancers.

Dr. Hoffman also specializes in state-of-the-art cosmetic procedures and Laser treatments. These include Botox and fillers such as Juvederm, laser hair removal, leg veins and IPL Photorejuvenation, CoolSculpting and Kybella. She also performs Fraxel laser and Clear and Brilliant for wrinkles and brown spots. She employs an aesthetician who performs peels and microdermabrasion. Dr. Hoffman also uses the Lumenis One laser procedure which encompasses three lasers in one. "Light Sheer laser removal is designed to achieve long lasting hair reduction quickly and with minimal discomfort. Patients can also have leg veins treated with nd:Yag. Photorejuvenation is performed with our IPL technology. This is used to treat imperfections from sun damage, photo-aging and age spots, facial capillaries and rosacea," she explains.

Through Dr. Hoffman's participation in education, residency training, research and medical publications, she is at the forefront of understanding skin needs and concerns. She has been in practice for 30+ years and has been teaching residents for over 20 years. Besides her Hyde Park office, Dr. Hoffman sees patients in Yorktown Heights and Carmel. She is a graduate of the New York

College of Osteopathic Medicine (NYCOM) and is a Board Certified Dermatologist. Dr. Hoffman is Past President of the American Osteopathic College of Dermatology, The New York State Osteopathic Medical Society, and The New York College of Osteopathic Medicine Alumni Association. She is currently the Dermatology Residency Director at St. Barnabas Hospital in the Bronx and is Course Director of Dermatology Department at the New York College of Osteopathic Medicine. Dr. Hoffman is also a member of the Board of the American Osteopathic Board of Dermatology.

Dr. Hoffman's website,



Nadine Bedrosian New PA at Dr. Hoffman's Office

DrHoffmanDermatology.com features many informative blog posts about an array of skin treatments to help achieve skin-care goals including laser hair removal, laser skin treatment, fillers, chemical peels, microdermabrasion, scars, acne, wrinkles, skin cancers, poison ivy, hair infections, moles, rashes, eczema, cysts, psoriasis, rosacea, shingles, warts, birthmarks,

chicken pox, and dermatitis. Given all these possible skin complications, many people visit a dermatologist once a year, though the recommended frequency of visits increases with both your general risk of skin cancer due to time in the sun (or tanning beds), cigarette smoking, and any family history of skin cancer.

"We recognize that your choice of a dermatologist is driven not only by your doctor's competency and personality but by a supportive and caring attitude from the staff," she admits. "We work together as a team to be sure we are responsive to your needs and we do our best to keep you informed about recommendations for your optimum health." Recent online patient testimonials about care and communication are almost exclusively 5 star reviews with the majority saying, "excellent, friendly, efficient, polite, comfortable, professional, skilled and experienced."

For more information or to easily set up a telemed or in-person appointment call 845-229-2990, visit DrHoffmanDermatology.com or like them on Facebook @CindyHoffmanDermatology.

Catskill Mtn Shakespeare from page 4

diversity and equity for all. CMS is committed to bringing world class theater to the community and visitors alike. Founded in 2021, Catskill Mountain



Shakespeare is a 501(c)(3) non-profit theater company.



Mariah Lotz (they/them) as "Puck" (L) and Jordan Mann (she/her) as "Bottom" (R); courtesy CMS

"Behind the Scenes" Tour at Mac-Haydn Theatre - Wednesday, July 13, 2022 @ 11:30 am

Have you ever wondered what happens "Behind the Scenes" at some of the businesses in Columbia County? Wait no more. The Chamber and Members will be getting a look into the operations of local businesses in the County. We are inviting Chamber Members to join in on the tours along

with asking questions that you have always wanted the answers to. Attendance is limited to 15 participants, and it is first come first serve. The first one will be on Wednesday, July 13 at 11:30 am. Tour will last approximately 1 hour.

If you wish to attend the matinee at 2:00 pm after the tour they are offering discounted tickets for \$35 to see "Urinetown" The Musical. Must be purchased in advance. Please contact Amy Kneller at 518-828-4417 or email at akneller@columbiachamber-ny.com to reserve your spot. Mac-Haydn Theatre is over 50+ years old. They are a professional theatre presenting classic and contemporary musicals in a charming, intimate theatre-in-the-round setting. Talented performers, exceptional voices, exciting shows, suitable for all ages. Mid-May through early September. They are located at 1925 Route 203 in Chatham.

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THC Toxicity and CBD in Pets

With the increasing medical use for Cannabis and its legalization in many states, veterinarians are seeing more cases of toxicity in their pet patients. The Cannabis sativa plant contains over 400 chemical substances, including over 100 different cannabinoids, which are the main chemicals that interact with our nervous system

and other organs. Of these, delta-9-tetrahydrocannabinol (THC) is what can be toxic to our pets. Dogs and cats are intoxicated when they ingest dried parts of the cannabis plant, THC products, or inhale second hand smoke. Baked goods are a common culprit as they are often quite enticing to eat. Additionally, if THC-infused butter is used, this will have a higher concentration

than other forms of THC, meaning just a small amount can cause significant effects.

The main signs of intoxication include: dilated (large) pupils, stumbling/poor coordination, and dribbling urine. Some dogs can be very reactive to movement and light and act scared or panicked. Signs can occur within 30 minutes of ingestion and can last for hours to days depending on the quantity ingested. In most cases, pets will recover. In severe cases, the toxin can cause seizures, coma, or respiratory depression that can be so significant that dogs can stop breathing.

Diagnosis of intoxication is based mainly on clinical signs and history, as the urine test that humans use can produce inconsistent results.

Treatment is mainly focused on supportive care: oxygen supplementation, fluid therapy, and medications to control heart rate, respiratory rate, seizures and agitation. It is typically not recommended to induce vomiting as pets can aspirate due to their altered mental state. Cannabis can also inhibit vomiting, making it futile, unless it is done immediately after ingestion. Veterinarians will often also use intravenous lipid therapy to help bind the toxins.

Thankfully, prognosis is generally very good, although full recovery can often take several days depending on the dose. While THC toxicity is often curable, there are other toxicities and illnesses that can look similar with very different treatments and prognoses, so it is best to tell your veterinarian if you know your pet was exposed to THC.

When discussing THC, it is also common to discuss Cannabidiol (CBD). This is another cannabinoid that is widely used in human medicine and gaining traction in the veterinary world. It is mainly derived from hemp (the Cannabis plant containing less than 0.3% THC) and unlike THC; it does not have psychoactive properties. CBD is used to improve sleep, reduce stress/anxiety, and reduce inflammation. In veterinary medicine, there are unfortunately no regulations on CBD and no FDA approved veterinary CBD products. This means there can be contaminants and pesticides, and what is on the label is not necessarily what is in the bottle. Additionally, not all products are the same. It is based on the plant genetics, cultivation and processing. While there is no governing agency to regulate CBD, the National Animal Supplement Council has designated itself to aid in the regulation and evaluation of the various CBD products. While CBD is very well tolerated in dogs and cats, there can be some side effects and interactions with other medications, so it is important to discuss with your veterinarian before giving it to your pet.

TIPS FOR HELPING YOUR DOG MANAGE HIS FEAR OF THUNDERSTORMS

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

Happy summer to all! It was so nice to actually have a spring season this year rather than jumping from winter right into summer. Along with the warmer summer weather and, for many, the resumption of something that resembles a normal vacation season, the Hudson Valley seems to experience a high frequency of thunderstorms. And, as thunderstorm season creeps up on us, it's the perfect time to share

some tips to help you manage your dog's fear of sudden changes in weather; the suddenly dark skies, wind, rain, lightning and booming thunder that can be so scary. While thunderstorms may cause panic for many dogs, they can be trained to manage their reactions and feel calmer through all the noise and bright flashes.

Thunderstorms are a common fear for many dogs, that can cause them to panic and run away, become destructive, or even hurt themselves. Dogs can sense changes in barometric pressure indicating that a storm is on the way long before we are aware of any visible signs of oncoming weather changes, and they often begin to show signs

Continued on page 9

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Mista is a beautiful gray tiger female kitten. She was born on 3/15/22. Mista has a wonderful bubbly personality. She is full of enthusiasm for life. She loves zipping across the room to play with her toys. Mista will even roll over for a tummy rub for affection. She has been raised in a foster home with her three siblings since they were 6 weeks old. Her three siblings have already found their forever homes. Mista still is waiting for hers to come along. Mista has been in a foster home with adult cats, 3 dogs and a teenage whom adore her. Mista should do well in any household. Complete an online application at www.pant.org under "Adoption Center."



