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Postal Customer

Candidate Michael Howard Says Experience and Empathy are Important Qualifications for Hudson County Court Judge

By Joe Doran

It isn't just that truth is often somewhere in the middle.

It's that truth can be a complex set of subjective perspectives and experiences that require some understanding "from the inside."

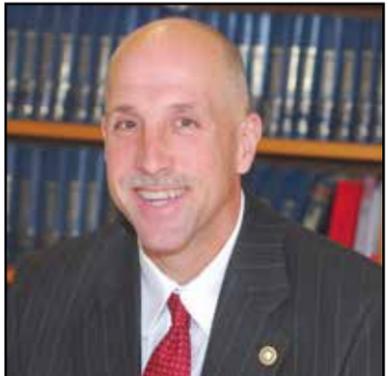
If it sounds a little like that classic Kurosawa movie about how different people remember the same events, put yourself for a minute into the shoes of a judge.

A judge deciding a child custody case.

Or the fate of a drug addict hooked as a teen, who was so down and out, they began selling to support their addiction.

Or the future of an Iraq veteran dealing with PTSD, who veered out of control.

As a Columbia County Public Defender and private attorney, Michael Howard has had over 31 years of real world experience with these kinds of cases, and knows there are often no easy answers



Michael Howard

in the quest to serve justice. He does strongly believe that a judge needs to have empathy for all sides, and to seek resolutions that heal and help the community, as well as the people who come before a county court.

That's why he's running for Columbia County Court Judge in the upcoming Nov 7th election. On November 7, 2023, you vote at your normal polling location in Columbia County. There are Nine (9) days of early voting, and anyone registered to vote can vote at the two (2) early voting locations at the Columbia County Office Building, 401 State Street, Hudson, New York or the Martin H. Glynn Municipal

Continued on page 3

The Rhinecliff Volunteer Fire Company and Rescue Squad present

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Living History: Music by Carla & Keyes at John Jay Homestead



Explore local history through song and legend with a free musical performance from Carla & Keyes at John Jay Homestead!

Join historic musicians Carla Lynn Hall and Jim Keyes for an exciting outdoor performance on Saturday, October 7, from 11am to 1pm. Based in Yorktown Heights, Carla & Keyes have performed throughout the Hudson Valley since 2016. With a passion for both history and education, the duo has crafted family-friendly programs about storied figures such as John Andre, Madame C.J. Walker and "Hulda: The Other Legend of Sleepy Hollow."

This event will coincide with John Jay Homestead's weekly Farm Market and the NY Unit of the Herb Society of America's annual Herb Fair & Market at the Homestead. Together, they present an excellent opportunity for guests of all ages to learn more about early American history while also enjoying a unique food and shopping experience. For more information, please visit johnjayhomestead.org.

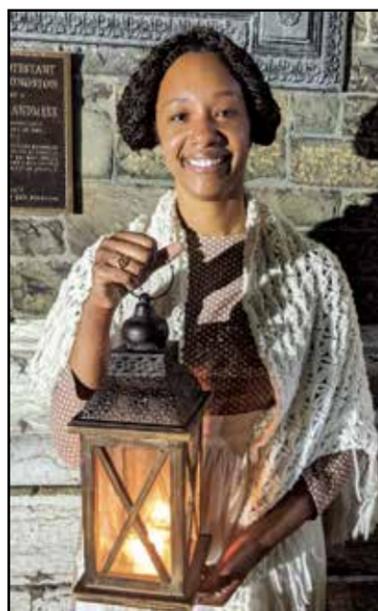
New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual parks, historic sites, recreational trails, and boat launches, which were visited by a record 79.5 million people in 2022. For more information on any of these recreation areas, call 518-474-0456 or visit parks.ny.gov, connect on [Facebook](https://www.facebook.com), or follow us on [Twitter](https://www.twitter.com).

THE OLD DUTCH CHURCH PRESENTS ITS 9th ANNUAL LIVING HISTORY CEMETERY TOURS

For their Fall 2023 "living history" presentation Theatre on the Road and the Old Dutch Church in Kingston will offer a new perspective on the Burning of Kingston. There will be five female characters and they'll range from an enslaved person to the wife of a general. Each will deliver a message that is centered around the theme that war, even in victory, has consequences.

Tours will be conducted on Saturdays in October at 7 pm in the Old Dutch Church Cemetery, 272 Wall Street, Kingston, New York. The tour that will be conducted on Saturday, October 14th will be part of the city's Burning of Kingston commemoration ceremonies.

Theatre on the Road producer, Frank Marquette, offers, "Our take on the Burning of Kingston is a uncommon and one established Kingston residents and newcomers should find fascinating. We will be giving our guests an opportunity to meet 5 18th century characters



Chantez as Sojourner Truth

that bore the brunt of war. You'll hear the position of both the patriots and the British loyalists."

During the one-hour tour guests will meet Becky Low, a local farmer who took in a British spy. Visitors will also meet Cornelia Tappan Clinton, an advocate for building, and the wife of war hero General Clinton. Maria Dewitt, whose mill was responsible for the village's food supply, will make an appearance, along with Elizabeth Wynkoop, a embittered resident

Continued on page 2

The RJHS Seasonal Exhibit - The First 40: A Celebration of Local History Preserved



Saturdays and Sundays from 2 to 4 PM, until Sunday, October 15th, 8 Miles Road in Copake Falls, N.Y. The Roeliff Jansen Historical Society Museum is nestled among the trees in the quaint Hamlet of Copake Falls, New York. In addition to visiting what is often referred to as a "gem of a museum," the Museum's location is at the gateway to beautiful Taconic State Park. The park offers extensive hiking trails, the spectacular Bash-Bish Falls, the Copake Iron Works

Museum and narrow-gauge railroad, as well as access to the Harlem Valley Rail Trail for walking, jogging and bike riding.

The Historical Society Museum's current exhibit, *The First 40: A Celebration of Local History Preserved*, commemorates the dedication of the restored Old Copake Falls Church; the home of the society since 1983. In celebration, the exhibit features a treasure trove of rarely seen objects from the RJHS collection, as well as numerous documents, art works and objects are on loan.

A large-scale *Hudson River School* landscape painting (not publicly displayed for over 20 years), of the Copake Iron Works by local Hudson River School painter, **John Bunyan Bristol** (1826-1909) is a highlight of the Society's current exhibition. Among the many other items on display are a century-old baggage cart from the old **Harlem Line** station still standing in Copake Falls, and recently gifted tickets and Art Deco seat-ends rescued from the ruins of the **Copake**
Continued on page 2

CO TO HOST ART OPENING FOR EXHIBIT BY MICRO-MOSAIC ARTIST N.J. WHELOCK ON OCT. 13

CO is pleased to announce an art exhibit opening, "Harmony and Piece" by artist and Rhinebeck resident N.J. Wheelock from 6-8 p.m. Friday, Oct. 13.

Wheelock is a multimedia artist who specializes in micro-mosaics. A communications graduate of Syracuse University, she worked on commercial and public-service announcements for radio before settling into a career as a counselor for emotionally disturbed youth.

During this time, she created recycled glass mosaic and garden art for specialty shops in Rhinebeck and Woodstock. An unexpected diagnosis of advanced cancer and a year of treatment resulted in job loss and prompted the development and fine-tuning of her artistic talent.

Her passion for intricate detail and meticulous work sparked her to create a new mosaic medium. These "micro-mosaics" are intended to astound and amaze with the complexity of interrelated tiny pieces — silver-lined glass bugle beads — always hundreds, most often thousands, to complete one larger-scale sculpture. The raw forms are base-painted and a design rough-sketched with beads glued on one by one. Completed pieces are sprayed with a UV protectant clear-coat sealant. Wheelock has received recognition from a number of public-arts



projects in the Hudson Valley, Hudson and the Catskills, leading to an invitation to have her work was displayed at CO. Photographs of her work have been used to promote the arts and tourism in numerous magazines and brochures as well as a commercial shown in Greene, Dutchess and Columbia counties. Since 2019, her art has

Continued on page 7

THE HUDSON RIVER VIEW ONLINE!

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

Hudsonriverview.net

The November Edition Of The Hudson River View Will Be In Area Homes On November 1st The Deadline For Advertising And Press Release Submission Is October 18th

ACCORDING TO QUACKERS



In The Month Of October

Poet: Catherine Pulsifer
 In the month of October, a season's tale unfolds,
 As nature's palette shifts, vibrant colors behold.
 The weather turns cooler, a crispness fills the air,
 Leaves cascade like confetti, a dance without a care.
 Children's hearts flutter, counting days with glee,
 Anticipating Halloween, a night of mystery.
 The sun's rays wane, as twilight gently sweeps,
 Shorter hours of daylight, as the world slowly sleeps.

October's charm enchants, a magical embrace,
 A symphony of change, in this transient space.
 With each passing day, a glimpse of nature's art,
 October's beauty whispers, etching memories in the heart.

The Old Dutch Church from page 1

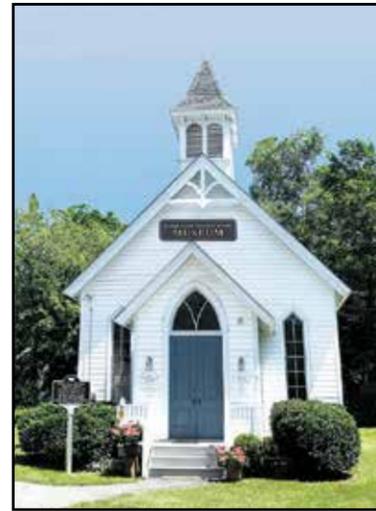
who lost family members in a battle the patriots won. Dian, an enslaved woman in the home of the Van Gaasbecks will talk about what she overheard the members of the state senate discussing.

