



Hudson River View

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Postal Customer

Spring at Mirror Mirror in Hillsdale: Fabulous Fashions you won't find elsewhere

by: Hilary Hart

They say it's hard to improve on a good thing, but Lynne Chmurzynski has done just that. When she and her husband Bill Sullivan opened Mirror Mirror Clothing Shop at 2666 State Route 23 in the heart of Hillsdale in late 2014, it was an instant success on all levels. They had spent more than enough time on researching the location, renovation/restoration and background of the historic 1845 Althouse-Higgins House they chose to purchase for their new venture. They also had studied the potential direction of the consignment and retail business in the area, and it showed. The shop was beautiful, well-designed, well stocked, and welcoming. Now in its sixth year of operation, it has expanded, is even more beautiful, more well-designed, more well stocked, and even more of a pleasure to visit. New customers are discovering it all the time,



Bill and Lynne

but it is the long-time and many-times-over repeat clientele that speak to its continuing success.

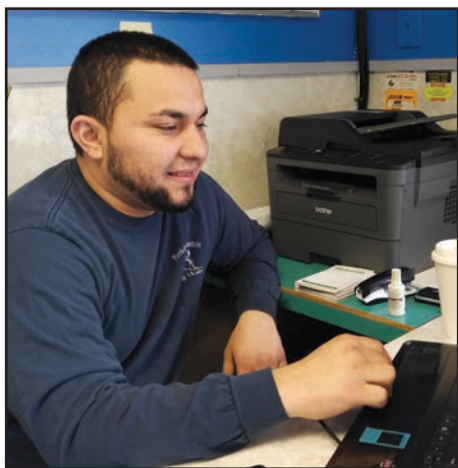
Both Lynne and Bill are originally from Long Island but have gravitated to the area for most of their lives and finally made this their forever home more than two decades ago. Lynne is a retired Children's Librarian and Bill is a trying-to-be-retired General Contractor (he says he is "floating gently into retirement"). With Lynne's design sense and Bill's skill in all construction operations, they didn't need much outside assistance before, during

Continued on page 2

Marvini Auto: Personal Excellent Service at a difficult time

by: Hilary Hart

Marvini Auto has come along at exactly the right time, when none of us want to be rambling around from place to place to find a good used vehicle or to repair the vehicle we have. Owner Marco Hernandez has been dealing with cars and trucks his entire life and has had a variety of experience around the area in the field,



Marco

everything from repair to sales to driving jobs. He's a "new kid on the block" but really NOT a new kid on the block, and he really knows what he's doing. He used to drive tractor trailers, in fact, but is a family man with a wife, two daughters and a son, the children ranging in age from three to ten, so he hated being on the road and away from them so much of the time. All during that time, he was fixing cars in his own garage and assisting friends with vehicle purchase and repair, and he had always had the dream of owning and operating his own place, so when the location at 495 Route 82 became available, he took the opportunity and leased it last November. He finally got through all the red tape and licensing procedures and fees that it takes to operate a new business, and is finally able to secure customers now, and when they deal with him, they tell their friends. He has only been open for business for two months as you are reading this, and he already has referrals and repeat customers.

You would think that during this time, these start up new businesses wouldn't be able to survive, but Marco is determined to provide each and every customer with such superior service that they will return, one customer at a time. He researches cars available at auctions in and out of state, as well

Continued on page 11

American Homes Safe Shopping: join us by appointment

Due to the current health alerts, American Homes is extending our Open House to limit crowds per CDC recommendations. We will now come and open homes for visitors by appointment, from Friday April 3rd until the end of May. Visitors are welcome on the lot and new models are arriving, but unless customers call and arrange an appointment through (518) 622-9011, there may be no staff to open the models for full review.

American Homes is the leader in modular home construction in New York State and information on the homes can be seen on the website at www.americanhomesny.com. There are beautiful new two-story homes starting in the low 100s and we offer turn-key construction, so we hope you WILL join us by appointment and let us show them to you while prices hold for the next three months.

We are very aware of the sanitizing practices and safe distancing recommended by all health practitioners and agencies and are in total compliance and agreement. We will not have regular hours of business for the foreseeable future and are making these adjustments to our business to insure that our customers can safely shop and see what we have to offer.

We hope you will look at the ad in this paper, will visit us online, and will call for further information or an appointment. People still need to find homes, so we would love to help, but first and foremost, be safe!!

Keep Smiling...

At this time of unexpected turmoil, thank goodness we can look around us and see the beauty that mother nature brings us with each new Spring Season.

Putting together an April Paper was not an easy task. Each day bringing more cancellations and postponements of events. Businesses temporarily closing their doors. People working from home. Schools closed.

Our pages may look different, our editorial content is limited, however our loyal Advertisers fill our pages keeping you informed of what services they have to offer.

Because of all the changes that happen daily, an event we have listed in this issue or a business that is open, may have been forced to cancel or close or change a time. We ask that you call ahead before venturing out to attend an event or visit a place of business.

Thank You and Stay Safe and Keep Smiling!

Stefan's Painting - Full Service Painting and Home Improvement

by: Joe Doran

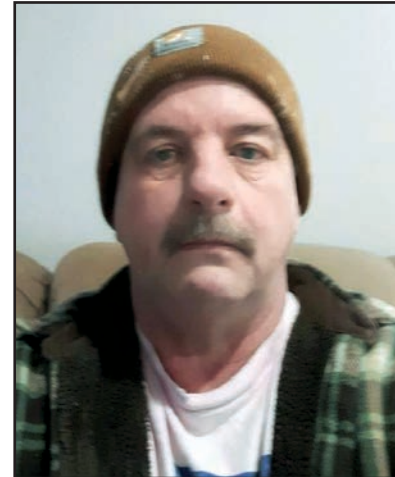
Spring is a great time of year to call Stefan's Painting for professional services including interior and exterior painting, deck refinishing, light carpentry, plaster repair and more. Stefan Tybus has been in helping homeowners from Rhinebeck to Hudson spruce up their properties since 2004 and has over 30 years' experience. He offers free estimates, and reasonable turn-around times.

Protecting Your Investment

For many people, a home represents their largest investment. A professional paint job is one of the most cost-effective ways to keep a house in great shape.

"When it comes to long term home protection, there's no more cost-efficient solution than a good paint job", says Stefan. "As we all know, Hudson Valley weather goes from one extreme to another. 90-degree days in the summer to zero degrees in the winter is especially rough on home exteriors."

Properly preparing surfaces for painting is a key part of the job. "You can't paint a dirty surface,"



Stefan

Stefan notes. "This will result in improper adhesion and the paint job will fail. So, the first step is a thorough washing."

The painting pro uses a special solution that guarantees the removal of mildew. "There are four to five different mildewcides in Ben Moore exterior paint, so when you see mildew it means the mildewcides are failing. Just removing the mildew off doesn't remedy the situation, the mildew will return if it isn't repainted. The next step is a thorough scraping to remove all loose paint, followed by the priming,

Continued on page 10

Curt's Lawn & Excavating Service For All Your Outdoor Property Needs

by: Lisa Dudley

Spring is here and it's time to call Curt's Lawn & Excavating to schedule trimming your trees, clearing or landscaping your property, arranging for regular lawn mowing service and repairing your driveway after the ice tore it up.

Owned by Curt Turner, Curt's Lawn & Excavating is located at 461 County Route 19 in Livingston. He has a mountain view to die for and all the trucks, trailers, and excavating equipment he needs to get the job done.

In business since 1987, Curt Turner grew up in Churchtown and went to Taconic Hills schools. He's a local fellow who knows everyone. For years he drove a cement mixer and other trucks for F.H. Stickles and he still hauls stone from them for himself and his clients. This is key to the long-term success of Curt's Lawn and Excavating - he regularly works with many builders and repeat customers who know him as trustworthy and loyal. A happy customer notes that, "Curt is friendly and he knows who to call."

Curt's Lawn and Excavating employs a small group of year-round staff and several dozen seasonal employees. Mr. Turner has also diversified as a haymaker for B-Jack Farms down the road where he sells hay in squares or large round bales.

Excavating and clearing



Curt

is a big part of what he does but they also have all the equipment to mow, brush hog, landscape, and trim trees.

"We dig foundations for various builders in the area who are putting in new houses or additions on existing homes and we put in water lines. We excavate for new or reconditioned

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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 May Edition Of The Hudson River View Will Be In Area Homes On May 6th The Deadline For Advertising And Press Release Submission Is April 22nd

Quackers is on Hiatus

Sadly, with all that is going on in the world around us Quackers has decided to take a

short hiatus. He plans to return when we regain some sense of normalcy, whatever that is. In the meantime, he wanted to convey his sincere wishes of health and well being to all. For

anyone battling this crazy virus he sends along his prayers for a speedy recovery and for those who have lost a loved one he sends his deepest sympathy and condolences. God bless us all.