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COLUMBIA MEMORIAL HEALTH EARNS TOP AWARD FOR EXCELLENCE IN STROKE CARE FOR 5TH CONSECUTIVE YEAR


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receiving the American Heart
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Award. This year's recognition
marks the fifth consecutive year
that CMH has earned the AHA/
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The AHA/ASA stroke award
recognizes CMH's excellence
in providing stroke patients
with the most appropriate
treatment aligned with nationally
recognized, evidenced based
guidelines. The Gold Plus award,

the highest level possible, is an
advanced level of recognition
acknowledging select hospitals
for consistent high level
performance across a broad range
of stroke care quality measures.
In addition, CMH's diabetes
care program was recognized
by being placed on the AHA's
Target: Type-2 Diabetes Honor
Roll. This award honors hospitals

engaging in advanced care for
patients with heart failure and/or
stroke and type 2 diabetes. Honor
Roll hospitals must meet a series
of very stringent, evidenced based
care standards to be recognized.
Michael Weisberg, M.D.,
Chief of Emergency Medicine
at CMH, said: "Earning this
award for the fifth straight
Continued on page 8



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CMH Earns Top Award from page 7

year is a testament to the entire CMH care team’s commitment to excellence in patient care. Even amid the challenges of the pandemic, our team remained steadfast in ensuring stroke patients consistently received the very best, evidence-based care available. It sends a clear message to our community that they can rely on CMH when they need us most.”

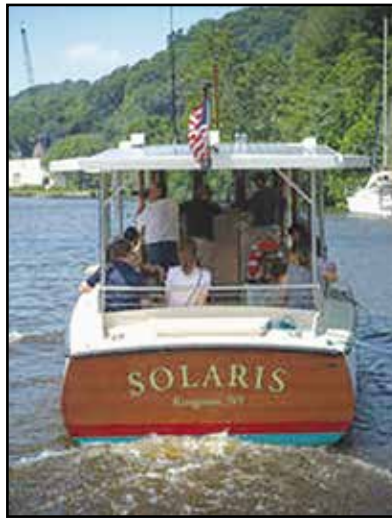
According to the American Heart Association/American Stroke Association, stroke is the fifth leading cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds, and nearly 800,000 people suffer a new or recurrent stroke each year nationally.

Research has shown that hospitals adhering to clinical measures through the Get With The Guidelines quality improvement initiative often see fewer readmissions and lower mortality rates.

ABOUT COLUMBIA MEMORIAL HEALTH: \ Columbia Memorial Health is an advanced multi-specialty healthcare system serving more than 100,000 residents in Columbia, Greene and Dutchess counties at more than 40 primary care and specialty care centers. In addition, CMH’s inpatient hospital, located in Hudson, has served our region since 1893 and is one of the most innovative and technically advanced facilities in the Hudson Valley. Columbia Memorial Health, Albany Med, Saratoga Hospital, Glens Falls Hospital and the VNA of Albany are part of the Albany Med Health System, the largest locally governed health system in the region. Learn more at www.columbiamemorialhealth.org

Solaris Programs in Full Swing

Looking for something to do this weekend? The Hudson River Maritime Museum is happy to announce programs conducted aboard our 100% Solar Powered vessel *Solaris*. Programs depart



from the Museum docks from Thursday to Sunday, and on Sunday from our Rhinecliff dock. Tours of the Rondout Lighthouse, cruises on the Rondout Creek, and programs on “Wrecked and Abandoned” vessels in the area will be offered regularly, alongside guest presentations of “Indigenous Life” by Justin Wexler, “Children’s and Adults Storytelling” by Karen Pillsworth, and Sunset Cruises. Live Music Cruises will be available on Thursday nights. Some unique programs offered this month include 5 different musical performers across a variety of genres. See Solarboatours.org for more information.

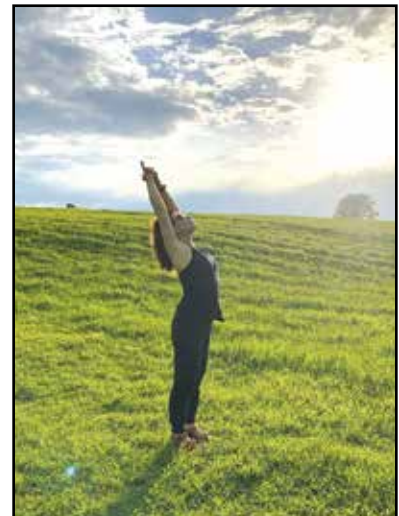
Solaris is a 100% solar-powered vessel built by the Hudson River Maritime Museum. It does not require fossil fuels to operate. Designed by marine architect Dave Gerr from a concept developed by David Borton, owner of Sustainable Energy, our tour boat is commercial in design, meeting all U.S.

Coast Guard regulations for commercial passenger-carrying vessels. She can travel up to 50 miles at night without the use of her solar panels. Even on cloudy days, the solar panels are so efficient that they continue to power the batteries. Solaris is used for educational programs, public tours, and private charters and events. With near-silent running, low wake, and no engine fumes, *Solaris* makes the ideal “floating classroom” for children and the general public alike. The **Hudson River Maritime Museum** is dedicated to the preservation and interpretation of the maritime history of the Hudson River, its tributaries and related communities. 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 its floating classroom, Solaris. The museum is located along the historic Rondout waterfront in downtown Kingston.

Hudson Valley Yoga Brunches - Featuring a Weekly Evolving Menu and Yoga Class - Saturdays Through August in Rhinebeck.

Start your weekend with a healthy and joyful local experience! Rhinebeck-based yoga instructor Lea Bender will help you tone

and release your muscles while breathing more freely and calming your nervous system with a 60-minute yoga flow. This will be followed by a delicious freshly sourced plant-based brunch prepared by local chefs from *Urugula* and *Joust*. You can opt for just yoga, just brunch, or come for the full experience. Childcare as well as a meal and snacks for the kids will be available at neighboring Kesicke Farm. This is an outdoor event, weather-permitting. If it rains, we will be inside a beautifully renovated barn space at the same location. Open to all bodies and experience levels. **Location:** The Greenhouse Rhinebeck, 41 Pitcher Rd, Rhinebeck, NY 12572 **Time:** Yoga 10-11 am; Brunch 11-12:30 pm **Cost:** Yoga: \$20; Brunch: \$25 **More info and to sign up:** <https://www.joustjuice.com/yogabrunch> **More about Instructor Lea Bender:** www.leabenderyoga.com





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Barkbusters from page 6
of anxiety even before the storm can be heard by human ears.”

There are some things that you can do to help your dog learn to relax during storms, fireworks or other loud disturbances that may be frightening to him.

1. If thunderstorms are in the forecast and you are not able to be with your dog, give him a safe place to stay during the storm. If he is inside your home, create a quiet den-like area where your dog can feel secure. A properly introduced crate or kennel can be a calming refuge for him. When a storm is brewing, lead your dog to his special place to help him feel calm and protected. Introduce your dog to his “safe place” well in advance of an impending storm. If your dog does not have a positive association with his crate before a storm occurs, he is likely to consider the crate in a negative light. He will likely connect the crate with the scary thunderstorm which will increase his stress rather than reduce it.
2. If you can be with your dog during the storm, understand that dogs can pick up fear or discomfort with storms from their family pack members. It is important that you develop a calm, matter-of-fact attitude.

If you want your dog to be calm, you need to be calm as well. Let your dog stay close and try to distract him with activities like play or brushing or even by simply petting or massaging him. Do not try to reassure him in a sympathetic voice—this will sound like praise for stressful behavior and may increase his nervousness and confusion.