Tickets are \$15 per adult, \$10 students and seniors, 12 and under are free and must be purchased by visiting www.livinghistoryny.com. For information: 845-475-7973. A "Burning of Kingston" coloring book will be available for children 12 and under.

Theatre on the Road is the creation of actor, writer, and director Frank Marquette and his wife, Kristen. Theatre on the Road offers original scripts, professional actors, period styling, and handmade costumes. Original productions include, *Poe's Last Mystery*, *Voices from the Past*, *A Taste of Shakespeare*, *Whiskey Women*, and seasonal "living history" tours at the Old Dutch Church in Kingston.

The RJHS Seasonal Exhibit from page 1

Theater destroyed by fire in 1990. The exhibition also chronicles the preservation of significant sites and traditions central to



Copake Falls Church

the history of our five member towns: **Ancram's 280-year-old Paper Mill**, **Copake's Memorial Clock**, **Gallatin's venerable Vedder Church**, the **Pulver family legacy** in Hillsdale, and the legendary **basket makers of Taghkanic**, and much more. Visit the RJHS website at www.roeliffjansenhs.org and follow our social media to see details of the summer exhibition, *The First 40: A Celebration of Local History Preserved*, that is **open Saturdays and Sundays from 2 to 4 PM**, now through **October 15, 2023**. Admission is free.

Book Sale

The Claverack Free Library, 9 Route 9H, Claverack, will hold its fall book sale on October 6, 7 and 8, rain or shine. Book lovers are invited to browse the region's largest selection of gently used fiction and non-fiction titles and children's books,

organized by subject, beneath the outside tent and inside the Library gallery. Proceeds from this sale contribute to the library's operating budget and help the library provide vital free services to the community.

A special preview reception will be held 4 - 6pm on Friday, October 6th. For a \$15 entry fee, buyers can enjoy refreshments and have the first choice of all books offered for sale. The book sale runs 9am-3pm Oct 7th and 10am -2pm Oct 8th.

A food tent will be set up to sell donated baked goods, coffee and cider as well during the sale. Book prices range from \$2 for hardcover books and large paperbacks, to \$1 for small paperbacks. Oversized coffee table books and other books of value are priced accordingly and can be purchased in the library community room. Bargain hunters can return on Sunday and purchase large reusable Claverack Library tote bags for \$15 and fill them with books for free (specially priced books excluded). Book donations are being accepted until September 26, 2023, but volunteers are welcome (and needed!) to come help sort under the tent during the week prior to the sale. There are volunteer sign-up sheets at the front desk. For information, contact info@claveracklibrary.org, 518-851-7120, or <https://claveracklibrary.org/friends/book-offerings/>.

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Michael Howard from page 1
 Buolding, 3211 Church Street, Valatie, New York Early voting dates are listed below:
 Day 1, starts on Saturday, October 28, 2023 9:00 am to 5:00 pm,
 Day 2, Sunday, October 29, 2023 9:00 am to 5:00 pm,
 Day 3, Monday October 30, 2023 Noon to 8:00 pm,
 Day 4, Tuesday, October 31, 2023 9:00 am to 5 pm,
 Day 5, Wednesday, November 1, 2023 Noon to 8:00 pm,
 Day 6, Thursday, November 2, 2023 9:00 am to 5 pm,
 Day 7, Friday, November 3, 2023 9:00 am to 5 pm,
 Day 8, Saturday, November 4, 2023 9:00 am to 5 pm,
 Day 9, Sunday, November 5, 2023 9:00 am to 5 pm.

Michael has brought some innovative ideas to the table during the campaign. On a practical level, he stresses that courts need to dispense justice in a more timely way. Implementing special courts for drug addiction, youth cases, and veterans could be key in coordinating resolutions. Those special courts could bring together different assets and services that

taxpayers pay for, and make sure they're implemented in an efficient and effective way to help with rehabilitation. **Thorny Problems Should Meet Judicial Temperament**
 Michael says his commitment to a thoughtful, judicial temperament will be a cornerstone of his tenure, should he be elected to the Columbia County Court Judge position.

"As a judge, you've got to have empathy, you've got to have compassion, and sometimes you have to hold your tongue. I'm thinking about people going through difficulties in deciding where kids should live, or other highly consequential matters. I think it's important to know that we need to support families and support communities, and if we do that together, we can make the world a better place. You need to have commitment to community service."
 He says his longtime work as a public defender has taught him to appreciate the complexities of people's lives and problems, and how his community is impacted when lives slip through the cracks. Though there are no easy

answers, the first job is to really listen to the problem. "You have to look at both sides. Certainly as a judge, you have to prepare for what the prosecutor is going to assert, and also what the defense will argue. You're going to have to see both sides."
 "Years and years ago I learned two or three people can live or experience the same exact thing and have seen and recorded it differently in their mind. It's just based upon the human perception and what we expected to see, what we've experienced in the past. It doesn't mean that someone is distorting or lying. Their perception is shaped by what they've experienced in the past. They're not necessarily dissimilar, and they could both be true from that person's perspective. And I think you have to be understanding, compassionate and willing to spend the time to try to figure it out."
 To better understand and meet specific human challenges seen regularly by the county court, Michael has proposed specific courts to handle drug related cases, youth cases, and veterans cases. "I worked in treatment courts. I was part of the first one in Columbia County in Hudson City Court. I'm in the behavioral health court right now, which is dual diagnosis, mostly substance abuse and then mental health difficulties. Judge Cheryl Roberts who recently became the Hudson City Court judge contacted the officer of court administration, and was allowed to start a behavioral health court. The need for the same had existed for years. "People are suffering from

substance abuse and mental health. We don't know which came first, the chicken or the egg. But in her court now, she brings in Greener Pathways, Probation, the Greater Promise Neighborhood, Columbia County Mental Health, Twin Counties and other stakeholders. So there are all these people in court, and then we staff the litigants the day before, a couple of days before, depending upon everybody's schedule. The overriding question is how can we serve this individual and get them back to being productive?"

So it's not that certain people don't need punishment and be held accountable for their actions. Maybe they do, but does warehousing people for long periods of time solve anything?"
 The corrosive effects of drugs on society is something Michael well recognizes, and he makes a distinction between professional dealers and the syndicates behind them, and others who often started out as experimenting teens, or who had drugs pushed on them. On complications of drug addiction, and special courts:

Continued on page 4

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ACROSS

1) Nest's resting place	43) Balm base
5) Gave relief to	44) "Later!"
10) Hospitalized condition	45) Antelope with cowlike horns
14) Geometric calculation	46) Pair in a toolbox
15) Modify	49) Rush-hour subway rarity
16) Went quickly	50) "As if, laddie!"
17) Chaucer's magnum opus (with "The")	51) Invigorates (with "up")
20) ___ a positive note	53) Small amount of residue
21) Anais Nin, for one	55) Stable area
22) Anti-drug officer	58) Become violently active
25) Locale of original sin	62) Inquisitive communications slogan
26) Said twice, enthusiastic cheer	65) Orthodontist's concern
29) Cause bodily injury	66) Fawning flattery
31) Bagel selection	67) Container for small toiletries
35) Airport monitor abbr.	68) Went down a chute
36) ___ Island, immigrants' arrival point	69) Red dye used in cosmetics
38) Arkin of "Little Miss Sunshine"	70) Having a hard time choosing
39) Elton John song about Marilyn Monroe	

DOWN

- 1) Chantilly ___
- 2) Charter member of OPEC
- 3) Return to health
- 4) Drum major's stick
- 5) Piercing option
- 6) Clothing for the masses?
- 7) Framework post
- 8) Causing goosebumps
- 9) Mythical deities of the woods
- 10) Logging necessity
- 11) Removes a squeak from
- 12) Get together
- 13) Product pitches
- 18) Crown covering
- 19) Bearer of bitter fruit, at times
- 23) Abnormal breathing
- 24) Eyelashes
- 26) Cover the top plays only
- 27) In the slightest degree
- 28) Capital on the Songka River
- 30) Great ones think alike
- 32) Set in a row
- 33) Food from heaven
- 34) Provide, as with some quality
- 37) Confined to a pig pen
- 40) Bred-in-the-bone
- 41) Coating of frozen dew
- 42) Admiration
- 47) Change, as the decor
- 48) Husband, to his wife
- 52) Average guy
- 54) Do a host's job
- 55) Jack's tote
- 56) Prefix with "body" or "corrosion"
- 57) New Zealand parrots
- 59) "Do ___ others"
- 60) Come down heavily
- 61) Bed size smaller than a full
- 62) "Eye" network
- 63) "Entourage" role
- 64) JFK's debater in 1960

Solution on Page 4

YES WE ...! By Hank Casem

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Michael Howard from page 3

“I always talk about how it takes seven attempts, on average, for people to stop smoking cigarettes. So what about heroin and what about cocaine, if the person is hooked on it? I also am an advocate for hard work, and note that idle hands are the devil’s workshop. So if you’re working and you have a job, you come home at the end of the day, you want to spend the time with your family, interact with people and relish your hard work from that day.”