Mirror Mirror from page 1 or after opening, but it is truly a family affair, with Lynne's mother Gloria, their two grown sons Dylan and Liam, and their daughter-in-law Veronica helping out wherever and whenever they are able. On a personal note, for those readers who were familiar with their wonderful dog, Angus, a Nova Scotia Duck Trolling Retriever, they are sad to report that they lost him (gently, at age 14) in April of last year. They are also, however, happy to say that they drove up to the same breeder in New Brunswick, Canada to make their 10-year-old Corgi Bonnie (and themselves) more adjusted to the loss with the addition to the family of their newest member, Bennett Barker

("Ben"), who is pictured here. Mirror Mirror is really unique. Lynne said five years ago that she had been an avid consignment store shopper since she was a teenager, and always enjoyed discovering unique clothing with a history. She loves to learn who bought each item and where in the country or even the world was it purchased, and for what purpose? She said then, before discarded clothing was even being mentioned as a major concern for those environmentally aware, that the amount of clothing that ends up in our landfills instead of being recycled to future use is unnecessary, and she wanted to do her part to eliminate some of this avoidable waste. She

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It's all in a name...Let's promote yours!



Call us, we have ideas!

Imprint your brand logo on:
All these promotional items!

Reusable Grocery Bags
T-Shirts & Apparel - Pens
Trade Show Items
Coffee Mugs - Golf Items
Awards - Thank you gifts
Calendars - Sticky Notes
and much more!

PO Box 1 • Red Hook, NY
(845) 758-2682



Country Home Maintenance Services

Aplusoutdoors@yahoo.com
845-235-7502

Cleaning Services - Handyman Services - Grounds Maintenance
Tree Services - Debris Removal



Spring Celebration Starting April 1st

- ~All New Inventory
- ~Fabulous Fashions and Accessories
- ~Unique Items by Local Artisans

Weds: 10-5 & 10% off all day
Thurs-Sat: 10-5 ~ Sun: 10-3
Come Visit Us! Also Like Us on 

CALL FOR POSSIBLE HOURS CHANGES

2666 State Route 23
Hillsdale NY 12529
(518) 325-4000

mirrormirrorclothingshop.com
Easy parking behind building
Consignments by Appointment





DOUBLE M FENCE

ALL TYPES OF FENCE INSTALLATION & REPAIRS

INSURED / FREE ESTIMATES

Kevin McDonald
Staatsburg, NY 12580
(845) 750-1504



Sunny Paws Veterinary Services

Dr. Danielle St. Pierre

Home Euthanasia Service
Hospice Care
Acupuncture/Chinese Medicine

Sunnypawsvet@gmail.com
Sunnypawsvet.com
845-597-6976

NY STATE'S LEADER IN MODULAR HOME CONSTRUCTION


OPEN HOUSE

We are extending the OPEN HOUSE to limit per day crowds per CDC recommendations.
JOIN US BY APPOINTMENT!
Friday, April 3 - Sunday, May 31

Singlewides starting at \$35,995

Doublewides starting at \$54,995


THE CATSKILL - NEW MODULAR

28' x 60'/64' approx 1,753 sq ft
Ranch Base Price Starting in the Low \$100's


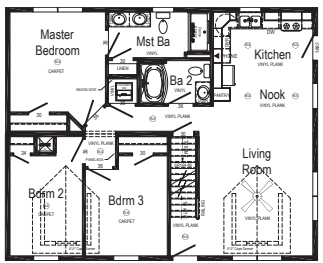
— WE OFFER TURN-KEY CONSTRUCTION —

THE KINGSTON - NEW MODULAR



32' x 58' approx 1,724 sq ft
Base Price Starting at \$114,000


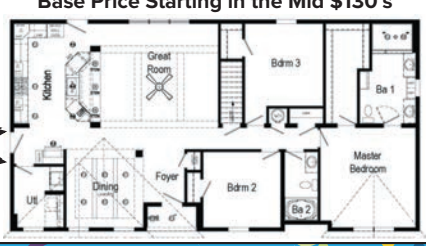
THE ASHLAND

32' x 38' approx 1,140 sq ft
Ranch Base Price Starting in the Mid \$80's

2-Story Homes Starting in the Low \$100,000's

THE DURHAM

32' x 60' approx 1,860 sq ft
Base Price Starting in the Mid \$130's

HOLDING PRICES UNTIL JULY 1ST

WATCH FOR NEW MODELS ARRIVING SOON!

American Homes
2993 Route 23B, Cairo, NY
518-622-9011
americanhomesny.com

WE ARE HERE FOR YOU AT THIS DIFFICULT TIME




FRI ~ SAT ~ SUN: 10am to 8pm
FULL MENU
AVAILABLE FOR TAKEOUT

Dinner for FOUR Special:
~Soup or Salad
~Choice of Entree, including
Shepherd's Pie, Chicken Marsala, Wild Mushroom & Turkey and Regular Meatloaf, Sausage & Peppers over Pasta, and Chicken Parmesan
~Selection of Desserts
all four meals to go for \$39.95

WE CAN FURTHER CATER YOUR ENTIRE HOLIDAY MEAL, with whole turkey, ham or leg of lamb and side dishes & desserts your choice
CALL TO PLACE YOUR ORDERS WITH OTTO AT (845)797-9298 or at the diner (518)325-1150
9276 Route 22 in Hillsdale NY 12529 (just south of the light at Route 23)
We're All in This Together!!

Happy Easter & Passover from Everyone at O's!!
Let us help you custom order & make your holiday special

ART GALLERY 71

Mary Belliveau is featured artist for April at Art Gallery 71 in Rhinebeck.



Mary likes to paint pictures that carry a message. She uses a variety of mediums. Often painting people from her many travels world-wide or animals which she loves. Her work strives through realism to offer a glimpse of captured beauty or troubling past or current events that invite reflection. Reception is: 4/18 from 4-7 pm.

Art Gallery 71 @ 71 E Market St, Rhinebeck NY 12572. 845-516-4878. Fri/Sat 11-6, Sun/holidays:11-4

UPSTAGE PRODUCTIONS' PROUDLY ANNOUNCES AUDITIONS FOR "Matilda The Musical"

Direction by Christine Abitabile Musical Direction by Andrea Mastrianni Auditions for our Fall 2020 production, *Matilda*, will be as follows:
 Adults (19 years old and older) – Monday, April 20
 Children (8-18 years old) – Tuesday, April 21 & Wednesday, April 22
 Time: Sign-In at 6:30PM;

auditions start promptly at 7PM *If needed, callbacks will be held on Tuesday, April 28 starting promptly at 7PM
Location: Reformed Dutch Church of Claverack, 88 Rte. 9H, Claverack, NY 12513
Materials: Bring sheet music or pre-recorded music; **no acapella.** There will be a dance portion of the audition; wear the appropriate footwear and come prepared to move
 Show dates are November 20, 21, & 22, 2020 Hudson High School Performing Arts Center, Hudson, NY
 Casting for the following roles:
 Matilda (Elementary age)
 8 Elementary Children roles: Lavender, Bruce, Amanda, Nigel, Eric, Alice, Hortensia, Tommy
 8-10 Teen roles: Michael Wormwood & Teen Ensemble (Male & Female – very active ensemble)
 10 Adult roles: Miss Agatha Trunchbull, Miss Honey, Mr. Wormwood, Mrs. Wormwood, Mrs. Phelps (non-singing role), The Escapologist, The Acrobat, Rudolpho (a Dancer), Doctor, Entertainer

For more information, email auditions@upstageproductions.org

Enjoy John Jay Homestead while you're stuck at home

John Jay Homestead State Historic Site has launched new digital content you can enjoy from home. These fun, interactive activities allow you to experience history while historic house tours are suspended. Learn more about the collection

by exploring the Object of the Day or try to solve one of history's mysteries by being an Object Detective. A virtual tour and downloadable worksheets are also available. More content will continue to be added. All this can be found on our website: www.johnjayhomestead.org. The grounds of John Jay Homestead are open to the public daily from sunrise to sunset. We encourage you to visit. John Jay Homestead State Historic Site is one of the six state historic sites and twelve parks administered by the New York State Office of Parks, Recreation and Historic Preservation–Taconic Region. The New York State Office of Parks, Recreation and Historic Preservation oversees 180 state parks and 35 historic sites, which are visited by 77 million people annually. A recent study found that New York State Parks generates \$1.9 billion in economic activity annually and supports 20,000 jobs. For more information on any of these recreation areas, call 518-474-0456 or visit www.nysparks.com, connect on Facebook, or follow on Twitter.