3. Some dogs become destructive when frightened. A crate is always the best way to keep your dog safe and your belongings intact. If you don’t use a crate, remove any items in the room your dog could destroy or could hurt him if he chewed them.
4. During a storm, keep windows and curtains closed to reduce noise and bright flashes. Turn on a TV or radio playing soft music at normal volume to distract your dog and help him to relax.
5. Keep your dog away from doors that lead outside. Your dog may be under significant stress, which could result in unnecessary injury to others entering your home or cause your dog to bolt through the door outside and get lost or injured.
6. Your dog may become

incontinent due to his extreme fear and the rush of adrenaline he experiences during a storm. Be prepared for this, and don’t react if it occurs.

7. Dogs that continue to panic in thunderstorms may have to be reconditioned by creating an artificial storm with environmental recordings. While reconditioning can be a time-consuming procedure, it can have a high success rate.
8. For many dogs a Thunder Shirt is a helpful tool. A Thunder Shirt is a compression garment that applies gentle pressure to help reduce anxiety. For some dogs it can produce a dramatic calming effect during a variety of stressful situations. If you decide to try a Thunder Shirt, introduce it to you dog before a storm is on the horizon. And when storms are in the forecast put the Thunder Shirt on your dog approximately 30 minutes before the storm is due to begin to prevent the increase of adrenaline.
9. Always keep proper identification securely fastened to your dog’s collar in case he gets out. Consider talking to your veterinarian about implanting a microchip in your pet for lifelong identification. Remember to keep the monitoring service and your veterinary clinic updated with your correct contact information.
10. In the most extreme cases, medication in conjunction with training may be the best solution to help your dog cope with his fear of storms. Consult with your veterinarian about possible treatments. Your dog’s fear of

thunderstorms probably won’t get better on its own. Helping him learn that it’s just noise and is nothing for him to worry about is a useful strategy. When he learns to relax and remain calm, you can relax and not worry about your dog during future storms. And the results? Happy Dogs = Happy Families

Bark Busters is the World’s Largest and Most Trusted Dog Training Company. Our techniques have been used to train more than 1.1 million dogs worldwide without the use of treats or physical force and we provide Guaranteed Support for the Life of the Dog. We teach our clients how to view the world through the eyes of the dog and to “Speak Dog”. By learning how to effectively communicate with a dog and tapping into what the dog already instinctively

understands, you build a relationship with the dog based on trust, respect and bonding.

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 16 years. On the eastern side of the Hudson River, her 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/>

Claverack Free Library

On Wednesday July 6 at 6:30 PM Berkshires author Carolyn Kay Brancato will read from her latest novel, *The Night Belongs to the Maquis: A WW II Novel*. The Berkshire Eagle has called it a “powerful, heartbreaking novel.”

Brancato weaves a tapestry of courage by ordinary people who rise to face the evil of Nazi occupation. Set in the small village of Foix, in the vivid Pyrénées of Southern France, the novel follows the dramatic, suspenseful journey of the Maquis, a band of resistance fighters shepherding Allied pilots

to safety across the mountains. It is an expertly crafted and captivating read with dynamic characters honoring the real-life men and women who inspired it.

Carolyn Kay Brancato writes historical fiction. Her earlier critically acclaimed novel, *The Circus Pig & the Kaiser*, was reviewed in The Berkshire Eagle as “...a fast paced drama of wit and humor amid politically charged circumstances...a heartfelt portrayal of a band of circus characters defending the ideals of freedom of expression.” Her website is www.carolynbrancato.com

Wednesdays are food truck nights at the Claverack Free Library. Join us for great food from the Micosta food truck. Stay for a stimulating talk and book signing with Carolyn Kay Brancato. Books will be available for purchase.

The Claverack Free Library is located at 629 Route 23B. www.claveracklibrary.org, 518.851.7120

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Spencertown Academy Celebrates from page 10

erection of “a building suitable for an academy for the education of youth.” It took only a few days of selling subscriptions to raise the funds to pay for construction. Built at the peak of the Greek Revival era, the imposing building, on a rise overlooking the town’s main road, suggests the importance of education to the founder and the community. It has the face of a classical temple, with a row of fluted columns lining its two-story porch. The rich detailing carries up to the window in the triangular pediment and even the flattened columns of the tall belfry. The surviving 11-page handwritten plan specified every detail of the building, from the fence surrounding it to the color of the paint to the wood to be used in construction (including chestnut, white oak, locust and hemlock, a variety uncommon in building today). The school building underwent its first modifications in 1915, when the front porch was resurfaced with concrete; modern heating and plumbing arrived in the mid-1920s. Restoration and extensive repair of both the interior and exterior of the building occurred in three phases, in 1977, 1987 and

2019. The Academy has been listed on the Register of National Historic Places since 1973. It is also listed in the Directory of Historic American Theatres. **The Arts Center** In 1972, with the building in disrepair, the Academy was reborn. Several generations of schoolchildren and years of neglect had taken their toll when a group of local citizens formed the Spencertown Academy Society and persuaded the township to lease the building to this nonprofit, tax-exempt corporation. The goal: to maintain and preserve the structure as a historic landmark and utilize it as a community center. Since its founding, funding for the restoration of the building and programming have been the responsibility of volunteers. Over the years, the Academy’s mission has evolved. The initial focus was on creating a welcoming community space for square dances, summer camps, arts education and “coffee house” events and for local arts organizations and performances. By 1985, the organization was hosting an ambitious array of art and educational events – including concerts, theatre, dance, film, art exhibitions,

spoken-word programs and lectures, featuring local artists and nationally and internationally known performers and guests. The Academy also provides performance space for local arts organizations; sponsors arts programs for local schools; and offers writing workshops and an annual writing contest for local high school students. Among its annual signature events are the Hidden Garden Tours and the Festival of Books.

The Columbia-Greene Humane Society/ SPCA

is happy to announce that we will once again be open seven days a week to help accommodate all schedules for people who want to adopt a forever pet or need shelter services. In addition, after a nearly two-year lapse because of Covid-19, CGHS/SPCA will once again be offering children’s birthday parties at the shelter, back by popular demand. Our boarding, daycare, and grooming services are also in full swing, and now offering group dog playdates as well. For more information, please call (518) 828-6044 ext. 100 or email jessica@cghs.org. We also have dozens of kittens available for adoption – both males and females, in all colors. And...CGHS/SPCA



currently has more than a dozen adult mini Labradoodles that will be up for adoption. For more information on adoptions, birthday parties, or

any other programs and services offered by CGHS/SPCA, please call us at (518) 828-6044 or email us at info@cghs.org. Our website offers lots of details at cghs.org.



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IF MUSIC IS YOUR JAM, MARK YOUR CALENDARS FOR SATURDAY NIGHTS IN JULY AND ENJOY THE SOUNDS OF SUMMER AT THE MOVIEHOUSE!

Long Summer evenings for many of us are filled with memories of outdoor concerts and sitting with a cooler on the grass listening to great music. In an effort to recreate this vibe, The Moviehouse in Millerton is featuring a line-up of notable music films on **Saturdays at 8:00 p.m. throughout the month of July!** You're invited to kick back and relax after a fun day outdoors, grab a beer & some popcorn from the bar and enjoy some great music with friends.

Kicking off the series on **Saturday, July 9** will be the 2022 film *Jazz Fest: A New Orleans Story*. Directed by Frank Marshall and Ryan Sufferin, the film weaves together live performances and interviews from the 50th anniversary of the

iconic festival, featuring some of the biggest names in the music industry, along with a wealth of archival documentary footage from the past half-century. This film not only captures the NOLA Jazz Festival in all of its beauty and glory but also delves deep into the rich culture of The Big Easy.

Next up on **Saturday, July 16th** is Oliver Stone's 1991 biopic, *The Doors: Final Cut*, about legendary frontman Jim Morrison (played by Val Kilmer). The film also stars Meg Ryan, Kevin Dillon, Kyle MacLachlan, Frank Whaley, Michael Madsen, Billy Idol, and Kathleen Quinlan. After a psychedelic experience in the California desert, Morrison and his bandmates begin performing in Los Angeles and quickly become a sensation. But when Jim begins ditching his musical responsibilities and his girlfriend, Pamela (Meg Ryan), in favor of his dangerous addictions and the affections of the seductive, occult-obsessed Patricia (Kathleen Quinlan), the band starts to worry about their leader. For Doors fans the film's soundtrack is stellar and Kilmer's

portrayal of Morrison will have you thinking at times that you're watching documentary footage.