“And if you’re not working and you’re addicted to drugs and then you’re just scheming and scamming and trying to come up with drug money, you’re going to steal from your neighbor’s house and see if they locked the garage door and try to take an antique or just whatever. So it’s tricky. The people that are really moving large amounts of drugs, they are a severe problem. Many addicts don’t have any other real skills. So we need to break that cycle.”

Trying to make the county court system more timely and efficient is another of Michael’s major goals.

“People I’m talking to care about justice proceeding in a timely fashion. They care about individual cases, in their community or that they read about, and they want to know why certain things happened.”

“So my take is you need a judge that is willing to take the reins and try to broker timely resolutions.”

Lifetime Local Involvement With Hudson and Columbia County

Michael brings a strong background of court experience and community service to his candidacy.

Since 1996, he has defended many thousands of cases for the Public Defender’s Office, as well as representing clients in private practice.

In 2012, he was a recipient of the Wilfred R. O’Connor Award, which is given annually by the New York State Defenders Association to a defense

attorney who exemplifies the client-centered sense of justice, persistence and compassion that characterized Wilfred R. O’Connor’s life.

In addition to the accomplishments and service of his professional career, Michael has been active through the years in numerous community groups and endeavors. He has served on the community boards of the United Way, the Hudson Boys and Girls Club, and the Salvation Army, and has been involved with Operation Unite.

Before becoming an attorney, Michael attended and graduated from Hudson High School, where he was Captain of a championship football team, and went on to graduate from Davidson College in 1988. In high school Michael was also a standout track and field athlete, and has remained an avid member of running clubs, and continues to compete in races.

He and his wife Lynn have been married for 28 years, and reside in the Town of Claverack.

They have three sons, ages 24, 21 and 19 years old, one of whom recently graduated from Davidson College, with a Political Science Degree.

Embracing The Grind Of Campaigning, To Understand Community Concerns

Fully investing in campaigning, while performing his current role as public defender, has had its challenges, says Michael.

It has sometimes meant getting to five and six events in one day, and interacting with many people’s viewpoints and concerns on everything from firearms laws to court backlogs.

“I’m just looking at my schedule tomorrow. I’ve got canvassing in Chatham, then canvassing in Claverack, the

Valatie Oktoberfest, and then the Copake Country Club has all these food trucks and a festival there. The bicentennial community celebration in the Town of Stuyvesant, the AB Shaw Fire Company has the Lobster Bake and then the Village of Kinderhook has community night tomorrow night.”

Michael says he learns something from everybody he talks to, and that hearing people’s views is a crucial aspect of the campaigning process.

“I went to Twin County recently for a gala event. Twin County is the substance abuse recovery agency. I work very closely with them, I have a lot of clients that have had and continue to suffer

Continued on page 6

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Church Street Deli Copake	Craryville Xtra-Mart	Fairview Wine & Spirits	Speedway Gas Station	

Renal Gland Disease – Addison's

By Julianne Porter, DVM

Many people have heard of organs such as the kidneys or liver, but there is a smaller organ that can be very problematic if it is not functioning properly; the adrenal glands.

Adrenal glands are a pair of glands situated somewhat above the kidneys. They are responsible for producing hormones to help regulate blood pressure, responses to stress, metabolism, and the immune system. Among their multiple functions, the adrenal glands produce hormones called corticosteroids. A type of corticosteroids, glucocorticoids (cortisol), act on sugar, fat, and protein metabolism to allow the body to burn (rather than store), so they are ready for a fight or flight situation. Another type of corticosteroid, mineralocorticoids, helps regulate electrolytes sodium and potassium to support blood pressure.

If the adrenal glands do not produce enough corticosteroids, the body can have life-threatening consequences. This is called hypoadrenocorticism, also known as Addison's (a disease which the 35th U.S. President, John F. Kennedy was known to have). Most of the time, both the mineralocorticoids and glucocorticoids are not being produced; but sometimes, only the glucocorticoids are deficient.

We do not always know why this happens, but the most common reason is an immune-mediated destruction of the adrenal glands. Other possible causes include trauma, infection, cancer, and medications to treat the "opposite" disease, hyperadrenocorticism, also known as Cushing's disease.

Most pets will present as if they are in shock – they are often weak and dehydrated and will often have some degree of GI upset (vomiting, diarrhea, poor appetite). They can act painful and have high or low heart rates. Sometimes, signs can be more chronic and vague – they simply are "not doing well," but often they present as a crisis. Dogs are often relatively young (around 4-5 years of age) and female, but it is important to note that any dog can be affected. Certain breeds are more prone than others as well. This disease is very rare in cats, but typically will occur in those younger than 5 years old.

Diagnosing is not always straightforward and will require a special lab test to confirm. Depending on how much of the adrenal gland is affected and how low the hormone levels are, the baseline lab work can have vague changes. Often the kidney values are elevated and the blood sugar can be low. The electrolytes are often in disarray. A classic finding is very high potassium and very low sodium, however, if only the glucocorticoids are deficient, the electrolytes can be normal.

In addition, a heavy whipworm infection can cause the same electrolyte changes and clinical signs. Therefore, a confirmatory to measure the amount of cortisol is used – this test will be normal in dogs with whipworm infections.

The treatment is replacing the hormones that the adrenal glands are not producing. The most common way to do this involves giving an injection every 25-30 days to replace the mineralocorticoids as well as a low dose of daily steroids to replace the glucocorticoids. Electrolytes are monitored often at first until the proper dose and frequency of medicine is achieved. Treatment is lifelong.

Prognosis with treatment is typically excellent. It is important to note that some stressful situations (either concurrent medical illnesses or psychological stress) could require a temporary increase in supplementation as the body will require more glucocorticoids to maintain normal functions.

COMMUNICATION AND LEADERSHIP: KEYS TO CONTROLLING CANINE BEHAVIOR

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

Many of the pets that end up in shelters are surrendered because of behavior problems that their owners believe to be unfixable. Oftentimes, these animals end up being put down, making death from behavior problems the leading cause of pet mortality, ahead of trauma and disease. However, every year, many thousands of dogs are unnecessarily euthanized because owners are not equipped to properly train a dog to adjust to life in a mixed pack (humans and canines) and to be a happy addition to their household.

When a new dog owner acquires a dog expecting that the dog will automatically fit in and become a member of the family, the owner has neglected to consider the time and effort that is needed to train the dog. Without training, the dog can be led to think that he is the head of the household. That belief on the dog's part can set into motion the possibility that the dog's instinctual behavior will kick in. What does all of that mean? It means that a dog instinctively understands that every pack needs leadership to survive; leadership to provide for and secure the pack's well-being. If you can inspire your dog's confidence in your ability to provide for the pack's needs, then your dog will happily fall into a subordinate position in the pecking order. Problem solved!

However, if you are inconsistent, emotional and/or easily manipulated and controlled, your dog will NOT view you as the best qualified member of the pack to be in charge. If that happens, your dog may see himself as the pack member who is best suited

to be in control. That's when problems arise because the dog's view of his position in the pack will then cause him to challenge, defy and disrespect your rules and expectations for behavior. This can lead to undesirable behaviors such as charging the door when the doorbell rings, barking, jumping, pulling on the leash and even aggression – which are the most common reasons that dogs are mistreated, neglected and/or euthanized.

With more than one of every three households in the United States owning a dog, thousands of people are looking for help to solve their dog's behavior problems. Understanding the keys to pack behavior and following a few simple guidelines can help owners establish leadership and begin controlling their dog's behavior:

Because dogs crave strong leadership and know that some

one of the pack members, needs to be in charge, if they don't get it from their owners, they'll try to take charge themselves. Oftentimes, that pack member is not well suited to do the job which can lead to barking, jumping, aggression and pulling on the leash; all of which are examples of the dog taking charge. Whenever the dog attempts to take control, the owner needs to win all challenges to demonstrate that he/she is the best pack member to be in that leadership role.

There are several ways to establish leadership. First, ignore all requests from the dog, such as nudges to be petted or played with. To do so, break eye contact. Then, when the dog has "given up," wait just a few seconds (10 or 15) and call him back to you to be petted or to play. When he responds to you

Continued on page 6

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date, and dewormed. Complete an online application at www.pant.org under "Adoption Center." If you would like more information, you can send an email to info@PANT.org or call (845) 486-7075.

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Barkbusters from page 5
 (versus you to him), he sees you as the leader. If he misbehaves, such as chewing on a child's toy, correct his behavior verbally. As soon as it stops, offer pleasant, high-toned praise. The dog will understand its mistake and respect you as the pack leader. In the wild, the leader always leads the pack; literally! Establish your leadership by always leading your dog—up and down stairs, through doorways, and especially on walks. Remember, the leader always leads. Too often, dog owners simply accept the disruptive, annoying or aggressive behavior of their

dogs because they think it's normal or don't know how to change it. More clients than I can count have said to me, "dogs bark"! Well dogs bark when they have something to say such as "get out of my yard". If the dog thinks it is his job to chase away intruders, then he will bark because it probably has worked in the past. When the dog barks at the mailman, he does not know that the mailman was leaving any way. The dog thinks the mailman left because the dog told him to! Barking at the mailman becomes learned behavior that the dog will repeat under any circumstances when the dog feels threatened.