OLANA

We take the health and safety of our staff and visitors very seriously and are closely monitoring the impact of COVID-19 (the coronavirus) on an ongoing basis. Our top priority is the well-being of our team, our patrons and our community. **Please note that New York State Parks remain open. Access to Olana's 250-acre landscape is free. The park is open every**

day from 8 AM to sunset. Based on current New York State Department of Health guidance, we have suspended all public programs and tours at this time. We will resume tours as soon as the health situation permits. We will update OLANA.org and our social media feed regularly. We encourage you to explore Frederic Church's designed landscape with five miles of carriage roads as a way to enjoy the outdoors and help relieve feelings of anxiety and stress. Please practice social distancing while you walk, keeping six (6) feet of distance between you and others. Please be aware that you are in a public park and follow protocols laid out by NYS Department of Health. We request that staff and visitors stay home if they present symptoms. Please follow CDC/NYSDOH's guidelines for preventing the spread of colds, flu, and COVID-19. New York State Parks staff have taken additional precautions to create a safe environment by increasing cleaning protocols for public spaces. We are deeply grateful to our crew who is working to protect Olana and make it safe and available to our community. Stay well! And, many thanks for your continued support.

Starr Bus Trip to Kasuma Art Exhibit at NY Botanical Gardens

Tuesday, June 16th, from 8 am to 5:30 pm. Cost \$100. Don't miss your chance to see KUSAMA: Cosmic Nature, a multisensory presentation of work by contemporary Japanese artist Yayoi Kusama. With NYBG as the exclusive venue, it will feature the debut of new works, including Infinity Mirrored Room—Illusion Inside the Heart (2020), an immersive outdoor installation responding to changing light throughout the day and seasons. Cost includes roundtrip bus fare from Starr Library to NY Botanical Gardens in the Bronx, entrance fee, a guided walking tour of the exhibit, and entry into the Infinity Mirror Room. The day will include much walking and will take place rain or shine. Please make sure you dress appropriately. Reservations accepted only with full payment and will be refundable only if we can fill your spot. Space is limited. For more information and payment, please call the library at 876-4030 or visit in person 68 West Market Street, Rhinebeck.

LOCAL BUSINESS DIRECTORY

- Advanced Aluminum - Rhinebeck.....(845) 901-9246
- American Homes - Cairo.....(518) 622-9011
- Anita Ferri - Rhinebeck.....(914) 456-5854
- Anne's Electrolysis - Rhinebeck.....(845) 876-4878
- ASAP Fuel - Rhinebeck.....(845) 876-6351
- Bark Busters - Staatsburg.....(845) 889-4679
- Beaver Stump - Red Hook.....(845) 758-5400
- BHHS - Rhinebeck.....(845) 876-8600
- Black Rain Computer Service - Pine Plains.....(845) 417-4515
- Blue Sky Landscaping - Barrytown.....(845) 418-1822
- Bogush & Grady - Rhinebeck.....(845) 876-4911
- Choinsky, Jim - Red Hook.....(845) 756-2788
- CJ's Italian Restaurant - Rhinebeck.....(845) 876-7711
- Coldwell Banker - Rhinebeck.....(845) 876-4535
- Conway's Power Equipment - Red Hook.....(845) 758-8134
- Cornerstone Real Property - Red Hook.....(845) 758-9483
- Country Home Maintenance - Tivoli.....(845) 235-7502
- Countryside Animal Hospital - Staatsburg.....(845) 876-2552
- Crown Gas - Pleasant Valley.....(845) 635-2400
- Curt's Lawn & Excavating - Livingston.....(518) 537-6671
- Dave's Tree Service - Kingston.....(845) 706-7211
- Dowden Agency - Rhinebeck.....(845) 876-4831
- Double M Fencing - Staatsburg.....(845) 750-1504
- Foster's Coach House Tavern - Rhinebeck.....(845) 876-8052
- Fully Loaded - Germantown.....(518) 537-7430
- Hallenbeck Realty - Rhinebeck.....(845) 876-1660
- Hickman, Vicki - Rhinebeck.....(845) 389-9952
- Hobson Appliance - Rhinebeck.....(845) 876-3102
- Hobson Window - Red Hook.....(845) 758-0930
- Hudson Valley Foot - Red Hook/Hudson.....(877) 339-4832
- Hudson Valley Sheep & Wool - Red Hook.....(845) 758-3130
- J. Scott Butler - Red Hook.....(845) 757-2552
- J.D. von der Lieth & Sons - Rhinebeck.....(845) 876-4511
- JFive Homes - Red Hook.....(845) 758-6842
- JJRT - Craryville.....(518) 851-9766
- Keil Equipment - Red Hook.....(845) 758-8888
- Livingston.....(518) 537-6221
- Kukon Brothers - Livingston.....(518) 537-6772
- Legrand Excavating - Rhinebeck.....(845) 876-2630
- LeGrand Mowing - Rhinebeck.....(845) 943-0266
- LeGrand Real Estate - Rhinebeck.....(845) 876-2630
- LeGrand Trash Removal - Rhinebeck.....(845) 943-0266
- Mac's Farm & Garden World - Red Hook.....(845) 758-3601
- Marvini Auto - Hudson.....(518) 610-6733
- McCarthy & Sons Electrical - Red Hook.....(845) 758-6116
- Mike Mills State Farm - Red Hook.....(845) 835-6444
- Mirror Mirror - Hillsdale.....(518) 325-4000
- Mrs. Sew & Sew - Germantown.....(518) 537-3688
- Northern Dutchess Archery - Red Hook.....(845) 758-3651
- Northern Dutchess Hardwoods - Red Hook.....(845) 758-2005
- O's Hillsdale Diner - Hillsdale.....(518) 325-1150
- Painting By Joe - Red Hook.....(845) 758-9082
- Palmiter Business Solutions.....(845) 773-9164
- Patty's Pet Palace - Rhinebeck.....(845) 876-7211
- Peter & Stella ILANI - Rhinebeck.....(845) 876-8803
- Platania, Jade - Rhinebeck.....(845) 876-0880
- Protective Power - Staatsburg.....(845) 471-9016
- Red Hook Curry - Red Hook.....(845) 758-2666
- Red Hook Veterinary Hospital - Red Hook.....(845) 758-2691
- Rhinebeck Animal Hospital - Rhinebeck.....(845) 876-6008
- RLF Tax - Rhinebeck.....(845) 430-6760
- Santamorena, Peggy - Rhinebeck.....(845) 876-8886
- Sausbier's Awning Shop - Hudson.....(518) 828-3748
- Staley Real Estate - Rhinebeck.....(845) 876-3196
- Stefan's Painting - Red Hook.....(845) 235-4678
- Sunny Paws - Red Hook.....(845) 597-6976
- The Ad Shop - Red Hook.....(845) 758-2682
- Tradesmen International - Albany.....(518) 313-2046
- Upstate Auto - Germantown.....(518) 537-2277
- Viewmont Land Service - Germantown.....(518) 965-4216
- William's Lumber - Rhinebeck.....(845) 876-9663

ACROSS

- Plan detail, for short
- Coffee, informally
- Move up the ladder
- Our genus
- Valhalla ruler
- Not the social type
- Line with a Star of David logo
- Nevada mecca
- One treading the boards
- Elaborate promo job
- Post-grace exhortation
- Covert __ (spy doings)
- Pago Pago native
- Young goats
- Prefix with "glottis"
- Take home from a shelter
- Droning lecturer
- Black cat, to some
- "How many licks does it take ..." candies
- Drops an easy one
- College bigwig
- Certain belly button
- Pay a visit to
- Jerome who composed "Show Boat"
- Nod of the head, say
- "Mamma ___!"
- Pub order
- Oversized cookout fare
- Explorer John or Sebastian
- Bull artist
- Commuting option
- Sprang up
- Prelude to a deal
- Mah-jongg piece
- Fuss over oneself
- Nosebag filler
- Behind the times