On **Saturday, July 23rd** it's time for some prog rock with *Pink Floyd: The Wall*. In this visual riff on Pink Floyd's album of the same name, successful but drugged-out musician Pink (played by Bob Geldof) is looking back on his isolated childhood from the confines of a Los Angeles hotel room. Through a swirl of flashbacks and chemical-induced hallucinations, Pink recalls his lonely upbringing, during which he built a symbolic wall to the world as he coped with the death of his father (James Laurenson) and the overbearing ways of his mother (Christine Hargreaves). The film is directed by Alan Parker and artist Gerald Scarfe whose pointed cartoons permeate the film. Music by Pink Floyd; Bob Ezrin and Michael Kamen.

We round out the month on **Saturday, July 30th** with the upbeat sounds of Havana in Wim Wenders' classic *Buena Vista Social Club* (1999). Guaranteed to have you dancing in the aisles, this documentary follows renowned guitarist Ry Cooder and his son, Joachim, as they travel to Cuba and assemble a group of the country's finest musicians to record an album. Among the artists included in the project are singer Ibrahim Ferrer and pianist Rubén González, who are both interviewed and featured in the studio footage. Eventually, the ensemble travels to the United States to perform in front of rapt audiences.

For more information and to purchase tickets visit: <https://www.themoviehouse.net/sounds-of-summer>

www.themoviehouse.net/sounds-of-summer
Images: [Asset](#) [Folder](#)

Claverack and Philmont Libraries Partner in Summer Programs at the Claverack Town Park

The Claverack Free Library and the Philmont Public Library are excited to announce their joint Summer Reading Program with the nationwide theme "Oceans of Possibilities". Thanks to support from the Berkshire Taconic Foundation Fund for Columbia County the libraries can offer expanded enrichment opportunities. Children of all ages can register for a reading challenge and track their reading on posters at each library with two different challenge opportunities. Those who complete the challenge by mid-August will be rewarded with delightful ocean-themed stuffed animals crafted by the Claverack Fiber Arts Group. Young children can read with family members. On Friday afternoons at 4:00 students finishing fourth through eighth grade are invited to join Battle of the Books. Each student reads six preselected books to prepare for a Jeopardy-style battle against other libraries at the end of the summer. For further summer fun, there will be programs at 6:00 pm every Tuesday at the Claverack town park, located at 91 Church St, Mellenville. The programs will kick off with The Story Crafters on June 28. Each week brings a new learning experience with

various teachers and entertainers. Check both library calendars for a full line up and details. On Thursdays the libraries, in partnership with the Town of Claverack, will offer field trips to museums. Children will be able to explore the Maritime Aquarium, the Hudson/Athens Lighthouse and the SS Slater. There will be limited space for field trips, so contact the libraries for details. Philmont and Claverack library patrons will have priority in registering for trips. Each library offers programs separately at its own location. Please check their websites for further information. www.claveracklibrary.org, www.philmontlibrary.com Or call Claverack 518-851-7120, Philmont 518-672-5010

Coffee & Connections - Wednesday, July 6

Grab a cup of your favorite morning beverage and join the Chamber Staff for informal conversations and networking Wednesday, July 6, 2022, and continuing the first Wednesday of each month thereafter. Coffee & Connections will take place at the Chamber Office located at 1 North Front Street in Hudson. We will start at 8:30am and end by 9:30am. This is a casual format for all members to enjoy, whether you are a new member and want to know more about your member benefits, or an existing member who has questions or concerns. Please join us for some unscripted conversation. Reservations required, to reserve your space call 828-4417 or send an email to akneller@columbiachamber-ny.com.

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LIVING OUT OUR FREEDOM IN CHRIST!

“If the Son therefore shall make you free, ye shall be free indeed” (John 8:36). On July 4 we celebrate our 246th year of Independence as a Country. The United States of America is a free sovereign Nation, and as citizens it is a blessing to live in this Country. While we enjoy and appreciate our freedom as citizens of the United States of America, there is a greater freedom we enjoy as Christians. When a person trusts the Lord Jesus Christ as their Personal Savior and Lord they become citizens of Heaven (Philippians 3:20). Christians are also Ambassadors for Christ (2 Corinthians 5:20). As Ambassadors, Christians represent the Lord Jesus Christ to this world and are to live in obedience according to the truth of God's Word. Believers are to shine out as Witnesses for the Lord Jesus Christ, and glorify the Father in heaven. Jesus said, “Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven” (Matthew 5:16).

WHERE THE SPIRIT OF THE LORD IS THERE IS LIBERTY! “Now the Lord is that Spirit: and where the Spirit of the Lord is there is liberty.” (2 Corinthians 3:17). The Spirit of the Lord lives in the lives of everyone who is a true Believer. Therefore, the Believer can enjoy liberty (freedom) in their Christian life. The Spirit of God will guide and direct the Believer and give instructions on how to live a Godly Life. The Believer is free in Christ, and is to be living in obedience to God's Word. They are to always obey the Higher authority, the Sovereign LORD of the universe! WE ARE TO STAND FAST IN THE LIBERTY WE HAVE IN CHRIST! “Stand fast therefore in the liberty wherewith Christ hath made us free and be not entangled again with a yoke of bondage” (Galatians 5:1). The Apostle Paul instructed the Believers at the Church of Galatia to stand fast in liberty, and not be influenced by others in a negative way or to be entangled with the yoke of legalistic bondage. Likewise Believers today need to stand fast in their liberty in Christ. THE BLESSING AND RESPONSIBILITY OF OUR FREEDOM IN CHRIST! While Believers are free in

Christ, they are to use their freedom as a privilege and responsibility to help and serve others with a heart of love. “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). One of the greatest blessing a Christian can have is the joy of serving others. Look for opportunities to serve others with a heart of love. The Lord will bless your life when you live a life of freedom in Christ. Jesus said, It is more blessed to give than to receive” (Acts 20:35c). If you have never accepted the Lord Jesus Christ as your Personal Savior and Lord, I urge you to do so now. “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). Also if you would like to know more about living the Christian Life, contact us by Email: fdcirone@aol.com or by phone at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is located at the intersection of Route 9 and Route 9G, 1/4 Mile North on Route 9, Rhinebeck, NY. Frank L. Cirone, Pastor

Rest for the Soul

By Naomi Fata

Two years ago, when the COVID pandemic first hit, the world shut down. It seemed to be a forced rest. But really it was only a rest from the constant motion of our lives. Rather than this resulting in a real feeling of rest it has been replaced by a kind of nervous anxiety. What will happen next? How to order our days in this world that is changing so quickly? What terror looms on the horizon? New diseases, wars, and mass shootings pepper our news feeds. Matthew 11:28-30 is one of my favorite verses that speaks to rest for the soul. Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.” But what does it look like to come to Jesus with our weariness? What are the heavy burdens you carry? In coming to Him, you must trust Him – trust that His

plan is bigger than you can see in the present – trust that He has the supernatural ability to flood your heart with peace as you surrender control. Much of our anxiety is from trying to carry the problem of life ourselves by putting them at the forefront of our mind speculating on how to control them. Hillary Scott sings a song entitled “You Can Rest”

When you're looking in the mirror and you're struggling to believe Am I really who He says I am or will God give up on me? When anxiety is yelling and it's drowning out today When it's hard to see tomorrow and you don't know how to pray You can rest, you can rest In the one who never breaks His promises Close your eyes, talk to Him When you're scared and feel the darkness rolling in In your worry and your pain, just breathe in and out His name Jesus, oh, Jesus And you can rest You can rest Don't forget as you fall asleep You are safe at the Father's feet

We can't fix the world by our wonderings; we can't control the next moments. Rest is not found in trying to hold the reigns of control, but in a willingness to let go. Begin the life changing decision to daily trust Jesus.