Your job as a dog owner is to make your dog feel safe because you are in charge and he has nothing to worry about. Learning about pack leadership and canine communication is incredibly interesting for most dog-lovers. Gaining a better understanding of the dog psyche strengthens the human-canine connection and learning how to communicate effectively with your dog in a language it understands – is a critical step in establishing leadership and control. Through effective training, many dogs can be saved from being abandoned or unnecessarily euthanized. 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. She has been working with dog owners in the mid-Hudson Valley for the past 17+ years. 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 845-535-5302 and join in the fun by "liking" us on Facebook at <https://www.facebook.com/>

Michael Howard from page 4
 with substance abuse problems. So it was important for me to go there. And then after that I went to the Hudson Family Reunion event. They had a big event down at the waterfront trying to celebrate getting together in good times as opposed to only getting together when their relative or somebody passes away."

Wise Words Help Fuel a Mission to Serve

When asked if he had one thing to say to a voter concerning who he was, and what motivated him, Michael thought about some wise words of his grandmother.

"My grandmother was a college teacher. She always would say there are two types of people in the world: those that like to help others and those that like to help themselves.

"I like to help others. She talked about how we're writing a book by our service, and what we do in our communities. Every day you write a page or a line in your book. The book of Michael C. Howard is that for the last 27 years I have

been at the public defender's office. For the last 31 years, I have tirelessly represented people from disenfranchised backgrounds trying to make sure that they got the best advocacy possible, and I am writing the book of an advocate dedicated to helping everyone." For more info: <https://www.electmichaelhoward.com>

ANNOUNCEMENT:

The Ghent Reformed Church, located at 1039 County Route 22 in West Ghent (North on State Route 9H just past the Columbia County Airport and the Love Apple Farm), is having its annual Church Fair on Saturday, October 28, 2023 from 9a.m. to 2p.m. We have something for everyone! Fresh fruit and veggies. A bake sale, along with a used book sale. Homemade soups, pies and food for breakfast and lunch from our kitchen. There will be a silent auction, basket raffle, hand-made quilt raffle and 50/50 drawing. Come join the fun!

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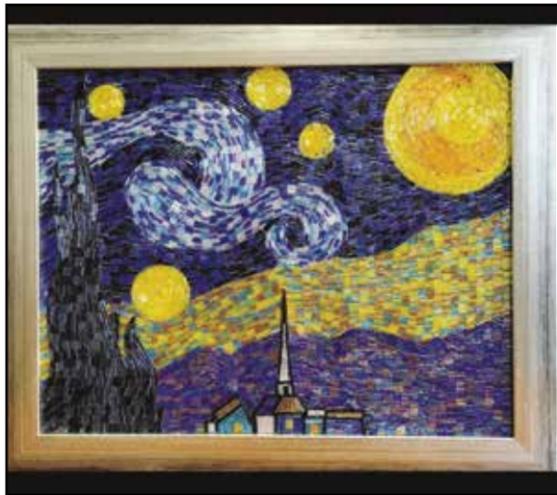
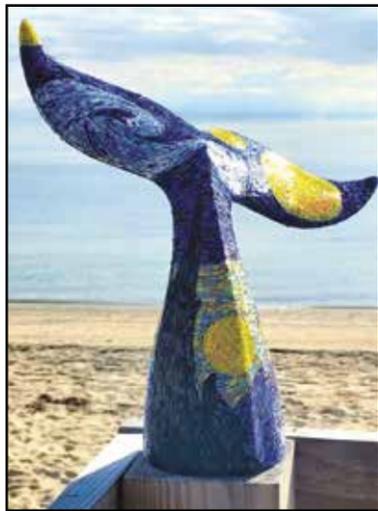
CO To Host Art Opening from page 1

been featured in two five-star galleries in Provincetown, MA, where she is well-known for her interpretation of Van Gogh's "The Starry Night" reinvented as micro-mosaic in sculpture and framed pieces alike.

"I'm excited to present new work at this reception at CO. It's actually a series of framed wall pieces titled, 'An Evening Through the Eyes of the Asylum.' The idea is that Van Gogh was one

of 41 residents in the asylum in France, and that he painted 'The Starry Night' from his view of the countryside as seen from his window hours before sunrise," Wheelock said. "Other residents also saw the star-filled view from their

windows as well, and my work is imagining what that same night sky might have looked like from their perspectives.



The pieces invoke the same feeling and recognizable image, but with spatial differences, and even one with a time twist

using color. I think it's a fun and unique new way of looking at a well-known masterpiece." CO co-owner Dugan Radwin said she was excited to have CO hosting the event. "We are so thrilled to have another talented artist showing at CO," she said. "N.J.'s mosaic work is unique, and I understand she has a very special themed opening celebration planned for the 13th. We're hoping for an excellent turnout."

About CO

CO, located at 6571 Spring Brook Ave. (Route 9) across from the Dutchess County Fairgrounds, opened in 2018 after a two-year re-design and renovation led by local architect Frank Mazarella. Since its inception, CO has co-hosted numerous innovation sessions and community-related events, ranging from professional meetings, workshops and training, to parties, mixers and nonprofit galas. Local businesses and organizations that have utilized the space include Corcoran Real Estate, Data Stories, Hudson Community Incubator, Hudson Valley Women in Business, Rhinebeck Area Chamber of Commerce, Rhinebeck Rotary Club, Stockade Works and Winnakee Land Trust. It has served as a meeting space for student groups such as Rhinebeck Interact Club and the 4H Club as well as a space for local artists to share their work, including Tom Cale, Dan Goldman Helena Palazzi, Kelli Bickman, Ryan Cronin, Shea Lord and Janine Gentile.

October Events at Clinton Community Library

Pumpkin Spice-tacular things are happening at Clinton Community Library! Cozy pumpkin crafts to a spooky presentation on *Harry Houdini*, CCL has it all this October! For more specific information about any library programs, or to register, please call (845) 495-0655 or email larnold@clintoncommunitylibrary.org

Ongoing Programs:

Qi Gong with Vince (online)
 Mon. 10/02, Mon. 10/09, Mon. 10/16, Mon. 10/23, Mon. 10/30 at 9:30 AM
 Wed. 10/04, Wed. 10/11, Wed. 10/18, Wed. 10/25 at 9:30 AM
 Vince Sauter will teach you how to lower stress and keep calm with Tai Chi. Class will focus on breathing in the calm and breathing out the tension.
Story time on the Dot (in-person)
 Tue. 10/03, Tue. 10/10, Tue. 10/17, Tue. 10/24, Tue. 10/31 at 10:30 AM
 Join us every Tuesday at 10:30



for Story time! Listen to fun stories, sing songs, and have fun, all centered around a different theme every week.

October 31 10:30 AM (Halloween Day): Special Costume Day and Trick-or-Treating

Mah Jongg (in-person) (*Optimistic Aging*)
 Tue. 10/03, Tue. 10/10, Tue. 10/17, Tue. 10/24, Tue. 10/31 at 2:00-4:00 PM
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Continued on page 8

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Red Hook Rotary to honor Brent Kovalchik as Citizen of the Year

The Red Hook Rotary Foundation along with the Rotary Club of Red Hook will honor Brent Kovalchik as Red Hook Rotary's Citizen of the Year for 2023. Brent has served the Red Hook community as a Village of Red Hook Trustee and Deputy Mayor as well as other municipal committees. He worked with devotion on the Red Hook business district sewer project, which after 18 years of perseverance came to fruition recently. Brent will be recognized at a dinner on Saturday, October 14, 2023, at the Red Hook Community Center. The event will begin with a social time at 5:00 p.m. The cost of the dinner is \$60.00 per person. Tickets are available from any Red Hook Rotarian, at

the Red Hook Town Hall, Red Hook Village Hall, or on our website www.redhookrotaryclub.org. There will be a silent auction of items and services donated by area businesses.

More than 15 years ago, Red Hook Rotarians established The Red Hook Rotary Foundation, a 501 c 3 charitable foundation, to provide financial support of programs and projects in and around the Red Hook community. The main focus of the Foundation is in the areas of education and youth. The Foundation awards scholarships to high school seniors, supports the Interact Club at Red Hook High School, Rotary's Youth Exchange Program, and the Rotary Youth Leadership Awards conference for high school sophomores.

Rotary Club of Red Hook is part of Rotary International. Rotary is an international service organization comprised of business and professional leaders

working together in a variety of humanitarian, educational and cultural programs to promote World Peace and Understanding. There are over 1.2 million Rotarians in 35,000 clubs around the world.

October Events at Clinton Community Library from page 7

enjoy games that make you think strategically, you'll want to give Mah Jongg a try! Players of all levels welcome

All Level Yoga (in person & online)
Wed. 10/04, Wed. 10/11, Wed. 10/18, Wed. 10/25 at 6:00 PM (online)

Sun. 10/01, Sun. 10/08, Sun. 10/15, Sun. 10/22, Sun 10/29 at 10:00 AM (in person or online)

Join Mia Tomic and explore classical seated, standing and supine yoga poses linked with breath in a creative way to stretch, strengthen, and rejuvenate your body, breath, and mind. You may also participate online. Please plan according to your comfort and needs as class is held indoors.

Chair Yoga, (in-person or online)
(Optimistic Aging)

Fri. 10/07, Fri. 10/14, Fri. 10/21, Fri. 10/28 at 11:00 AM

Join Samantha for Chair Yoga for ALL. Learn the basics of breath, meditation, and movement. This class will help you stretch and strengthen. Registration required so that you can get the link. Please register online or call the library at (845)-495-0655.