DOWN

- Place for a mower
- Sport you can't play left-handed
- Online zine
- Fizzy drink
- Land bordering the Dead Sea
- Highly skilled
- "In ___ veritas"
- Auth. unknown
- Manila envelope features
- Lomond and others
- Division word
- Cry from a 44-Down
- "It's cold!"
- ___foot oil
- Alpine tune
- Fills to excess
- Be gaga about
- Roger who played 007
- ___ out (declines)
- Islamic sacred text
- Dietary supplement
- Ham it up
- King known as "The Short"
- Atlas blowup
- Pub offering
- Magnum ___ (great work)
- Model of perfection
- Successful dieter
- Litter box baby
- Bruce Wayne's butler
- Bullwinkle, for one
- Banded gem
- Jamie of "M*A*S*H"
- Bassoon's cousin
- Minnesota's St. ___ College
- Punch-in time for many
- Partner of sciences
- Press-on item
- Smuggler's weight unit
- Bumped off
- Fez or kepi

HOOFING IT By Fred Piscop

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Solution on page 4

Dear Adopters, Consumers, Clients and Visitors,

As we continue to monitor the rapidly evolving situation around COVID 19, our first concerns are the safety of our animals, our staff who serve them, and our community. In these unprecedented times, rest assured that CGHS/SPCA will continue to care for all animals that are in need. We will make every effort to continue to offer vital shelter services while ensuring a safe environment for staff and visitors. Based on Governor Cuomo's new business regulations, we will be closing our lobby to visitors effective immediately. However, to meet the needs of our community, we will continue to offer some services in a limited capacity. Food Bank: We will continue to be open daily from 11:30 a.m. to 4 p.m., If you are quarantined

and need food for your pet, please call (518) 828-6044 ext. 100 or 108, or email jessica@cghs.org. Surrender Services: All surrenders are by appointment only. Please call (518) 828-6044 ext. 100, or email at jessica@cghs.org. Adoptions: Adoption services will be canceled until March 31; however, potential adopters can view animals on our website at cghs.org and fill out an on-line application to be pre-approved for adoption. Grooming: Grooming services will be canceled until March 31. Boarding/Daycare: Due to so many of our clients being medical professionals who rely on boarding and daycare to care for their dogs, we will continue to offer our boarding services by appointment only. For information, please call or text (518) 610-3232, or email jessica@cghs.org. Medical: We are well aware that many pet-owners rely on CGHS/

SPCA for medical treatment for their pets. Currently, we have canceled our Health and Wellness clinics through March 31. If you are in need of medical treatment for your pet, please call or text (518) 222-4218. Spay/Neuter Services: These clinics are canceled through March 31. Donations: Donations of pet food and supplies can be left at the front door. If you need a receipt, please call Ron Perez at (518) 828-6044 ext. 108 or email ronperez@cghs.org. Thank you! If you have any further questions pertaining to our services, please call Ron Perez, President/CEO at (518) 828-6044 ext. 108, or email ronperez@cghs.org. As you know, this situation is fluid, but we will do everything possible to make certain that our staff, animals, and clients remain safe. We thank you for your continued support during this difficult time. Ron Perez
President/CEO

Dust Your Ducts

When you breathe a sigh of relief after giving your home its annual thorough cleaning, you may be breathing in more dust, dirt, and pollution than you realize—unless you've also gotten the HVAC system cleaned.

A Hidden Problem

Through normal living, people generate a great deal of contaminants, such as dander, dust, and chemicals. These get



pulled into the HVAC system and re-circulated five to seven times a day, on average. Over time, this causes a build-up of dirt in the duct work.

Some people are more sensitive to these contaminants than others. Allergy and asthma sufferers, as well as young children and the elderly, tend to be more susceptible to the types of poor indoor air quality that air duct cleaning can help address. Also, some homes may be more susceptible to certain pollutants, including places with pets, smokers, or remodeling projects.

An Answer

Fortunately, it's easy to deal with. The experts at the National Air Duct Cleaners Association

(NADCA) say HVAC systems should be inspected and cleaned regularly by a reputable, certified HVAC professional.

The ones who are NADCA members possess general liability insurance, are trained and tested regularly, sign on to a code of ethics, and must clean and restore your heating and cooling system in accordance with NADCA standards, so they provide a high level of security.

Learn More. For further facts on having healthy air in a healthy home, visit www.BreathingClean.com. To find a NADCA member nearby, go to <http://nadca.com/en/prosearch/> and enter your zip code.



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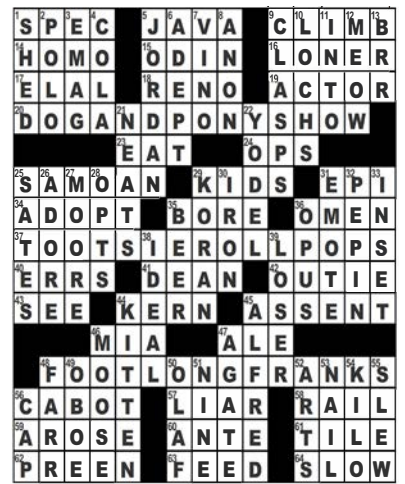
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PANORAMA OLANA's Summer Learning Program Opens for Registration

The Olana Partnership announces its 11th annual Panorama, a Summer Learning Program for youth ages 6-11, will take place during three weeks in July 2020 at Olana State Historic Site. Families can choose to participate for one, two or all three weeks of activities led by certified teachers, professionals in their respective fields, and museum educators with years of experience. Explore nature through observation, science, and outdoor excursions while developing an artistic eye, learning to sketch and paint, just like Frederic Church.

Week one will run July 6 through July 10 and focus on **Exploring Elements of Art**. Frederic Church designed Olana's 250-acre landscape, including five miles of carriage roads and the Main House, to be enjoyed and experienced by future generations. During this week, students will learn art techniques from local art education specialists. Each day, students will use the landscape at Olana as inspiration while painting outdoors and exploring a wide range of artistic media to create original works of art such as nature sketches, printmaking, and sculpting.

Week two will run July 13 through July 17 and focus on **Exploring Landscapes & Nature**. When Frederic Church designed Olana, he was inspired by ideas about land, nature, wilderness, and leisure parks. Participants in this week will develop an artistic eye and a scientist's sensibility through lessons led by incredible environmental educators from the Taconic Outdoor Education Center. Students will discover Frederic Church's eco-system and engage with ecology, forests, and meadows.

The third and final week will run July 20 through July 24 with a focus on **Cross Pollination: Exploring Art & Nature**. This week explores the themes of the 2020 exhibition, "Cross Pollination: *Heade, Cole, Church, and Our Contemporary Moment*." Participants will join art educators and exhibition designers to understand "cross pollination" between art and the environment from the 19th century to today. Young artists will be inspired by Frederic Church, Thomas Cole, Martin Johnson Heade, Nick Cave, Flora Mace and others to create projects including terrarium building, sculpture construction, and glass work experiments.

Panorama groups are separated by ages, 6-8 and 9-11, but participate in similar projects adapted to grade level and will come together throughout the

day for snacks, lunch and outdoor exploration. All weeks include a tour of Olana's Main House, interactive daily walks, takeaway projects and a family closing reception on Friday afternoon. Each week will run Monday through Friday from 9am to 4pm. Space is limited to 28 students per session. The Olana Partnership offers early bird pricing of \$250 per week through April 1 and \$325 per week after April 1. Visit OLANA.org to find additional information, download registration forms and make a payment online. Forms and payment can also be mailed to The Olana Partnership, Attn: Liz Bouyea, PO Box 199, Hudson, NY 12534. Registration for all camps will close June 15, 2020.

In Honor of Women: Gender Gaps At A Glimpse

As we honor America's approximately 169 million women this month, let us keep in mind where progress has been made while also calling out where access to opportunities are still not equal.

A 2020 look at U.S. Gender Gaps
While women have made major strides, there is still work to do before all women have access to the same opportunities as men.

Women Lead In...