July Events at Clinton Library from page 14

located at 1215 Centre Rd. in Rhinebeck, NY, adjacent to the Clinton Town Hall. The library is open Mondays, Tuesdays, and Thursdays from 9AM-5PM, Fridays from 10:30AM-6:30PM, and Saturdays from 9AM-1PM. The Clinton Community is the recipient of the Joseph F. Shubert Award for Library Excellence. The Library is the cornerstone of our community, enriching lives through free resources for learning, fun, and opportunity. For more information, call (845) 266-5530 or visit www.clintoncommunitylibrary.org

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RADIOLOGISTS WITHOUT BORDERS PARTNERS WITH COLUMBIA MEMORIAL HEALTH TO SEND ADDITIONAL MEDICAL SUPPLIES TO WAR-TORN UKRAINE

CMH Providers Donate \$5,000 to Support Outreach Efforts Columbia Memorial Health (CMH) today announced it has partnered with Radiologists Without Borders (RWB) to donate lifesaving medical supplies and equipment desperately needed in war-torn areas of Ukraine. In addition, CMH providers donated \$5,000 to support RWB's global humanitarian mission. Radiologists Without Borders, founded by CMH's former Chief of Radiology Tariq Gill, M.D., is an international organization that provides lifesaving diagnostic imaging solutions and medical supplies to medically underserved populations worldwide. Established in 2007, the organization has provided assistance in areas such as Honduras, Haiti, Chile, Kenya, Uganda and Tanzania, among others. The supplies recently donated by CMH include tourniquets required to stop bleeding, IV supplies, gloves and aortic grafts, all of which are essential to treat traumatic injuries. The supplies recently arrived in Ivano-Frankivsk, Ukraine via RWB's extensive international distribution network. “We learned that in many areas of Ukraine people are needlessly dying from wounds that could be effectively treated with basic lifesaving supplies such as tourniquets and IVs,” Dr. Gill said. “CMH immediately responded to our call for assistance and their donated supplies are already in the field saving the lives of wounded Ukrainian civilians.” Dorothy Urschel, CMH Chief Operating Officer, said: “We were very happy to provide all we could and join with thousands of other organizations and millions of individuals who are working to mitigate the human impact of the war.” This recent CMH donation follows more than \$33,000 in medical supplies donated by CMH to Ukraine earlier this spring in response to a request from Saint Michael's Ukrainian Orthodox Church in Hudson. That donation included bleach

wipes, face masks, surgical gowns, caps, and shoe covers. Learn more about Radiologists Without Borders at www.rwborders.org or at www.facebook.com/RWBorders. ABOUT COLUMBIA MEMORIAL HEALTH: Columbia Memorial Health is an advanced multi-specialty healthcare system serving more than 100,000 residents in Columbia, Greene and Dutchess counties at more than 40 primary care and specialty care centers. In addition, CMH's inpatient hospital, located in Hudson, has served our region since 1893 and is one of the most innovative and technically advanced facilities in the Hudson Valley. Columbia Memorial Health, Albany Med, Saratoga Hospital, Glens Falls Hospital and the VNA of Albany are part of the Albany Med Health System, the largest locally governed health system in the region. Learn more at www.columbiamemorialhealth.org



Columbia Memorial Health (CMH) recently partnered with Radiologists Without Borders (RWB) to send lifesaving medical supplies and equipment desperately needed in war-torn areas of Ukraine. The supplies donated by CMH include tourniquets required to stop bleeding, IV supplies, gloves and aortic grafts, all of which are essential to treat traumatic injuries. The van load of supplies (pictured above) recently arrived in Ivano-Frankivsk, Ukraine via RWB's extensive international distribution network.



Columbia Memorial Health (CMH) recently partnered with Radiologists Without Borders (RWB) to send lifesaving medical supplies and equipment desperately needed in war-torn areas of Ukraine. The supplies donated by CMH are essential to treat traumatic injuries. Pictured above are Ukrainian doctors and aid workers unloading donated supplies in Ivano-Frankivsk, Ukraine.

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‘URINETOWN’ MAKES MAC-HAYDN DEBUT NEXT WEEK

“Urinetown” makes its debut at the Mac-Haydn Theatre, running July 7-17. Planned for the Mac-Haydn’s 2020 season (but postponed due to COVID), the production is two years in the making. Inspired by the works of Bertolt Brecht and Kurt Weill, Urinetown is hilariously funny, remarkably irreverent and touchingly sincere. A dire water shortage, caused by a 20-year drought, has led to a government-enforced ban on private toilets. The citizens of Urinetown are forced to pay a single malevolent company to use the only available amenities, when one citizen of Urinetown decides that they’ve had enough.

“Originally scheduled for 2020, Urinetown was not a great fit for last year’s lineup but I was determined to get the show back on this year’s season,” said Producing Artistic Director John Saunders. “Funnily, or not so funnily enough depending on your viewpoint, it is even more relevant

today than just a few years ago.”

Trey Compton makes his Mac-Haydn directorial debut after previously directing with The Fulton, Riverside, Engeman, Sierra Repertory, The Herb Strauss, Pittsburgh Musical Theatre, Millbrook Playhouse, and most recently at Cortland Repertory Theatre. Compton is joined by seasoned Mac-Haydn choreographer Elizabeth McGuire, whose previous credits in Chatham include “Camelot” (2019) and “Pippin” (2021).

“I’m so very thrilled Urinetown will be shared with audiences at Mac-Haydn,” said Compton. “The show is musical theatre satire at its best. It brilliantly walks the line between thought provoking, affecting theatre and ‘pee your pants funny’ musical comedy (pun very much intended).” Compton and McGuire are joined by Music Director Eric Shorey and Assistant Music Director David Thatcher Maglione. The production will feature scenic design by Erin Kiernan, lighting design by Andrew Gmoser, costume design by Bethany Marx, sound

design by Nick Caburis, and props design by David Tankersley, who will also assist Kiernan.

Broadway’s George Dvorsky returns to the Mac-Haydn stage as Caldwell B. Cladwell. Dvorsky’s past roles with the theatre include Mushnik in the 2019 production of “Little Shop of Horrors” and his Berkshire Theatre Award-winning performance as Warbucks in 2018’s “Annie.”

Dvorsky is joined by newcomer Janet Dickinson as the menacing Penelope Pennywise. Dickinson is no stranger to the stage, having appeared regionally and on Broadway in shows including “Anastasia the Musical,” “Bullets Over Broadway,” “How The Grinch Stole Christmas,” and “Happiness” at Lincoln Center.

The “Urinetown” cast features Kylan Ross as Bobby Strong, Gabe Belyeu as Officer Lockstock, Nina Laing as Hope Cladwell, and Sarah Chiu as Little Sally. Rounding out the cast are Jessie J. Potter (Soupy Sue), Bella DePaola (Little Becky Two-Shoes), Jordan Bunshaft (Officer Barrel), Harrison Smith (Mr. McQueen), Ricky Dobbs (Dr. Billeaux), Trevor Squiers (Tiny Tom), Jared Martin (Billy Boy Bill), Patrick MacLennan (Robbie The Stockfish), Zoe Schneider-Smith (Cladwell’s Secretary), Amber Mawande-Spytek (Mrs. Millennium), Mikel Hunter (Hot Blades Harry/Joseph “Old Man” Strong), Liz Gurland (Josephine “Ma” Strong/Old Woman), Brian Wagner (Senator Fipp), Holly Lauren Dayton, Clementine Kline, Anna Langlois, Troy Wheeler, Anthony Velez, and Kyle Marra.

Rounding out the cast are Jessie J. Potter (Soupy Sue), Bella DePaola (Little Becky Two-Shoes), Jordan Bunshaft (Officer Barrel), Harrison Smith (Mr. McQueen), Ricky Dobbs (Dr. Billeaux), Trevor Squiers (Tiny Tom), Jared Martin (Billy Boy Bill), Patrick MacLennan (Robbie The Stockfish), Zoe Schneider-Smith (Cladwell’s Secretary), Amber Mawande-Spytek (Mrs. Millennium), Mikel Hunter (Hot Blades Harry/Joseph “Old Man” Strong), Liz Gurland (Josephine “Ma” Strong/Old Woman), Brian Wagner (Senator Fipp), Holly Lauren Dayton, Clementine Kline, Anna Langlois, Troy Wheeler, Anthony Velez, and Kyle Marra.