Zumba, (in-person)
Sat. 10/21, Sat. 10/28 at 9:00 AM

Join Ginny Morrow for a fun fitness routine every Saturday at 9 AM. Pre-registration is not required. You may sign in at the door.

Free Tech Help (in-person)
Sat. 10/07, Sat. 10/14, Sat. 10/21, Sat. 10/28, 9:00 AM-1:00 PM

Do you need help with your Kindle, tablet, smart phone or computer? Drop-in anytime on Saturdays between 9AM-1PM or call the library at (845)-495-0655 to book an appointment.

Book Club Meetings:
Tea Time Book Club (in-person)
October Selection: *We Need New Names* by NoViolet Bulawayo
Thursday October 12 at 2:00 PM
Join Tea Time Book Club the second Thursday of every month. Come talk about the monthly selection and enjoy tea and a snack with members of the club.

Global Literature Book Club (in person)

October Selection: *Seven Empty Houses* by Samanta Schweblin
Tuesday October 16 at 7:00 PM
The Global Literature Book Club discusses novels from around

the world, often in translation, selected by members of the club. These works are challenging, but gratifying, and provide insights into a wide variety of nations, cultures, and styles of writing.
Never Been in a Book Club, Book Club (in person)
October Selection: *The Hungry Tide* by Amitav Ghosh
Thursday October 5 at 1:30 PM
This book club is for those who have always wanted to join one but have been a little wary to try! Join the group and chat about the monthly read with others new to the book club world!

SPECIAL PROGRAMS & EVENTS

Ceramic Pumpkin Painting
Saturday October 14 at 10:30 AM

Painting pumpkins is a great autumnal pastime, but having to say goodbye to your gourd-geous masterpiece at the end of the season can be such a bummer! So why not make something that you can decorate with each year! We will have the pumpkins, paints and brushes ready for you

Continued on page 10

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HAVE YOU HUGGED YOUR TREE TODAY?

October Events at Clinton Community Library from page 8

to make something amazing!

Note: You must register for each individual who is attending and would like to participate. Materials are limited and there will not be extra!

Crafts & Coffee

Monday October 16 at 1:30 PM
(in-person)

Join us for a lovely afternoon of coffee, crafts (and conversation!) For October we will meet on the Third Monday of the month at 1:30, Diane will guide you as you create a project covering a wide range of techniques, from card making to book crafts to stitchery and more

Space is limited. Register Online.

Lunch & Learn: Harry Houdini A Magician Among

The Spirits

Thursday October 28 at 12:30 PM

Registration required, begins Sep 28.

When we think of Harry Houdini, we tend to think of a man loaded with chains who escapes from straight jackets, locked safes, or boxes sealed with padlocks. But in his last years, Houdini was known for exposing fraudulent mediums and spiritualists. After his death, his wife spent 10 years trying to contact him from beyond the grave via a secret code they had agreed upon. Join lecturer Barry Pirro as he explores the fascinating life and career of Harry Houdini.

Presented by Barry Pirro, Paranormal Investigator. Barry Pirro encourages audience members to share their own true ghost stories in his lectures, (especially in October!). If you have a spooky story, come prepared to share!

About Clinton Community Library

Clinton Community Library was established in 1965. It is 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

Rhinebeck Chamber Presents 6th Annual Bartender Wars - A Showcase of Northern Dutchess' Premier Mixologists

The Rhinebeck Area Chamber of Commerce is thrilled to announce the return of its highly anticipated event, the 6th Annual Bartender Wars. This signature competition promises an evening of unparalleled mixology artistry, delectable appetizers, and exciting raffle prizes and silent auction items, all in support of the Chamber's vital initiatives. The event is hosted at Terrapin Restaurant in Rhinebeck, mark your calendars for Thursday, October 12, 2023.

Bartender Wars kicks off at 5:00 PM and runs until 7:00 PM, but early birds are encouraged to arrive at 4:30 PM for seamless check-ins (please bring your ID). For just \$50, secure your ticket, advance sales only and gain exclusive access to this fun night.

This year's competition brings together the crème de la crème of Northern Dutchess' culinary scene. Participating establishments include The Bottle Shop at Astor Square, Foster's Coach House, Hotel Tivoli/The Corner, The Kroeg, RhineCellar, Samuel's Sweet Shop, Tavern at the Beekman Arms, Terrapin,

and Willow at Mirbeau. Each establishment will concoct their Best Signature Cocktail, and guests will cast their votes for their favorite libations. The crowning moment of the evening will see the coveted silver cocktail shaker awarded to the champion.

The Rhinebeck Chamber of Commerce Executive Director Carolyn Bernitt said "On behalf of the Rhinebeck Chamber Board and myself, we would like to express heartfelt thanks to Josh Kroner, the proprietor of Terrapin Restaurant, for graciously hosting this event once again. We also appreciate our participating mixologists who have donated so much to make this event a highlight of the year". To further elevate this exciting gathering, the Chamber is actively seeking sponsorships from our valued member businesses and individuals. Sponsorship packages include prominent signage at the event, a dedicated promotions table, and extensive recognition through our Chamber e-news and social media channels. Sponsorship levels include: \$450 "Straight Up": Includes on-site signage and two event tickets. \$650 "Top Shelf": Offers on-

site signage, four event tickets, the inclusion of promotional material on-site, and a mention on our voting card. \$850 "Presenting": On-site signage, six event tickets, lead presence on voting card, press release & media spotlight.

Chamber President David Tellerday expressed his enthusiasm, saying, "We're excited to present this event again this year. This is a popular and festive occasion enjoyed by our members and the community at large. We're proud to support our local restaurants and eateries." For more details and to secure your tickets, please visit <https://bit.ly/3ZpGSPj>. About the Rhinebeck Area Chamber of Commerce: Representing hundreds of businesses in the region, the Rhinebeck Area Chamber of Commerce serves as a comprehensive resource for its members in marketing, education, growth, and advocacy, empowering them to enhance their business presence and achieve greater success. For media inquiries, please contact: Carolyn Bernitt, info@rhinebeckchamber.org 845-876-5904 rhinebeckchamber.com

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Ingredients

- 1 (8 ounce) package spaghetti
- 1 pound lean ground beef
- 1 (16 ounce) jar spaghetti sauce
- ½ cup butter, sliced - divided
- 1 (8 ounce) container cottage cheese
- 1 (8 ounce) package cream cheese, softened
- ¼ cup sour cream
- 1 (8 ounce) package shredded sharp Cheddar cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Cook spaghetti in boiling water until cooked through but firm to the bite, about 12 minutes. Drain. Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Transfer to a bowl and mix in spaghetti sauce. Place 1/2 of the butter slices into the bottom of a 9x13-inch casserole dish. Spread 1/2 of the spaghetti into the dish. Mix cottage cheese, cream cheese, and sour cream together in a bowl; spread mixture over spaghetti. Cover with remaining spaghetti and top with remaining slices of butter. Pour ground beef mixture over spaghetti and spread in an even layer. Bake in the preheated oven for 30 minutes. Spread Cheddar cheese on top and continue baking until cheese has melted and is lightly browned, about 15 minutes more.



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God's Corner

Is Peace Attainable?

By Naomi Fata

Too many times I have heard the flippant comments in my own mom circles, about how "I'm anxious and I can't help it." Or "I'm not sleeping because I am stressed." Most always there is a resignation that anxiety is commonplace, stress filling our lives is normal. Maybe blame is placed on the season of parenting we are going through, the evils of technology, our own wiring, and so much more.

Have you ever wondered whether you have the choice to peace or whether you do not? In part I might compare it to whether we have the choice to be physically fit. Granted some may have a more natural proclivity towards it, but at a certain level we all have the choice today of what we put in our bodies, whether we participate in exercise etc.

In some of my articles earlier this year I circled around the topic of how our parental figures shape our awareness of God as our Father, as well as our attachment to Him. What I have also recognized is how our past can deeply impact the level of peace that we feel within our own hearts and souls.

Depending on what source you look at it seems to be the common consensus that we think between 60,000 and 80,000 thoughts per day. The majority of these are not thoughts that we are purposefully thinking or even aware that we are thinking. Especially for trauma, abuse, and loss – there are triggers that occur which will affect our peace almost without warning because the thoughts and triggers are buried in the subconscious. Sometimes it takes the deep work of therapy and counseling to process through these and to get the tools needed for a healthier thought life.

We all face our unique challenges to peace whether it is from our past experiences, or not. I find that my own emotions, and outlook for the day are the gauge of whether my thoughts are healthy. These help me to know whether I am at peace or not.

What we all must recognize is that our experience with peace is not to be the judge of whether peace is possible. If Jesus Himself said, "I am leaving you with a gift – peace of mind and heart. And the peace I give is a gift the world cannot give." (John 14:27)

Peace is possible. When we truly take the time to know Christ, and to allow Him to enter come and heal our brokenness. The Bible is filled with paradox. In

some portions we could start to think that the work of peace is up to us, which could lead us to blame ourselves for anxiety. Yet, Jesus' invitation is for us to come as a little child, to take His hand in trust and walk with Him in peace- letting Him heal our mind and emotions.

Naomi Fata is the Author of Beyond Head Knowledge: Knowing Christ who Satisfies Our Hearts.

THE INTERESTING SUBJECT OF LIGHT!