- OWNING A HOME**
Single American women own 1.5 million more homes than single men. ¹
- GOING TO COLLEGE**
72% of women vs 65% of men who graduate high school are enrolled in college. ²
- INVESTING \$\$**
Women not only save more than men, their investments also earn more \$\$ annually. ³
- Closing The Gap...**
- WAGE GAP**
Women earn 79 cents for every dollar earned by men. American Indian, Alaska Native, Black and Hispanic women earn 26% less than white men. ⁴
- INSURANCE GAP**
Only 1 in 3 women own individual life insurance. ⁵
- BOARDROOM GAP**
Women hold about only 20% of board seats at companies. ⁶
- RETIREMENT GAP**
Women are 80% more likely to be impoverished in retirement. ⁷

Source: ¹U.S. Census Bureau, ²U.S. Department of Education, ³Investment Company Institute, ⁴Bureau of Economic Analysis, ⁵Life Insurance Institute, ⁶U.S. Board of Directors, ⁷U.S. Social Security Administration

To learn more about closing the gender gap, visit www.jennylife.com

While women average fewer earnings than men—and women of color earn even less than that, according to the 2018 American Community Survey, single women own 1.5 million more homes than single men. Women are also seeing more success when it comes to managing their money. According to Fidelity Investments' 'Who's the Better Investor, Men or Women 2017,' women save more money than men and their investments also earn more money annually. However, despite these facts, women have typically had less access to tools that promote financial stability. Only one in three women own individual life insurance, according to LIMRA's 'Life Insurance Ownership in Focus, U.S. Personal Trends: 2016.' Women are also 80 percent more likely to be impoverished in retirement (National Institute on Retirement Security 2016). Companies like Jenny Life are building financial products that help women and families gain equal access to tools promoting financial stability. For more facts and free resources visit www.jennylife.com and download the app on [iOS](https://www.apple.com/app-store) and [Google play](https://www.google.com/play).

Spring Lawn Equipment: Keep Safety in Mind with These 8 Tips

Spring is on its way and homeowners are eager to get outside and spruce up their yards. The Outdoor Power Equipment Institute (OPEI), an international trade association representing outdoor power equipment, small engine, utility vehicle, golf car and personal transport vehicle manufacturers and suppliers, reminds homeowners to keep safety in mind when working in their outdoor living spaces. "Before you use a mower, trimmer, blower, power washer, chainsaw, pruner, portable generator or other piece of outdoor power equipment this season, it's important to refresh yourself on handling and safety procedures," says Kris Kiser, President and CEO of OPEI. "We're all eager to get outside and enjoy the living landscape after a long winter, but you should take the time to do basic maintenance to ensure your equipment operates safely for the season and is ready to get the job done."

Continued on page 16

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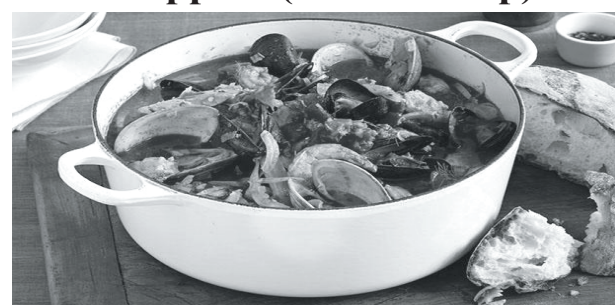
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Cioppino (seafood soup)



Ingredients

- 3 tablespoons olive oil
- 1 large fennel bulb, thinly sliced
- 1 onion, chopped
- 3 large shallots, chopped
- 2 teaspoons salt
- 4 large garlic cloves, finely chopped
- 3/4 teaspoon dried crushed red pepper flakes
- 1/4 cup tomato paste
- 1 (28-ounce) can diced tomatoes in juice
- 1 1/2 cups dry white wine
- 5 cups fish stock
- 1 bay leaf
- 1 pound manila clams, scrubbed
- 1 pound mussels, scrubbed, debearded
- 1 pound uncooked large shrimp, peeled and deveined
- 1 1/2 pounds assorted firm-fleshed fish fillets such as halibut or salmon, cut into 2-inch chunks

Directions

Heat the oil in a very large pot over medium heat. Add the fennel, onion, shallots, and salt and saute until the onion is translucent, about 10 minutes. Add the garlic and 3/4 teaspoon of red pepper flakes, and saute 2 minutes. Stir in the tomato paste. Add tomatoes with their juices, wine, fish stock and bay leaf. Cover and bring to a simmer. Reduce the heat to medium-low. Cover and simmer until the flavors blend, about 30 minutes. Add the clams and mussels to the cooking liquid. Cover and cook until the clams and mussels begin to open, about 5 minutes. Add the shrimp and fish. Simmer gently until the fish and shrimp are just cooked through, and the clams are completely open, stirring gently, about 5 minutes longer (discard any clams and mussels that do not open). Season the soup, to taste, with more salt and red pepper flakes. Ladle the soup into bowls and serve.

God's Corner

RSVP to the invitation

by: Naomi Fata
Spring is in the air and for those who have faith in Christ we look forward to celebrating the death and resurrection of our Savior. Jesus lived, died, was buried and rose again the third day. The life, death and resurrection of Jesus is an invitation. While He was alive on earth, He extended this invitation to the Samaritan woman at the well. She had a disreputable life, going from man to man, unfulfilled. Yet Jesus invited her to drink of the water He gives, that she would never be thirsty again. His offer then as it

is now was one of relationship. Another passage of the New Testament, in Matthew 11:28 is also an invitation, "Come to me, all of you who are weary and carry heavy burdens and I will give you rest." This invitation isn't for just a few, its an invitation to all - that includes you. Its an invitation to relationship and life beyond the confines of your time on this earth. He is inviting you to eternity with Him, free from the worry and pain of our current world. Most invitations require a response within a time frame. Each invitation comes with

specific instructions on how to RSVP. Some wedding invitations come with a pre-stamped self-addressed envelope and response card. More informal party invites may just ask for a text or phone call at a certain phone number. Now with increased use of technology some invitations direct you to a website to fill out your response. All responses are due before the date of the event. Most commonly a week or a month before the event.

God's invitation to you also comes with instructions. His instructions are to believe on Jesus, and you will have eternal life. John 3:16 is one of the most quoted verses of Scripture which includes this invitation, "For God so loved the world that he gave His one and only Son, that whoever believes in him shall not perish but have eternal life." Like the required response to most invitations, the instructions are simple. And there is a time frame. For God's invitation you only have your lifetime. It isn't a date that you can write on a calendar to remind yourself to RSVP next week or next month, because you don't know how many days you have. Perhaps you will live for many years to come, but perhaps you only have this moment. Only God knows. Don't delay your RSVP to God and let your relationship with Jesus begin today.

President of Christian Resource Ministry Inc. More information can be found at www.christianresourceministry.com

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The central focus of Christianity is based on the

absolute truth of the Death, Burial, and Resurrection of the Lord Jesus Christ. We Preach Christ! It is a blessing to know the person, the purpose, and the power of the Crucifixion and the Resurrection. The Apostle Paul said, "For I determined not to know any thing among you, save Jesus Christ, and him crucified" (1 Corinthians 2:2). Paul also said "And if Christ be not risen, then is our preaching vain, and your faith is also vain" (1 Corinthians 15:14). When the women went to the Tomb on the First Day of the Week (Resurrection - Easter Morning) they were expecting to find Jesus still in the Tomb. Jesus died for our sins on the Cross and had completed the work of Salvation. "When Jesus therefore had received the vinegar, he said, It is finished: and he bowed his head and gave up the ghost" (John 19:30). He paid the price in full for our sins! As the women were going to the Tomb to anoint the body of Jesus with sweet spices, they talked about having the stone rolled away from the door of the Tomb. When they arrived at the Tomb they saw that the stone was rolled away for is was very great (Mark 16:1-4). Then the women heard the Victorious Message from the angel. "And the angel answered and said unto the women, Fear not ye: for I know that ye seek Jesus, which was crucified. He is not here: for he is risen, as he said,

Come, see the place where the Lord lay" (Matthew 28:5,6). The Lord Jesus Christ Rose Bodily from death and the grave. The Message of the Resurrection changed the lives of the women that day and has changed the lives of all who have believed on Risen Christ since that Glorious Day. Truly the life changing message of the Death, Burial, and Resurrection of the Lord Jesus Christ has been proclaimed down through the centuries by faithful witnesses and preachers of the Gospel. It is a blessing to preach and teach the Victorious Message of the Death, Burial, and Resurrection of the Lord Jesus Christ. When people believe on and receive Jesus as their personal Savior and Lord they will be Saved and have the Hope of Eternal Life now and be assured that they will spend Eternity with the Lord. "These things have I written unto you that believe on the name of the Son of God, that ye may know that ye have eternal life, and that ye may believe on the name of the Son of God" (1 John 5:13). If you would like to know about the Message of the Cross and the Resurrection of Jesus, please Email us at cdfeirone@aol.com or Phone us at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is located at Route 9 and Route 9G, 1/4 Mile North on Route 9 in Rhinebeck, N.Y. Pastor Frank L. Cirone

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Palm Sunday Services (April 5)
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Resurrection (Easter) Services (April 12)
9:00 am, 10:45 am and 6:00 pm

Grace Bible Institute
The Course offering for the Spring Term will be Discipleship Training The Course will begin on Monday, April 6 at 7:00pm. It will be a 10 week course. If you are interested in attending please contact us.