Compton says he is thrilled to explore a world hysterically and dangerously close to our own. “Urinetown does what the great American musical should do,” said Saunders. “It makes you laugh, it makes you want to sing, and above all else, it really makes you think.”

“Urinetown” features a book by Greg Kotis, music by Mark Hollmann, and lyrics by Mark Hollmann & Greg Kotis.

Vaccination and masks are required for all patrons. For tickets, please visit www.machaydntheatre.org or call the box office at (518) 392-9292.

About the Mac-Haydn Theatre
Founded in 1969, the Mac-Haydn Theatre strives to present innovative, diverse and professional musical theatre productions to the residents of Columbia County and beyond. We aim to cultivate young talent for careers in theatre and seek to provide a supportive environment for the creation of new musical theatre works.

Spencertown Academy Presents Members’ Art Show

Spencertown Academy Arts Center presents its 7th annual Members’ Art Show featuring works made by 80 Academy community members. The exhibit will be on display on weekends from Saturday, July 9 through Sunday, August 7. On July 10, the public is invited to a festive reception with the artists from 3:00pm to 5:00pm. Gallery hours are Saturdays and Sundays

from 1:00pm to 5:00pm, with the exception of July 9 when the Gallery will be open from 10:00am to 5:00pm as part of the Academy’s Community Day celebration of its 50th anniversary as a cultural center and the 175th anniversary of its historic home. Admission is free and most of the artworks are for sale; a portion of the proceeds benefits the Academy. “This exhibition is an appreciation of the visual artists in our community and neighboring communities who are involved with the universal process of creating. This year, the largest number of members ever are participating in the event,” says Norma Cohen, who serves on the Spencertown Academy Curatorial Committee. “We believe this to be a reflection of the care we give to curating this space, the attention we give to the artists who show their work here, and to the enthusiastic audiences who come to view these exhibits. We are delighted to have artwork that is multimedia. These include paintings in oil, acrylic, gouache, and watercolor; oil and chalk pastels; graphite, digital art, ceramics, wood working, collage and photography. In addition, the use of color and style in all media is varied and exciting.”

The artists featured in the Members’ Art Show include Susan Anthony (Hillsdale, NY), Fern Apfel (Kinderhook, NY), Leslie Baum (Acram, NY), Deborah Berlin (Stuyvesant, NY), Jill Berman (Ghent, NY),

Continued on page 17

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Spencertown Academy Presents from page 16

Arlene Boehm (Hudson, NY), Corinne Brennen (Albany, NY), Giovanni Caligaris (Spencertown, NY), William Case (Spencertown, NY), Mary Chandler (Fairfield, CT), Judith Church (Copake, NY), Jennifer Clark (Great Barrington, MA), Norma Cohen (Canaan, NY), Alice Constantine (Canaan, NY), Maria Crespo (Philmont, NY), Jameson Currier (Valatie, NY), Keith Davidson (South Egremont, MA), Mary Davidson (South Egremont, MA), Jeffrey DeLisle (Spencertown, NY), Christian Dewailly (Ghent, NY), Elizabeth DiPalma (Chatham, NY), Meryl Enerson (East Chatham, NY), Diane Fader (Valatie, NY), Bruce Felton (New York, NY), Melissa Forbes (Philmont, NY), Douglas Freeman (Ghent, NY), Meryl Freeman (Ghent, NY), Leslie Gabosh (Spencertown, NY), Adrienne Gans (East Chatham, NY), Douglas Gilbert (Williamstown, MA), Gail Giles (Ghent, NY), Robin Guthridge (North Chatham, NY), Jamie Hankin (Kinderhook, NY), Eden Hart (Catskill, NY), David Highfill (Spencertown, NY), Karen Hummel (Stuyvesant, NY), Elain Khosrova (Chatham, NY), Alan R. Knight (Duanesburg, NY), Barbara Lax Kranz (Chatham, NY), Kelly Kynion (Spencertown, NY), David Lesako (Ghent, NY), Tina Lincer (Loudonville, NY), Ellen Lynch (Stuyvesant, NY), Allison Marchese (Old Chatham, NY), Janet McDermott (Spencertown, NY), Alice

McGowan (South Egremont, MA), Suzanne Michael (East Chatham, NY), Jack Millard (Chatham, NY), Jan Moseman (East Chatham, NY), Zach Neven (Ghent, NY), Bob Newman (Spencertown, NY), Wendy Noyes (Great Barrington, MA), Moira O'Grady (Spencertown, NY), Nancy O'Hara (Germantown, NY), Clarke Olsen (Spencertown, NY), Marilyn Orner (South Egremont, MA), Andrew Pellettieri (Kinderhook, NY), Eileen Rice (East Chatham, NY), Lee Rogers (Great Barrington, MA), Steve Rosenzweig (Hudson, NY), Susan Roth (Ancram, New York), Julia Johnson Rothenberg (Canaan, NY), Lynn Rothenberg (Nassau, NY), Renee Samuels (Woodstock, NY), Anita Schermerhorn (Nassau, NY), Joel Schiller (Chatham, NY), Jody Schoenfeld (Valatie, NY), Gerald Seligman (Spencertown, NY), Cecelia Sinclair (Hudson, NY), Sarah Sterling (Hudson, NY), Audrie Sturman (Slingerlands, NY), Ron Toelke (Old Chatham, NY), Willard Ulmer (Chatham, NY), DeeAnn Veeder (Spencertown, NY), Vivian Wachsberger (Kinderhook, NY), Neal Warshaw (Chatham, NY), Kenneth Weinberg (Old Chatham, NY), Steven Wildermuth (Ghent, NY), and Mike Zdeb (Chatham, NY).

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 see www.spencertownacademy.org.

National Parks in Hyde Park Receive Generous Donation

A former National Park Service (NPS) employee recently bequeathed a generous financial donation to two national parks in Hyde Park, New York. The donation came from the trust of Mr. Donald E. Borquist, a longtime community member of Hyde Park, and a previous NPS Employee. Borquist's gift will be divided evenly between the Home of Franklin D. Roosevelt National Historic Site and Vanderbilt Mansion National Historic Site.

The funds were bequeathed to the National Park Foundation to be used at the two Hyde Park sites. The National Park Foundation is the official philanthropic partner organization for the National Park Service. The bequest will allow the Home of Franklin D. Roosevelt to accomplish the conservation of

President Roosevelt's wheelchair and accessible access to the historic grounds, among other projects. At the Vanderbilt Mansion, the park will be able to restore historic features to the formal gardens and the viewshed to the Hudson River. Both parks will be able to utilize funds on conservation projects, visitor experience improvements and historic landscape preservation projects as well.

A US Army veteran, Borquist served in the United States Army from 1948 to 1954. He received the Combat Infantry Badge, the Good Conduct Medal, Army of Occupation Medal for his duty in Japan and Korea and with the United Nations. He then worked for the NPS at the Home of Franklin D. Roosevelt and Vanderbilt Mansion for 31 years until his retirement in 1996. He made this gift in honor of the Halstead family, who arrived in the United States in 1679, and the Milmore and Borquist families, who came to the United States in the early 1800s.

"The generosity and love that Mr. Borquist had for these parks is overwhelming and inspiring," said Superintendent,

Amy Bracewell. "His legacy as a passionate civil servant will live on with the work we can accomplish with his donation." The parks will be working in partnership with the National Park Foundation and the FDR Hyde Park Foundation to accomplish the many projects that will be carried out through this generous bequest.

"On behalf of the National Park Service, I would like to personally thank the family of Mr. Borquist for his generosity and love of these treasured places," said Superintendent Bracewell. "His legacy will live on with this donation. I'd also like to thank our partners at the National Park Foundation and the FDR Hyde Park Foundation for supporting Mr. Borquist's wishes and the continued preservation of our national parks."

www.nps.gov

About the National Park Service. More than 20,000 National Park Service employees care for America's 424 national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities. Learn more at www.nps.gov, and on [Facebook](#), [Instagram](#), [Twitter](#), and [YouTube](#).