In my Physics Courses in College, light was always a very interesting subject for me. The speed of light travels at approximately 186,300 miles per second. That means it takes 8.3 minutes for light to travel from the Sun to the Earth. While physical light in interesting, what is more interesting is Spiritual Light. The Lord is Uncreated Light and He gives Spiritual light to all those who believe on Him.

JESUS IS THE LIGHT OF THE WORLD AND BELIEVER ARE TO REFLECT HIS LIGHT!

The Lord Jesus Christ said, "I AM the light of the world: he that followeth me shall not walk in darkness, but have the light of life" (John 8:125). Jesus is the True Light that came into the world to provide Spiritual Light to all that come to Him. The stark contrast is seen in those that love the Lord and come to the light and by those who are in opposition to the Lord Jesus Christ. Those that oppose the True Light will not come to the Light because their deeds will be revealed (John 3:19-21). Those who love the Truth will come to the Light. "But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God" (John 3:21). **REFLECTING THE LIGHT!**

The Lord Jesus Christ said that Believers are the to let their light shine. "Ye are the light of the world. A city that is set on a hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven" Matthew 5:14-16). Just as the Sun is the source of light, and the Moon is the reflection of the Sun's light, so Believers are to be a reflection of the Light of the world. When a person knows the Lord Jesus

Christ as Personal Savior and Lord they will experience a changed life and their life will be a reflection of the True Light.

The Believer's changed life will be observed by others. When a person believes on and receives Christ they are brought out of darkness and into His marvelous light. "But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvelous light" (1 Peter 2:9). **COME TO THE LIGHT!**

Now is the time to come to the Light. When the Spirit of God is working in your Heart and drawing you to Christ it is time to give your life to the Lord Jesus Christ and live a life pleasing to the Lord. The enemy will try to hid the light of the gospel from you. "But if our gospel be hid, it is hid to them that are lost. In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine in unto them" (2 Corinthians 4:3,4). **DELIVERED FROM THE POWER OF DARKNESS!**

Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son: In whom we have redemption through his blood, even the forgiveness of sins" (Colossians 1:13,14). I encourage every Believer to live a life that glorifies the Lord, and to be a testimony in the World to others. People need to come to the True Light - The Lord Jesus Christ. Come to the Light now! **IN HEAVEN THE TRUE LIGHT WILL SHINE THROUGHOUT ALL ETERNITY!**

"And there shall be no night there: and they need no candle, neither light of the sun; for the Lord God giveth them light: and they shall reign for ever and ever" (Revelation 22:5). Hallelujah, What a Savior. Praise the Lord for the Light

of the world! His Light that will shine throughout all Eternity.

If you would like to know what it means to Walk in the Light and be a True a Follower of the Lord Jesus Christ, please contact us or if you would like to know more about the Ministries at GBFC, contact us by Email at 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 in Rhinebeck, NY. Frank L. Cirone, Pastor.

PJ Sunday and Harvest Party

The Ghent Reformed Church, located at 1039 County Route 22, West Ghent, just North of the County Airport on Route 9H, invites you to come to service in your pajamas at 9am on Sunday October 29th. After service we will gather in our education wing and have a Harvest Party with cider and donuts, lots of candy and a selection of other yummy food. There will be games and prizes. If you want, you can stay in your PJs or wear a costume or just come as you are. You don't have to be a member of the church. You and your family are not excluded, you're welcome to party with us!

West Ghent

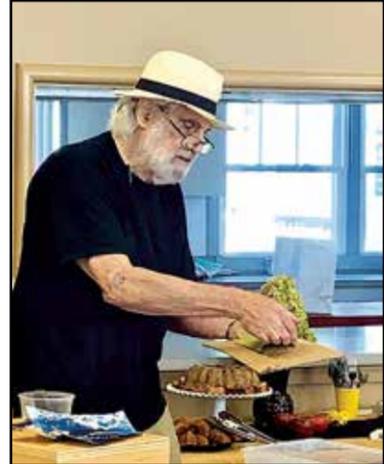
Free Community Dinner at the Ghent Reformed Church, 1039 County Route 22, West Ghent, just North of the County Airport on Route 9H, Friday, October 20 at 6pm. Everyone is welcome. Come join us for food and fellowship (and someone else clean up!)

RHINEBECK GARDEN CLUB MONTHLY MEETING

October 25, 10am, Rhinebeck Village Hall, 80 East Market Street. Program: "Watersheds & Non-Point Sources of Pollution: Natural Patterns and Proper Management of Streams". Presented by Brian Scorlick, Executive Director of DC Soil & Water Conservation. Refreshments will be served and visitors are welcomed. Every year the Rhinebeck Garden Club puts together a series of meetings, field trips and events which are mostly open to the public. For information, call 914-263-5298, or [Log into Facebook](#)

Old Dutch Village Garden Club Learns To Make Botanical Prints the Old Fashioned Way

The Old Dutch Village Garden Club held its monthly meeting the second Thursday in September at St. John's Reformed Church in Upper Red Hook. A large crowd was treated to a demonstration of cyanotype techniques by noted local photographer and printmaker Yoram Gelman



Cyanotype is a simple and affordable photographic process first used in the 1840s by two British women, Anna Atkins and Ann Dixon, to publish botanical prints. They created the first published book of photographs. These days, the technique is most familiar to many in blueprints.

Mr. Gelman's demonstration was almost magical. He laid some grasses and ferns down on a paper coated with a sensitizing chemical, pressed it in place with glass and exposed it to the light in the meeting hall. Six minutes later, the ferns and grasses were removed, and the paper was dunked in a water bath. Presto! The image appeared – white against a deep Prussian blue.

Several garden club members then volunteered to make their own images. The results were a resounding success. And we learned the same technique can be used to print on cloth. For the club's October meeting, member Connie Barresi will demonstrate creative ways to use dried flowers.

**ARE YOU READY?
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The Great Staatsburg Baking Competition Returns Oct. 14

Calling all bakers! Enter your best homemade baked treats in the Great Staatsburg Baking Competition. Showcase your culinary talents at this fundraiser for Staatsburg Library, on Saturday, Oct. 14 in the NYS Taconic Parks Auditorium, 9 Old Post Rd., Staatsburg.



Come to compete or just bring your appetite, watch the expert judging, and taste the sweet

masterpieces! The Friends of the Staatsburg Library is excited to bring back this fun-for-all-ages celebration of baking and books. Consider five categories: Pies & Tarts, Cakes & Cupcakes, Cookies, Gluten Free, and Unique Desserts. Select one of three competitive divisions: junior (6 to 12 years), teen (13 to 16 years), and adult (17 and older). Judges will evaluate entries based on taste, presentation, and creativity. Enter one or more categories for \$5 per entry. For cupcakes and cookies 1 entry = 1 dozen. Buy refreshments and chances to win fantastic raffles, too. Registration is at 1 p.m., followed by judging at 2 p.m. and a bake sale at 3 p.m. Treats are \$1 each. For more details, visit staatsburglibrary.org.

The Claverack Free Library

is pleased to offer an Energia Yoga Workshop with Daniela Bertol beginning Wednesday, October 11th, 2023 at 5:30 pm. The workshop will consist of 6-1 hour classes for \$30.00 and will take place weekly until November

15th. Advance registration is recommended and can be made by calling the library at 518-851-7120 or emailing: info@claveracklibrary.org.

The human body is designed to move. Movement relaxes us while it strengthens body and mind, activating several energy levels. Different types of movement are conducive to different energy levels, which translate into positive physical, emotional and mental states.

ENERGIA—the Italian word for energy—is a multilevel mindful movement class, inspired by

Hatha yoga; ENERGIA combines Vinyasa flows including Sun Salutations and Warrior Series, with cardiovascular routines, breathing exercises, mindfulness meditation and Kundalini kriyas. Each asana (posture) and movement sequence can be adapted to the student's familiarity with Hatha yoga.

Daniela Bertol brings yoga practice to her work as author and research artist in architecture, design, performance and land art. Her 2005 yoga certification is from Integral Yoga but she has studied from many other traditions, including Ashtanga and Kundalini. She has practiced in many different countries, including the US, Italy, Australia, China, India, Thailand and Egypt. Yoga is also a component of Daniela's doctoral research in Arts and Education. titled Form Mind Body Space Time: the Geometry of Human Movement. Recently Daniela has been working on movement routines specifically designed to empower

victims of bullying and domestic abuse, which she has been experiencing herself. Additional information on her work and movement practice can be found at danielabertol.com and <https://healinggeometries.spaceink.net/>

The Claverack Library is located at the junction of NY Route 23 and NY Route 9H. Library parking is located at 629 Route 23B, Claverack NY.

Spencertown Academy Presents Heather Maloney Indie-Folk Concert

Spencertown Academy Roots & Shoots Concerts Series presents "writer song-singer" Heather Maloney on Saturday, October 7 at 8:00pm at the Academy's Blanche Grubin Auditorium. General admission tickets (\$25 public, \$20 Academy members) are available via www.spencertownacademy.org.

"Heather Maloney is a unique talent who combines brilliant storytelling with a stunning voice," says Wayne Greene, member of the Academy's Music Committee. "We look forward to



hosting her in an intimate, solo setting. It's sure to be special."