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Friday, April 10 - Good Friday Service Noon and 7:00 p.m.

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Sunday, April 12 - Festive Easter Day Service 10:00 a.m.

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Facts about Heartworms

by: Julianne Porter, DVM

It's that time of year again. As the weather warms, we are reminded of the lesser joys of living in the Hudson valley – mosquitoes and heartworms. Please be sure your pet is on heartworm prevention. As you may remember, heartworms are, in fact, worms that live in the vessels that connect the heart to the lungs. They can invade the chambers of the heart itself and cause permanent heart and lung damage, which often is fatal. Mosquitoes transmit these worms, and while the highest incidence is in the southeast of our country, this is a national (and local) problem. The problem starts when a mosquito bites an infected animal – typically another dog, but can also be a fox or coyote – and then bites an unprotected dog, thus giving them the worms. The worms migrate in the blood stream until they find

their home in the heart, where they can live for 7-10 years! While these worms are living, growing and multiplying in the dog's body, they are often silently causing damage until the damage is irreversible. While sometimes the signs are detected (coughing, decreased appetite, labored breathing, etc.), they are often not detected until the disease is advanced. This is why testing (and preventing) is so important. If we can detect the disease early, we have better success in treating it.

Which brings us back to this time of year. We typically test in the early spring, as that is when many people are restarting their heartworm prevention. Ideally, you would give your preventative year-round to hopefully catch any unseasonably warm days where mosquitoes come out, but a lot of people do stop in the winter months. Testing is important to catch any "silent" infections, but it is also helpful prior to restarting prevention, as there is a risk of causing complications if you

give heartworm preventatives to an already positive dog. Another important note is that the life cycle of the heartworm – from the time a mosquito bites your dog to the time where they will test positive – is about 6 months. That means that if you adopt your dog from a high-incidence area, we will likely recommend rechecking the heartworm status 6 months from adoption, even if they were negative. This is also why puppies do not get tested right away – if they are too young, they will not have had time for the worm to grow and present a positive result on a test. (This is also why starting preventatives in young puppies is ideal – it will help protect them before they have a chance to even be infected). Treating heartworm disease in dogs is expensive and has potentially severe complications, so routine testing and prevention are the keys to avoiding this deadly disease. The preventatives are extremely safe and effective, and it is much more affordable to prevent than to treat. Many animal hospitals offer oral, injectable and topical options.

A quick word on cats: Cats can get heartworm disease, but they are not the natural host, so often they are more resistant, or the adults will never fully grow. However, they can from time to time be infected and there is unfortunately no great test, nor is there any treatment. Heartworm preventatives do exist for cats and are highly recommended, especially if the cats go outside.

Spring into the Season with Bark Busters' Canine Care Tips

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

As winter's chill gives way to warmer days and spring flowers, it seems a good time to offer some tips for owners to help their dogs enjoy a happy, healthy spring season. Spring represents a time of growth and renewal—but not everything that springs forth this season is good for dogs. With a little awareness and a few simple precautions, dog owners can prevent many of the problems that arise with warmer weather and keep their dogs safe and healthy.

Bark Busters offers the following pointers for warding off spring's primary culprits: **Heartworm infection**

The American Heartworm Society recommends that all dogs be tested annually for heartworm infection. Transmitted by mosquitoes, this serious parasitic disease can be fatal. Fortunately, your veterinarian offers a variety of options for preventing heartworm infection, including an injection, daily and monthly tablets, and monthly topical medications. Talk to your vet about the best course of action for your dog. **Fleas and ticks**

Fleas and ticks can cause a host of problems, from flea allergy dermatitis to Lyme

disease and Rocky Mountain Spotted Fever. In large enough numbers, both ticks and fleas can also cause dangerous amounts of blood loss, especially in young dogs. While a number of flea and tick prevention options are available today, flea and tick collars, monthly topicals and oral tablets offer convenience and effectiveness in protecting your dog. Ask your veterinarian for more information.

Spring allergies

Blooming plants, grasses and flowers can trigger atopy, an allergy similar to hay fever. But instead of sneezing, a dog typically develops itchy skin and will persistently scratch, lick and bite to get relief. If you suspect that your pooch may be suffering from seasonal allergies, visit your veterinarian for recommended allergy treatments. These can range from oral medications to skin tests that pinpoint allergies in more severe cases.

Poisonous plants

Inquisitive dogs might

see those fragrant spring blooms as a tasty snack, but dogs can become extremely ill or even die from eating poisonous plants. Google your local Cooperative Extension Office for a list of poisonous plants you'll want to avoid having in your garden. You can also help prevent your dog from digging by not gardening with your dog present—he may conclude that digging is acceptable and enjoy digging to underground pipes, roots or chewing on sprinkler heads.

Lawn hazards

If your lawn—or your neighbor's lawn—is treated with fertilizers, herbicides or insecticides, do not let your dog walk on it until these potentially dangerous treatments have dried completely. Check with your lawn service company to be sure that the products they use a "pet friendly".

Unpleasant odors

If your furry friend has taken on an offensive odor over the winter, find out where the smell is coming

Continued on page 13

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Kiwi, an exotic queen of a domestic short hair, graced Rhinebeck with her presence last spring (born 5/1/19). Much like her sister Guava, a natural sweet nature melds with serious street, forest-smarts as the gorgeous felines survived without the benefit of a home since, residing in the wild woods. Despite this, she clearly has a kind, gentle soul - already adjusting to the cushy life of the great indoors with immense gratitude. Her watchful, intelligent eyes size up visitors, the slightly timid nature giving way to the temptation of a good under-the-chin-scratch. Rescued by Rhinebeck PANT volunteers, she is very

healthy and eager to find a forever home and human of her own to connect with. This little silver tigress will make a rewarding addition to any home as she settles in to the life she always deserved. She is fully vetted, Spay; negative for Leukemia and Feline AIDS; vaccinations are up-to-date; dewormed. Complete the 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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Now You Know How Doctors and Nurses Think

by: Charlotte Michos, RN, MS, CNS, CLNC®

It's not that I am a worrywart or a pessimist; I just cannot help anticipating what might come next. That's the way the minds of nurses and doctors work. Spending years in the health field, a good nurse and doctor will always be planning for the next step or considering the "just-in-case." You have a care plan for your patients, and you make sure all the next measures are in place. You stock up on equipment for emergencies; you make sure the equipment is ready and the medications have not expired. Would you want to be the patient in cardiac arrest when the batteries in the defibrillator have not been charged? That was my pet peeve. As charge nurse, I was compulsive about my staff performing checks on the emergency equipment.

You tend to transfer this same mentality into everyday life. I cannot help but anticipate what we might need: whether it's for a day trip to NYC, two weeks in Europe or we head out for the mountains on a hiking trail. My family makes fun of me – as I pull out of my purse or backpack exactly what they need. We hiked Mt. Washington years back with several families – sleeping in the huts along the Appalachian Trail. You can only imagine my backpack contents! In addition to my crystal aspirin (in case of a heart attack) and supplies to prevent hypothermia (even though it was July, Mt. Washington's weather is erratic), I pulled out a water filter when we discovered that the ranger station that we counted on being open was closed. We had planned to fill our water bottles there, along the 10-hour trek on a hot July day,

but now we only had untreated water in the bathrooms. We utilized my water filter for the entire group and drank fresh water, and enjoyed the boost in our blood sugar with the chocolate treats that I had stuck in my backpack – just in case.

So what does this subject have to do with the pandemic? Everything. The mindset of health professionals (not just nurses and doctors) is different from the rest of the planet – certainly unlike those of politicians or economists. We cannot help but anticipate, and we really become irate when surrounded with unpreparedness for emergencies. What we are experiencing with this pandemic is disrespect for the health profession. The world is paying a price for that. There are so many lessons to learn from this pandemic, but I truly hope this lesson is one of them. I have served in the health profession as a clinical nurse specialist for decades, and so I was driven to write about this subject, given the severity of what we are experiencing. What has this pandemic revealed?

– I do not understand why disrespect for science has evolved. My intention is not political or religious. To deny science is just plain foolish, and we are experiencing the consequences right now in the management of this pandemic. Instead of a long explanation, as Einstein stated in his 1953 interview, "Science without religion is lame. Religion without science is blind."