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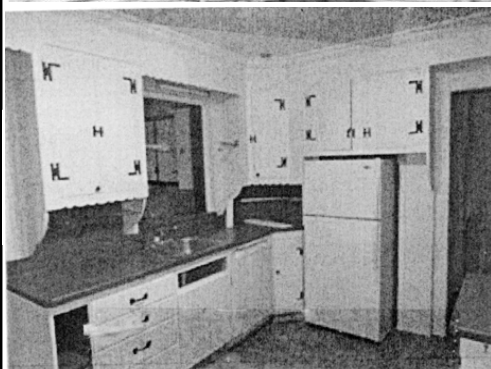
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Nicest lot available in Rhinebeck Wey Road in one of Rhinebeck's finest with local traffic only and minutes to down town. Lot is not BOHA but was tested and a septic can be designed with little or no fill required. Has wonderful Catskill mountain views and 1 mile from village.

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Red Hook: Custom 3 BR/3 Bth Center Hall Colonial. First flr features include: covered Rocking Chair Porch, bright Foyer w French door that led to a

sprawling LR w FP. Country KIT w island, abundant cabinetry, stainless appliances & sunny Breakfast Nook. Mud, Laundry & Powder Rm, Hickory flooring & Central Air runs throughout. On the upper level, you'll find the Primary Suite w PVT BTH enhanced by a W/I Shower/Tub combo. Two More BR's, FB, & Full Attic. Lower-level features include FR w gas FP plus space for Gym/Office, Well McLain furnace, Super Store HW Heater, Generac generator & Sun Run Solar. This homestead is set back on 4+ pastoral acres of open vistas, raised bed veggie gardens, cultivated flowers & shrubbery. Fish in your PVT spring fed pond stocked w Bass, Carp & Pan Fish. Raise chickens or have a horse. GAR/Shop w heat/electric & own driveway creates a home business opportunity. **\$589,900**

Red Hook: 5 BR /3 BTH Colonial w over 2778 sq ft. Enter the Grand Foyer which leads to a formal LR. Wander into the formal DR & create your



signature dish in the Contemporary KIT w Breakfast Bar, informal DA & is fully equipped w stainless appliances, plenty of workspace plus storage. Sliding glass doors access a sweet, screened Porch to relax. Entertain in the massive FR w brick FP. HW floors throughout. On the second level, you'll find the Main BR w ample closet space & PVT FB, guest BR's are cozy w FB w double vanity. The BSMT is great for storage w accesses a Two car GAR. Sets up high on over half a PVT Ac. Come create your own happy memories here. **\$599,900**



Elizaville: Nestled down a PVT road lies this 4 BR/ 2.5 BTH Colonial on 6+ Acres. Features include large

windows, high ceilings, custom moldings, gleaming HW floors, LR & Den w FP & deck overlooking peaceful backyard w stream access. BSMT has lots of potential w rm for storage/ hobbies. Fabulous location in one of Columbia County's best kept secret towns; breweries, farms, wineries, lakes, there's plenty to do here. Come see what county life is about. **\$649,000**

Historic Livingston:

Set down a long-gated driveway on almost 4 PVT acres is this rare Octagon home; one of only 120 of its likeness



in New York State. Features include: 3 BR's / 2 Bths, Open KIT/ LR/DR w unique teak sunburst vaulted ceiling, a circular staircase w SUPER COOL atrium in the center. The grounds are lavishly landscaped w views of splendid spring fed pond from almost every angle. Sweet baby barn, great for storage or potter's studio. This unique treasure is waiting for that someone w an appreciation for architecture & the ability to restore to its original glory. Germantown Schools. **\$425,000**



Red Hook: Home Sweet Home! Situated in a nice neighborhood is this 3 BR Doll House that is a great place

to start or scale down. Enter from the charming, covered porch into a comfortable LR that flows into the KIT w DA, pantry/ laundry. Primary BR fits a full suite of furniture & 2 extra BR's great for family or guests. Updated FB. Side door leads to a petite deck & PVT yard w pool for summer fun. Close to schools, parks & Bard College. Great income potential. 5 minutes to Village. **\$305,000**

Hudson:

Handsome colonial down private drive, w pond & waterfall in your back yard. Large,



fenced yard, 3 bay horse garages w electric/ heat allows for workshop or hobby space potential. Home features 4 large BR's, a Primary Suite, open KIT, wood stove, new appliances, massive loft space & basement are both ready to be finished for extra living space. Red Hook Schools. **\$439,000**



Red Hook: privately set back and not visible from the road this sweet Cape style home has been lovingly maintained and is in move in condition. Large formal rooms are drenched

with sunlight. Functional floorplan with large ELK, Formal R w/ sliders to the expansive deck, a cozy LR and fantastic Family Room. 3 generous sized BRs and 2 1/2 baths make this a perfect home to spread out. Surrounded by nature on 3 acres where the birds chirp all day long and you just might see a family of wild turkeys on an afternoon stroll through your yard. Take a short walk to Rosehill Farm for some apple picking and live music or drive 2 minutes to the best French restaurant around. 4 minutes to the heart of Red Hook and local schools. Asking **\$579,000**

Red Hook Village: sweet bungalow style with hard



wood floors, original detail, 2 BR, 1.5 Baths on 1 acre corner lot, walkable to all amenities. Lovely stone enclosed terrace off back with wall of windows to admire nature **\$379,000**.

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In recognition of Independence Day, Staatsburgh State Historic Site will be offering their program “Slavery, Segregation & Staatsburgh,” exploring themes of race, freedom, and citizenship, based on recent research into Staatsburgh’s history. Join Historic Interpreter Zachary Veith for a conversation about the long path from enslavement to freedom taken by Black men, women, and children within the context of the Staatsburgh estate, built by the son of a signer of the Declaration of Independence. In addition to this special program, the site will be open for mansion tours on July 4.

“Slavery, Segregation & Staatsburgh” will also be offered on July 9 and 17 at 1:00pm. The program is free, but reservations are required at www.bookeo.com/StaatsburghSHS. Mansion tours can also be reserved on the Bookeo site: admission is charged

on arrival for tours. Visitors may also enjoy a stroll or picnic by the Hudson River, or a hike along the woodland trails in adjacent Mills and Norrie State Parks.

July 4th, 1827 marks the official end of slavery in New York. It was celebrated by generations of Black New Yorkers as Freedom Day. Yet, 25 years later, famed Black activist Frederick Douglass asked, “what to the slave is the Fourth of July?”

Staatsburgh’s founder, Governor Morgan Lewis, son of a signer of the Declaration of Independence, enslaved people of African descent at Staatsburgh. Yet, when his great-granddaughter, Ruth Livingston Mills, lived at Staatsburgh at the turn of the 20th Century, the staff was exclusively white and of European descent. At the same time, a free Black community was able to grow and thrive in the surrounding hamlet.

Veith will show historic photographs and documents related to the paradoxes of American independence, including a letter from Staatsburgh’s archives detailing the sale by Morgan Lewis, of Peter Williams into slavery, to John Jay.

“Slavery, Segregation & Staatsburgh” and Staatsburgh’s blog series, *Enslaved & In Service*, are presented within

the larger New York State Office of Parks, Recreation, and Historic Preservation’s “Our Whole History” initiative, which aims to explore indigenous, Black, LGBTQ+, and other stories still untold by historic sites throughout the state. “Our Whole History” seeks to bring a more balanced historic narrative to public awareness, enriching both our state’s history and the stories we share throughout the OPRHP system. Through on-going research and new interpretations, OPRHP seeks to create a more inclusive environment, more reflective of our multicultural past, and welcoming to all.

Staatsburgh was the autumn home of Ruth Livingston Mills, a prominent figure in New York Society, and her husband, industrialist and philanthropist Ogden Mills. When the mansion was redesigned in 1895 by famous architect Stanford White, it was the lavish setting for parties for the elite of Gilded Age Society. The lives of the servants whose labor made this opulent setting possible are highlighted through programs and exhibitions alongside the lives of the Mills family.

Staatsburgh State Historic Site and the Ogden Mills & Ruth Livingston Mills Memorial State Park are located on Old Post Road in Staatsburg, 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 websites at Parks.NY.gov, [Facebook](https://www.facebook.com/staatsburgh), and [Blogger](https://www.blogger.com/staatsburgh). Staatsburgh’s events are listed at Parks.NY.gov/Events.