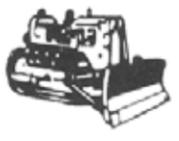
Maloney has toured nationally as a headliner, as well as in support of acts like Lake Street Dive, Shakey Graves, Gary Clark Jr., Colin Hay, Mary Chapin Carpenter, and many more. *The New York Times* called her music "utterly gorgeous, visceral" and *SPIN Magazine* described her as "stunning, breathy, and starkly memorable." The Massachusetts-based artist found music in the midst of three years at a meditation center, honing a sound moored in days of silent reflection and reverence for storytellers like singer-songwriter Joni Mitchell, poet Rilke, and filmmaker Ken Burns.

Continued on page 13



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Keep a fire extinguisher on each floor of your home. Check dates on smoke and carbon monoxide alarms to make sure they're not expired.

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BUY TWO
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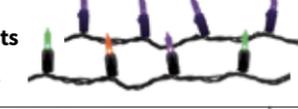
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Assorted varieties. 9086891, 9086281, 9086890, 9086858, 9086859, 9086887, 9086451, 9086280, 9086278

YOUR CHOICE
SALE

\$39.99 each

LED Halloween Yard Decor
9086856, 9087000, 9086854





Spencertown Academy Presents Heather Maloney from page 12

Her performance at the Academy will focus on songs from her latest album, "Soil In The Sky." A collage of tremulous folk, existential ballads, and assertive rock, she describes the record as "a collective memory...stitched together from personal and universal ecstasy, loss both intimate and ancient."

Roots & Shoots Concerts is an ongoing Academy series that showcases artists who reach back to earlier traditions in music (Americana, jazz, blues, rock, and world music) for inspiration, while incorporating more recent forms and influences of the present.

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

The 2023 Dutchess County Fair Rolls up the Welcome Mat

The Dutchess County Fair has wrapped up for another successful Fair season according to Fair organizers. From animals, agriculture, exhibits, entertainment, food and fun, there was definitely something for everyone.

"Our Board of Directors is very pleased with this year's Fair. The dedication of fairgoers, staff, volunteers, vendors, livestock exhibitors, competitors, safety and security partners and so many others who go above and beyond are what makes us the summer's most anticipated event," stated Andy Imperati, President/CEO of the fairgrounds. "It's an absolute pleasure for our team to bring the Dutchess County Fair to the community every year. We look forward to seeing everyone again in 2024."

Attendance was solid despite a couple of iffy weather days with the Fair welcoming 280,443 guests through the gates. "We consider our 177th Fair to be a success and all of that is made possible by the continued support of our community. I would like to express my sincere thank you to our guests for supporting the DC Fair and everyone who came out to see us," continued Imperati. Fair organizers are already planning to welcome everyone back August 20 - 25, 2024 for the 178th Dutchess County Fair.

"GILDED AGE SCANDALS" TOUR AT STAATSBURGH STATE HISTORIC SITE

A celebrity murder, heiresses for sale, and scandals that reached as high as the King of England and the President of the United States. All these - and more scandals at the turn of the 20th-century - are the focus of Staatsburgh

State Historic Site's popular "Gilded Age Scandals" theme-tour returning this October.



This 90-minute themed mansion tour, led by a costumed guide, shines a spotlight on the scandalous behavior and intrigues of the very rich at the turn of the 20th century. The tour will be offered on October 8, 20, 27 & 28 at 2:00 p.m. Reservations are required: <https://Bookeo.com/StaatsburghSHS> The charge for the tour is \$12; \$10 for seniors. Due to the somewhat risqué subject matter of this tour, it is not recommended for younger visitors.

Staatsburgh's owners, Ruth and Ogden Mills, were models of respectability, but the transgressions of some of their peers shocked and titillated Edwardian Society. Visitors on tour will hear stories of sex, mayhem and money that were not only whispered in the drawing rooms but published in the newspapers of the day. Tales of misbehavior feature a monkey in the formal dining room, arsenic in the clam chowder, and the tale of the famous Society figure who told his distraught bride on their wedding night, "Your money is your only asset in my eyes."

Visitors may also enjoy a picnic or stroll by the Hudson River or a hike along the woodland trails in adjacent Mills and Norrie State Parks. All of Staatsburgh's programs can be found on the site's reservations page: <https://www.Bookeo.com/StaatsburghSHS>

Staatsburgh State Historic Site and the Ogden Mills & Ruth Livingston Mills

recreational trails, golf courses, boat launches and more, which saw a record 79.5 million visits in 2022. For more information on any of these recreation areas, visit parks.ny.gov, download the free [NY State Parks Explorer app](#) or call 518.474.0456. Joins us in celebrating our Centennial throughout 2024, and connect with us on [Facebook](#), [Instagram](#), [Twitter](#), and the [OPRHP Blog](#).

Germantown Garden Club Announces Flower Show Awards

For over 90 years the Germantown Garden Club has held an annual Flower Show. The annual show consists of a design division, a horticulture division, an educational exhibit and a botanical arts division. The club follows the National Garden Clubs guidelines and rules for a Standard Flower Show which includes 6 design classes with a total of 24 designs. This year the flower show was held at the Kellner Community and Activity Building in Germantown. The show featured 24 floral arrangements, 2 educational exhibits, 99 horticultural specimens and photographs. The

Continued on page 14

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Red Hook, NY: Picture perfect home in hard to come by neighborhood. Walk to the park/town pool or enjoy your yard w

fenced garden backing up to the Winnakee Nature Preserve. Welcoming Front Porch & Two Car Attached GAR w Storage. LR w Bay Window, Woodburning FP, & immaculate HW FLRS. Formal DR off EIK /LR w a separate RM for Office/FR. Three Season Porch for Al Fresco Dining. Primary En Suite w updated BTH. The lower level runs the entire length of the home & features a Wood FP, Lounge Area, Bar, Brewers KIT w Gas Stove, tons of storage & W/O access w sliders. Could easily be turned into an in-law suite/ guest area. New HW Heater & Well Pump complete the picture. This home truly has it all! Asking **\$589,900**



Red Hook, NY: Come fall in love w this well-maintained Contemporary Ranch. Bright & sunny. Open FP w fireplace, updated

KIT w Quartz Counters & Stainless Appliances, spacious Living / Dining area w sliders to a lovely, covered Porch. The lower level hosts a large FR w Woodstove H/U, Laundry & FB. Gorgeous Elm HW FLRS run throughout the home. Two Car GAR plus Storage Shed. Set back off pretty country road on 3 Open & Rolling Acres. Located in the beautiful Hudson Valley and convenient to Village of Red Hook, Rhinebeck & Taconic Parkway. Asking **\$599,900**



Livingston, NY: Exciting Brand-New Home! First Floor features an Open Living Concept w DA, KIT, Full Tiled BTH & access to Covered Front Porch. Upgrades

include LG Stainless Steel Appliances, Quartz Countertops & Diamond Cabinets. HW Floors run throughout the home & windows are abundant to bring in natural sunlight. The Second Floor features the Primary BR w Tiled Ensuite & Second BR. Top Notch Utilities & Foam Insulation are energy efficient & bring extra comfort. Two Car Detached GAR plumbed for water. Set on Pretty Knoll w 4+ Bucolic Acres of open yard to play plus vintage shade trees & flowering shrubs. Plenty of place for a pool, garden or chickens! Storage Shed for tools/ lawn equipment. Perfect for those weekends getaways or full-time country living. Convenient to Hudson, TSP, Red Hook & Rhinebeck. Asking **\$549,900**



Village of Red Hook, NY: Circa 1950 gem. Rare opportunity! One level, solid, low maintenance home located in

the Red Hook Village. Meticulously maintained w many recent updates including roof, oil tank, furnace, septic, blacktop driveway & more...big ticket items check! Just the fun stuff left to do to make it your own. 3 generous BR's, High Ceilings & Full Basement. Lovely front porch wraps around to side deck overlooking sunny level yard for gardening enjoyment. Historic, quiet street a minutes' walk to the Village! Asking **\$374,500**



Life on the Lake! Livingston, NY: Get Ready for Summer at the lake! 3 BR/ 2 BTHS located on a double lot. Enjoy the

peaceful lake community & fresh upstate air. Turnkey & wonderfully maintained home. Features include a Wood Fireplace & Vaulted Ceiling that make for luxury living space. Lots of natural light throughout. Spacious outdoor deck perfect for summer BBQs & admiring the lush lilac bushes. Bring your swimsuit & maybe a canoe because lake life is calling you! 15 Min to Rhinebeck, Red Hook, & Hudson for everything you'll need for your fun Upstate weekends at the lake! **\$345,000**



Lake Life: Livingston, NY: Cute & cozy Lake Cottage on oversized, double lot. Walk into the large LR w wood stove that flows nicely into the open &

updated KIT. W/D off kitchen & two large BR's off LR. Cute loft area could be area for guests, a lucky kid or office space. Private, Upper-level BR w _BTH, perfect for Primary Suite, Guest Quarters or In-Laws. Outside you have a spacious flat yard, ready for your imagination to create your perfect outdoor oasis. Double lot gives you ample privacy or possibility for expansion. Walk two minutes to the lake, park your kayak or rowboat. Lovely community to spend your weekends, or every day. Ten minutes to Red Hook, 15 to Hudson/ Rhinebeck there is no shortage of things to do near your new Hudson Valley Lake house! Asking **\$349,000**



Sweet & Cozy Dollhouse: West Hurley: Come fall in love w the simple but roomy FP that includes a comfortable LR that opens to the KIT w Breakfast