– Numerous cuts were made to health organizations on federal, state, and local levels. That was a big mistake and we are suffering severely. Once again we are experiencing the consequences of this short sightedness. We always have to be prepared for emergencies; it is an invaluable investment. We seem to have a better understanding of this with our fire departments, which is wonderful, but why don't we apply this to crises preparedness? As I mentioned in the beginning, my pet peeve when I was in charge of my unit was the lax attitude about being prepared for emergencies. This endangers people's lives. That goes against my grain as a nurse and a fellow human being. My colleagues

are feeling this impact across the nation in the numerous health settings including public health departments, emergency rooms, urgent care centers, physician offices, cancer centers and health clinics. – Why did America decline help, such as not accepting test kits from the World Health Organization (WHO)? We don't have the answer, but once again we are suffering with the consequences. Not having test kits is like doing surgery blindfolded. We were way behind in starting the testing, which results in being way behind with everything that follows. This includes tracking and treating the disease, which is extremely challenging in a crisis to begin with; health professionals do not need added burdens. By delaying a diagnosis due to lack of testing, we are creating a longer infection chain. It is critical to know who is infected and how many in order to determine the pathway of the spread of the disease and its overall progression. – Americans seem to struggle with recognizing that we are connected to the rest of the world. We value our independence, but denying that we are linked to others results in exactly what is happening now with this pandemic. We are learning a difficult lesson. It is to our benefit to recognize the patterns of the pandemic in other countries – China and Europe, for example – in order to anticipate what is coming next in America. As the WHO collects data, it provides a global perspective, which is valuable for our plans. If we remain isolationists in this area, we will suffer. – Americans are not in tune to policies and practices that impact health professionals. Many of us know that there is a shortage of physicians in this country, but do you know why? For decades there has been a scarcity of residency slots for medical schools. Funding has been drastically cut for the training of physicians, and Congress in its "great divide" has been slow to pass legislation to fix this. Unless we change our policies, we will be short 90,000 physicians by 2025. More hospitals will likely close if we don't make changes in our practices. In the nursing field, many RN programs have two-year waiting lists, and the understaffing of nurses is all too common. Hospitals certainly require business people to help with the operation of the facility, but should CEOs – with less education and not necessarily having medical backgrounds – be making more money than the physicians? Should they be making decisions about your healthcare without the consent of the experts (doctors and nurses) in the field?

To get back to the pandemic, the U.S. has essentially turned its back on our healthcare professionals. Yet now in this crisis, Americans are turning to doctors and nurses and other healthcare professionals to save lives. They are not only risking their own lives, but also their

loved ones. Yes, you can say they chose the profession, but they did not choose to face this crisis with inadequate supplies, staffing and protective equipment. They did not choose to carry this out without adequate preparation. We might think that they will "just get sick and recover" but that is not the case. Not only will they be exposing themselves to the vulnerable population who are at risk of dying or getting severely ill, but young doctors and nurses are also dying. They are experiencing exhaustion and over exposure. There are also theories that a genetic factor may come into play with some of these deaths. It is called immune reconstitution inflammatory syndrome and this results in compromised conditions for some individuals (Medscape, March 16, 2020). – Where are our priorities? Have we put politics and the economy before our health? We know there are those individuals who will sadly take advantage of this pandemic, both politically and economically. Then there are officials who downplayed this pandemic, claiming that we (the healthcare experts) were overreacting. Healthcare professionals were not thinking about political sides when they addressed this months ago; they were thinking about saving lives and how we must protect ourselves. When we get to the other side of this, I hope Americans will understand and respect how nurses and doctors think. We have the ability to anticipate, and maybe America will recognize the value of this skill. – By the time this article is published, the course of this pandemic will have changed. If we watch what has happened in other countries, we will witness not only the peak and the recovery, but the course of this virus will likely continue on with peaks and valleys. We need to stay connected (at a distance right now) and start thinking about our priorities. We are learning a hard lesson: America did not pay attention to the health experts. I'll end with my favorite quote, which is supposedly an old cowboy motto, once used by Winston Churchill: "Speak the truth but ride a fast horse." (You might see me riding my fast horse out of town!) Charlotte Michos is a clinical nurse specialist who serves as a Healthcare Consultant in helping others make informed decisions about their health. For more

information, products, and to view previous articles visit www.besthealthconsultant.com or email charlottemichos@icloud.com.

Nuvance Health offers virtual doctors' appointments

To make medical providers readily available in our communities, Nuvance Health launched Virtual Visits for primary and specialty care, advancing access to healthcare for patients during a critical time of need. "We are leveraging the power of the digital age to expand our capabilities to connect patients with our physicians as one more thing we can do to offer them continuous safe care," said Dr. Christopher Lehrach, president of Nuvance Health's medical practices. Available today, patients of Western Connecticut Medical Group, Health Quest Medical Practice and The Heart Center can talk to their providers using a mobile app or online through their computer. Patients initially call their doctor's office to determine if a Virtual Visit is appropriate. There are some types of appointments that require in-person assessments, such as annual physicals, gynecological exams and some pediatric visits. Concerns about novel coronavirus (COVID-19), colds, sore throats, respiratory symptoms and allergies, as well as post-operative follow-ups and second opinions are ideal for a Virtual Visit. "If people are experiencing cough, fever or respiratory problems that are not a medical emergency, telemedicine is an ideal way to assess their health and provide guidance on testing and treatment," said Dr. Lehrach. These appointments essentially replicate an office visit, allowing patients to speak with and see their provider in real time to receive a diagnosis, treatment plan and prescriptions, as needed. The visits are covered by most major insurance providers, including Medicare and Medicaid. There are many benefits to this technology:

- Eliminates the hassle of transportation.
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To learn more, visit nuvancehealth.org/virtualvisits or for COVID-19 information, visit nuvancehealth.org/coronavirus. The Heart Center is a division of Hudson Valley Cardiovascular Services, P.C.

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Curt's from page 1
 septic, but the majority of our work is land clearing, creating ponds, driveways, roads, and hauling gravel and top soil and other materials that need to be moved between sites. We also trim or take down trees, transport the wood, split it and deliver." In addition, he "digs for

new ponds and swimming pools, large or small." Curt's experienced team cleans ponds, clears weeds, maintains the berms, dredges the bottom of a pond to remove debris and rotting leaves and helps create easier access to fishing or swimming. Maintaining a pond is crucial to the health and oxygenation of

the water, allowing the plants to grow better and the fish to thrive. For some properties, carefully designed landscaping is a solution for standing water -- draining and re-directing the rainwater to feed the pond. Curt enjoys pond work, especially when he can "bring your pond alive again." Mr. Turner and his crew can be

or re-stone a road or driveway," he adds. "We have everything you need to get your land ready" for whatever you plan for it. It's good to know they do it all -- from large housing projects to clearing small fields -- with many repeat customers and wonderful testimonials to their

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taking down outbuildings, barns and silos -- and carrying off the debris in his big dump trucks. "We sometimes clear whole farms and take down collapsing buildings and barns," he says, "but afterwards I like to be a part of the landscaping to make it beautiful. We have access to gravel, sand, top soil, large rocks, boulders and new trees -- anything that needs to be hauled or trucked in. "We are able to cut, grade, stone

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Stefan's Painting from page 1
and caulking. I prefer to use an oil primer; it is the most difficult

to work with, but it is the way I learned it from the old guys when I was just starting out."

Oil primer, which has superior binding power, is required to prevent cedar bleed, a process where tannins rise to the surface and leave a reddish-brown discoloration. The finish coat is Latex. "The latex paints they make these days are really good, they have improved ten-fold from when they first came out 40 years ago," Stefan says. "The old guys used to laugh at latex paint. The latex paint can be easily applied evenly, and, unlike oil paint, it has the ability to breathe. Perhaps you've noticed those old buildings with all the ripples in the paint job. This is due to the lack of breathing and the expansion and contraction of the surface in different weather. The latex paint keeps the painted surface smooth for the duration of the paint job. It's not uncommon to find 150-200 years old homes

with wood siding in near perfect shape. It's well worth it to keep your investment sealed property." Stefan also performs all minor carpentry work, including repairs to wood siding, and fascias and soffits. "My favorite job last year was refurbishing the siding on a local estate with all mahogany siding, windows and corner boards."