New York State Office of Parks, Recreation and Historic

Preservation oversees more than 250 individual parks, historic sites, recreational trails, and boat launches, which were visited by a record 78.4 million people in 2021. A recent university study found that spending by State Parks and its visitors supports \$5 billion in output and sales, 54,000 private-sector jobs and more than \$2.8 billion in additional state GDP. For more

information on any of these recreation areas, visit parks.ny.gov, connect on [Facebook](https://www.facebook.com/staatsburgh), or follow us on [Twitter](https://twitter.com/staatsburgh). The free New York State Parks Explorer mobile app is available for iOS and Android devices. To download, visit: [Google Play Store](https://play.google.com/store/apps/details?id=com.ny.state.parks.explorer), [NY State Parks Explorer App](https://apps.apple.com/us/app/new-york-state-parks-explorer/id1444444444) or [Apple Store](https://apps.apple.com/us/app/new-york-state-parks-explorer/id1444444444), [NY State Parks Explorer App](https://apps.apple.com/us/app/new-york-state-parks-explorer/id1444444444).



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EXPLORING PAPER JULY 1 - JULY 24

Tivoli Artists Gallery's EXPLORING PAPER opens on July 1 and continues through July 24, with an opening reception on Saturday, JULY 2, from 5-7 PM. Paper has a long history in helping to advance human civilization. As paper-making developed, its content shifted from fine Asian plant materials, to worn out hemp and flax rags, to cellulose pulp from trees for mass-produced newspaper and cardboard. Today, ironically, most of the world's money is printed on paper from Crane Paper Mills, the originated in Dalton, MA, and is made using cotton undergarment scraps sourced from textile mill around the world! **What's on your paper?** Advocacy, Social Justice, Documentary Photography, Protest Posters, Zines, Comics, Humor or Whimsy. These and many other contemporary processes, all have on-going relationships with paper. TAG artists were asked to consider how paper supports their medium. Painting, Printmaking, Graphic



Janene Gentile

phy, Protest Posters, Zines, Comics, Humor or Whimsy. These and many other contemporary processes, all have on-going relationships with paper. TAG artists were asked to consider how paper supports their medium. Painting, Printmaking, Graphic

Design, Illustration, Collage, Sculpture and Installations, in all paper-media forms and sizes were encouraged. We have curated a diverse show that honors the history and variety of paper arts. Visit during weekend gallery hours, or make an appointment for a quiet personal weekday tour. HOURS: Friday 1:00-8:30 PM, Saturday 12-8PM, Sunday 1-5 or by appointment 845-757-2667 at www.tivoliartistsgallery.com

Germantown Garden Club to Visit Master Gardener Gardens

The Germantown Garden Club will be visiting the home gardens of Tim Kennelly on Tuesday, July 19. Tim is a Master Gardener and Master Naturalist through Cornell Cooperative Extension and serves on the Board of Trustees of the Columbia Land Conservancy. He has gardened in Columbia County for more than 25 years and has developed a passion for preserving native

species and combating exotic invasive plants. He has been involved in a multi-year habitat restoration project at the Siegel-Kline Kill public conservation area in Ghent, NY. We will have a tour of his gardens. Lunch and a short meeting will follow. The tour starts at 10 am. Meet at the parking lot at the Kellner Activity Center at 9:15 a.m. for carpooling. For more information call Fran Bufl, 518-537-4868.

The Germantown Garden Club is a member of the Federated Garden Clubs of NYS, Inc. and National Garden Clubs, Inc.

RICHARD'S RHINECLIFF ACOUSTIC SHOW AT THE LIBRARY

Fri, July 15, 8:00pm-10:30pm
Featuring: Gary Cromirs, Carole Wright, Andy Jones, Tim Kapeluck
Moron Memorial Library and Community House, 82 Kelly St., Rhinecliff. Donations Suggested
More Info: 876-7007

Renee Samuels solo exhibition: oil paintings from "Field" & "Homage to Something"

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Located on the East side of the Rhinebeck Village is this 14 acre vacant parcel that offers many opportunities. Some possible uses are: Private Estate, Minor/Major Residential

Located in the Rhinebeck Village



single level, 2 bedroom, 1 bath, 1064 sqft ranch on 0.21 acres. This home boasts a den/office and the window and heating system have been updated. wood floors, galley kitchen, full bath with tub and 2 nice sized bedrooms all compliment the property. The house sits far back off the road and is also home to a 1 car detached garage and storage shed....Asking **\$459,000**

within walking distance to Schools, Parks and Restaurants is this 1930

Upstate Christmas Tree Farm



w/a classic turn of the century 3 BR colonial. The property also boasts a historic hand hewn barn, 2nd barn w/electric & plumbing, run in shed. Meandering stream. This is a great opportunity for anyone looking to farm or horse property. **\$1,150,000**

Located in the Town of Rhinebeck, 3 miles east of the village is this 85 acre christmas tree farm

Red Hook Village Mixed Use



located in the Village of Red Hooks Neighborhood Mixed Use district. Built in 2009 some possible uses are Multifamily, Live/Work Unit, Bed & Breakfast, Professional Offices, Day Care Center and Retail just to name a few. Call today for more information...Asking **\$429,000**

Attention investors!! Don't miss this rare opportunity to acquire this 2200 SQFT building

Red Hook Lot with Pond



Off a quiet country road in the town of Red Hook lies a lot with 3.02 acres. This land offers it all, sitting high above the road and gives you that grand feeling of seclusion and elegance. To the rear of the property there is a rock ledge that drops down to a pond that offers you a peaceful view to enjoy and watch nature at its best. This lot is BOHA and ready to go! Asking **\$95,000**

Off a quiet country road in the town of Red Hook lies a lot with 3.02 acres. This land offers it all, sitting high above the

Quaint Cottage



Conveniently close to shops and restaurants and other attractions. This quaint cottage is located off Route 55 on a quiet hamlet of Poughkeepsie. This home was constructed in 1948. This 1,184 Square feet cottage consists of 3 bedrooms and 1 bathroom on a .39 acre lot. Also boast a detached garage and full unfinished basement.

HOULIHAN LAWRENCE

2021

THE NUMBER ONE HOULIHAN LAWRENCE AGENT IN NORTHWEST DUTCHESS, RED HOOK AND RHINEBECK

MARGARET "PEGGY" SANTAMORENA

Associate Real Estate Broker

M: 845.399.3999

psantamorena@houlihanlawrence.com

peggysantamorena.houlihanlawrence.com

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Source: MHMLS, 1/1/21-12/31/21, total dollar volume of residential detached sold by Houlihan Lawrence agent, Clinton, Hyde Park, Milan, Red Hook and Rhinebeck. Source: MHMLS, 1/1/21-12/31/21, total dollar volume of residential detached sold by Houlihan Lawrence agent, Red Hook. Source: MHMLS, 1/1/21-12/31/21, total dollar volume of residential detached sold by Houlihan Lawrence agent, Rhinebeck.

RHINEBECK CONTEMPORARY

Stone 4BR/3BA, 3250 fin. s.f. contemporary is on 3 acres. Residence opens to a formal foyer that leads to living room with vaulted ceiling and floor-to-ceiling stone fl. Has formal dining room and open kitchen that accesses the almost 40' wide deck. Primary en suite with WIC. Spacious family room and lower level home office/media room or mother in law suite. **\$795,000.**



Associate broker and long-time Rhinebeck resident Harry 'Huck' Hill's family has lived in the Hudson Valley for over 200 years. He has an intimate knowledge of the region and its evolving real estate trends — estates, farms, weekend and full-time residential, commercial and land.



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HARRY HILL, ASSOCIATE REAL ESTATE BROKER
Rhinebeck Brokerage • 845.876.4443(o) • 914.489.7143(c)
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FEATURED PROPERTY



BARRYTOWN, RED HOOK | SURROUNDED BY 10.82 PRIVATE, BUFFERED ACRES, this 4 bedroom, 3.5 bath, 2,656 sq.ft. contemporary has 8 mini splits for individual heat and AC, an open floor plan and huge windows and glass doors in every room. An owned solar installation means net zero electric costs and there is no oil or propane. There are large spaces, wood and tile floors, a 45 ft deck, 3-car garage and a special credit. Our exclusive. Priced at \$695,000.



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