Bar & lovely double window. Host holiday meals in the formal DR w sliders to gazebo, the perfect place to read a book or have a summer meal. Spacious MBR w custom WIC. Sparkling new FB w oversized shower. Updates include flooring, windows, & 3 split units. Outbuilding for all your tools/ toys. The home is nestled off a PVT drive & backing up to the Ashokan Preserve, perfect for hiking & nature lovers. A skip & a jump & you're on the Rail Trail great for biking / hiking. A short drive takes you to groovy Woodstock & 10 mins. to Kingston. Asking **\$339,000**

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Germantown Garden Club from page 13



Winner Deborah Benson - awards, Design Excellence and Designer's Choice



Jennifer Flandreau - award Tricolor Award Horticulture Awards



Irene Clum - awards, Arboreal and Horticulture Excellence

theme for the show was "And a Thing Called Love". The design and horticulture classes offered this theme for their entries. The design division featured fresh and dried flower arrangements in six major groups. The horticulture specimens division included individual flowers, herbs, branches and container grown plants. The show was judged by accredited flower show judges, open to the public and admission was free. In the Horticulture Division the following ribbons were awarded: Arboreal Award and Horticultural Excellence, Irene Clum; Award of Merit, Irene Clum (2), Linda Levett, Jennifer Flandreau, and Tammy Feuer; Sweepstakes Award, Mimi Brauch. In the Design Division the following ribbons were awarded: Design Excellence and Designer's Choice, Deborah Benson; Tricolor Award, Jennifer Flandreau. Sweepstakes Award was a tie, Mimi Brauch and Jennifer Flandreau. The People's Choice Award went to Elke Crane. Club meetings are free and the public is welcome to attend. Call Fran Bufi at 518-537-4868 for more information, The Germantown Garden Club is a member of Third District, Federated Garden Clubs of New York State, Inc., Central Atlantic Region and

Young at Heart Painting Classes Return to Olana State Historic Site this Fall

The Olana Partnership is bringing back its popular painting classes for older adults to Olana State Historic Site this Fall with two expert teaching artists – Wennie Huang and Shawn Dell Joyce. Dell Joyce will offer in-person "Sketch Your Landscape" classes and Huang will offer a virtual series titled "A Brush with the Past." During each program, participants will be immersed in and inspired by Frederic Church's 250-acre artist-designed landscape and paintings, and the views from Olana.

"This will be our third year partnering with Shawn Dell Joyce to offer outdoor artmaking classes throughout Olana, making the site's living landscape painting accessible to adults of all ages and abilities."

"Young at Heart: Sketch Your Landscape" will be offered Tuesday, September 26 through Thursday, September 28 from 9:00 AM to 12:00 PM. During each three-hour program participants will be provided with basic sketching materials, watch a short live demo by Shawn Dell Joyce, and experiment with sketching their own view of Olana's landscape. This program is part of The Olana Partnership's inclusive, anti-ageist, and participatory series of creative skill building programs at Olana. Dell Joyce will also be leading a Plein Air painting class for all. Visit OLANA.org for more information.

Continued on page 15

National Garden Clubs.



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Young at Heart Painting Classes from page 14

All materials and chairs will be provided for this program. The fee is \$250 for non members/\$150 for members of The Olana Partnership and advanced registration is required. Scholarships are available upon request. For more information, please contact education@olana.org or call (518) 751-6938.

Shawn Dell Joyce began teaching plein air classes in 2000 and continues weekly to this day. She founded a plein air school with an arts and agricultural mission based on the historic Hudson River School, called the Wallkill River School of Art. It still exists today as a nonprofit arts organization with a mission of bringing cultural tourism to the Hudson Valley region through plein air painting workshops and events on local farms, historic sites, and open spaces. Her work is included in museum collections in the Georges Pompidou Museum in France and the Museum of Modern Art in New York City. Dell Joyce was recently featured in *Pastel Journal Magazine*. "Young at Heart: A Brush with the

Past" will be offered Wednesdays, October 25, November 1, 8, 15 from 6:00 PM to 8:00 PM online on Zoom. During each two-hour session, participants will create a watercolor painting based on their own collection of personal and family photographs. Teaching artist, Wennie Huang, will begin each weekly session with a demonstration of watercolor techniques you can try from home to translate snapshots of travel, family, and friends into your own unique compositions. Just as the artist Frederic Church collected thousands of photographs throughout his life, participants will be encouraged to cull through their own collection of images and personal snapshots of photographs of places visited, people cherished, and memories worth revisiting to find new artistic inspiration. Wennie Huang, PSA, received her BFA in Painting from Pratt Institute in 1994 and her MFA in Printmaking from the University of Michigan in 1996. Huang also teaches at Parsons School of Design, Wave Hill, and the Pastel Society of America. She has over 20 years of experience in art education and has taught

a variety of children, teen and adult classes and workshops at 92Y since 2005. Her mixed media installations combine paper, wood, print, fabric and photography. Her work has been exhibited at the Bronx Museum of the Arts, Munson-Williams-Proctor Arts Institute, Wave Hill, Detroit Artists Market Biennial and in various NYC galleries.

All sessions will be held on Zoom with an optional Olana site visit available to participants. A tech session will be available to those who are unfamiliar with zoom. A selection of basic materials will be provided to participants in advance of the program via mail. \$250 for nonmembers/\$150 for members. Advanced registration is required. Partial scholarships are available upon request. For more information email education@olana.org.

The "Young at Heart" series is specifically designed to provide older adults personalized attention, one-on-one instruction, and accessibility accommodations. "Young at Heart" is an enjoyable opportunity for older adults to meet others, get involved and explore their artistic side at their own pace. As part of the program, participants will socialize with peers, and learn more about Olana. This class is perfect for those with mobility impairments or specific accessibility needs and will take place at easily accessible sites at Olana.

To learn more about and to register, visit OLANA.org/YoungAtHeart, contact education@olana.org, or call (518) 751-6938.

contact education@olana.org, or call (518) 751-6938.

Spencertown Academy Arts Center Conversations with Neighbors Presents "Climate Change: The Activists Among Us"

Panel Discussion with Dr. Anton Seimon, Paige Ruane, John Feldman, Deborah Conrad, Troy Weldy, and Jere Wrightsman

Spencertown Academy Arts Center Conversations with Neighbors presents "Climate Change: The Activists Among Us" on Sunday, October 15 at 2:00pm. While admission is free, advance reservations are requested via www.spencertownacademy.org.

"Throughout the Hudson Valley, and right here in Spencertown,

people are working hard to slow the advance of climate change," says Lisa Bouchard Hoe, chair of the Conversations with Neighbors Committee. "At our next event, a panel of local luminaries will talk about their activities, answer questions, and show how we can all get involved."

The panel begins with opening remarks by atmospheric scientist Dr. Anton Seimon, who is a National Geographic explorer and research scholar at Bard College Center for Environmental Policy; Paige Ruane, who is co-founder of Partners for Climate Action, a member of Austerlitz's Climate Smart Communities Task Force, and leader of the Local Champions program; and filmmaker John Feldman whose latest project, "Regenerating Life," is a feature-length documentary that takes an ecological approach to unraveling the climate

Continued on page 16

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Spencertown Academy Arts Center from page 15
 crisis. They will be joined in conversation by Deborah Conrad, co-chair of the Town of Chatham Climate Smart Action Task Force; Troy Weldy, president of Columbia Land Conservancy; and Jere Wrightsman, a member

of the Austerlitz Town Board and committee chair of the Local Champions program. Spencertown Academy Arts Center Conversations with Neighbors is an occasional series designed to spark neighbor-to-neighbor conversations and celebrate the richness

and diversity of the Columbia County community. Housed in a landmark 1847 Greek Revival former schoolhouse, the Academy is located at 790 State Route 203 in Spencertown, New York. For more information, please contact info@spencertownacademy.org.

Design Work Begins for Philmont-to-Chatham Rail Trail Expansion

Work has begun to create a shovel-ready construction plan for a new section of the Harlem Valley Rail Trail in Columbia County that will link the village of Ghent and Chatham village.

The construction-ready documents are being designed by MKM Landscape Architecture of New York under contract to the Harlem Valley Rail Trail Association, the nonprofit community group that helps oversee the expansion and maintenance of the trail.

“We are thrilled to be taking the next step in the expansion of the Harlem Valley Rail Trail,” said Phil Meeks, chair of the HVRTA board. “This new 8-mile section will dramatically increase the trail’s footprint and bring it to central and northern Columbia County for the first time.” The new paved trail section will traverse scenic woods

and farmland in Ghent and pass over a historic stone-arch railroad bridge constructed in the 1800s. It will terminate in the village of Chatham near the planned new Shaker Museum.

Funding for the \$500,000 construction plan comes from a state grant and local funds raised by the rail trail association, in cooperation with the New York State Office of Parks, Recreation and Historic Preservation. Construction of the new section, whose cost hasn’t been determined, will require additional government and local funding.

MKM Landscape Architecture has extensive experience in designing trails, including 2.5 miles of earlier extensions of the Harlem Valley Rail Trail.

The Harlem Valley Rail Trail currently consists of 26 paved miles that link the Metro-North Railroad station in Wassaic to Copake. The association’s ultimate goal is a 46-mile continuous trail from Wassaic to Chatham following the path of the onetime New York and Harlem Railroad.

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