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Stefan's Painting also offers pressure washing, interior painting, and light carpentry including drywall installation and taping. And people who own older and historic residences will be glad to know that Stefan is a local expert in plaster, a lost art
Continued on page 16



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WILLIAMS Lumber & Home Centers

Marvini Auto from page 1
 as other sources, and has many many past and present contacts to locate specific vehicles for someone who is looking. He can probably spend MORE time than the average big dealership trying to help each person who contacts him, and his pleasant establishment is also more likely to be a place where "safe distancing" can be possible, as the authorities are recommending. In addition to listening to what



you need in terms of a new used vehicle (and he is, by the way, fluent in Spanish as he is in English), his right hand man Rene is there every day and is an excellent mechanic. Marvini Auto does brake work, tune ups and oil changes,

Marvini Auto offers a variety of vehicles, all high quality, and doesn't specialize in any one type. A typical recent bunch, for instance, included a 2010 VW Jetta, a 2010 Mercury Mariner, a 2009 Kia Rondo and a 2007 Subaru Outback. However, even not knowing how the current national crisis is going to affect certain auctions or procurement

options for finding vehicles, people still need to drive, and people still need regular repairs on their vehicles, and this is the kind of business, fortunately, that is conducted outdoors, or one on one where Marco can be behind the counter and you can be across the room sitting on a couch talking to him. If you don't

Continued on page 19



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and both men have decades of experience at assessing and fixing almost all kinds of vehicles. The vehicles arrive and depart from the lot so fast that it sometimes appears that he has only a handful of them, but drive by and observe that they change weekly and whatever needs to be done to them before sale has already been done on the premises. He has room for thirty cars on the lot, but hasn't had time to accumulate that many yet as people keep buying whatever he gets in!

Marco stands behind any of the cars he sells, but warranties are also available there starting at just ninety dollars that can cover most repairs, and they are the kind where you can bring the vehicle back to him, or take it to anywhere else you happen to be. He says he highly recommends these warranties, even though he has CARFAX available on his cars and has gone through a very extensive check list with each and every car he gets, because even with the most honest of dealers, you can't be absolutely sure with ANY vehicle, new or used, that something might need attention.

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Mirror Mirror from page 2 has certainly done that over the past five years at Mirror Mirror. Lynne handles personally all the consignment arrangements during off business hours, and

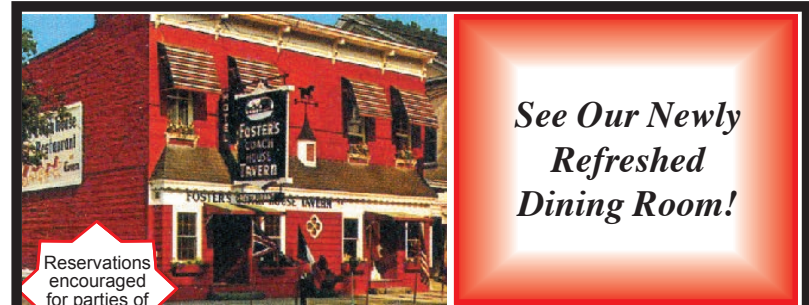
even keeps a list of special items her regular clients are looking for so she can notify them if something appropriate comes in. People even call her for advice about what she might happen



to have that would fit a sudden wardrobe emergency need for the immediate future. She is a wealth of information about the clothing she has, whether casual or elegant, vintage or modern. During the Spring months, when their entire stock will be newly displayed and available, she will

only be accepting Spring and Summer clothing, but call her at (518) 325-4000 to inquire of her current schedule for intake and special events. And, by the way, all the clothes at their shop have not only been laundered

regularly but also have been put through a sanitizer cycle as well. Mirror Mirror had their Annual Fashion Show in the Spring the first few years, then in the Summer months, and now in **Continued on page 19**



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Barkbusters from page 7
 from. Odor in your dog's mouth could mean dental problems, digestive problems or underlying internal diseases, such as kidney problems or diabetes. If his teeth are discolored or he has an odor worse than his usual doggie breath, have your veterinarian perform a dental exam.

Next, check his ears. If the skin inside is red or sore, if the ear has a bad smell, or if your dog reacts in pain when you examine his ears, have your vet check him for an ear infection. Also check your dog's skin for the common disorder seborrhea, usually characterized by flaky dandruff or an oily, waxy feel to the coat and a strong odor. You can prevent this by bathing your dog with a medicated shampoo. Finally, an infection or anal gland problems can also lead to odor and discomfort, in which case your dog will need to be seen by your veterinarian.

Enjoy the Outdoors and Reinforce Training

In addition to the above health and safety tips, we also suggest taking advantage of the longer days and warmer temperature to refresh your training skills and build upon

your relationship with your dog. Remember that we all tend to hibernate a little over the winter. Spring is an invitation to renew our commitment to exercise and a more active lifestyle for us and our dogs. After a long winter, your dog may have forgotten his manners about walking properly on leash. Start out slowly and re-establish the proper leash rules for you and your dog's safety. Using basic obedience disciplines you can help reinforce the relationship you want to have with your dog. Walking to heel, coming when called, and gate manners are some of the basics that can sharpen your dog's response to you and build a stronger relationship. Bark Busters dog behavioral therapists are renowned authorities in correcting and managing dog behavior. Bark Busters' natural training system can successfully train any dog, even a puppy, by leveraging the same communications methods—body language and voice control—that dogs follow as part of their instinctual pack mentality. And the results?

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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/ChancellorLivingstonChapterNSDAR>
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 Monday, April 13, 7pm.
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 Rhinebeck Reformed Church.
 6368 Mill Street. Antiques dealer, appraiser and show manager Frank Gaglio with over forty

years experience, will present a "Show and Tell" on his favorite subject, American Folk Art entitled: "Carved, Painted and Hammered: Folk Art from the Heart". Frank's talk will give meaning to the term "Folk Art" through the eyes of a collector whose passion for the subject spans decades. From carvings to quilts, join Frank for this engaging hour which will leave you inspired and educated by the experience. Free and the public is invited. Refreshments served. <https://www.facebook.com/>



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Major Collaborative Exhibition

to Open in May at Olana State Historic Site and the Thomas Cole National Historic Site, Exploring the Theme of "Cross Pollination" in Art and the Environment from the 19th Century to the Contemporary Moment.

The National Project Stems from the Artist Martin Johnson Heade's 19th-Century Series of Hummingbird and Habitat Paintings, *The Gems of Brazil*, and their Unique Relationship to the Epic Landscapes of Hudson River School Artists Thomas Cole and Frederic Church, as well as their Continued Significance to Contemporary Artists Working Today.

Co-Organized by the Two Historic Sites in New York and Crystal Bridges Museum of American Art in Arkansas, the Major Exhibition Will Also Feature Work by Contemporary Artists Including Nick Cave, Mark Dion, Jeffrey Gibson, Paula Hayes, Patrick Jacobs, Maya Lin, Dana Sherwood, Rachel Sussman, and Vik Muniz.

Cross Pollination: Heade, Cole, Church, and Our Contemporary Moment
May 9 - November 1, 2020
Olana State Historic Site and Thomas Cole National Historic Site

Catskill and Hudson, NY: Olana and the Thomas Cole National Historic Site announced today that they will co-host a major exhibition, "Cross Pollination:

Heade, Cole, Church, and Our Contemporary Moment," opening at the two sites in May. For the first time in over two decades, 16 paintings from the influential series of hummingbirds and habitats – *The Gems of Brazil* (1863-64) – by Martin Johnson Heade (1819-1904) will be on tour in New York for public audiences. The project uses the metaphor of cross-pollination inspired by Heade's paintings to explore interconnections in art and science, between artists, and across the 19th and 21st centuries. Paintings, sketches, sculpture and natural history specimens will be displayed in provocative juxtapositions within the historic spaces. After the exhibition's debut in New York, the show will travel to three additional museums, ending at Crystal Bridges Museum in Bentonville, Arkansas.

Artist Martin Johnson Heade has long been associated with the Hudson River School of landscape painting that is characterized by the epic landscapes of the artists Thomas Cole (1801-1848) and Frederic Church (1826-1900). Heade, though, was making a different kind of "landscape" that magnified the intricate operations within nature itself. Heade traveled to Brazil in 1863, so that he could study the hummingbirds in their natural habitat. Heade's focus in *The Gems of Brazil* and his related writing, which decries the overhunting of bird species, aligns with the proto-environmentalism of Thomas Cole, who wrote against deforestation in his own time. Heade's own Brazilian journey

was inspired by Frederic Church's travels in Latin America. The ecological awareness and advocacy of these 19th-century artists connect thought and conversation taking place today as concern for preservation and protection of the environment has reached a new urgency.

The exhibition will also include paintings by Thomas Cole and Frederic Church, as well as botanical works on paper by Cole's daughter, Emily Cole, and Church's daughter, Isabel Charlotte Church, shown together here for the first time. The exhibition highlights natural specimen collections amassed by Thomas Cole and Frederic Church, including Cole's never-before-exhibited herbariums and a sampling of the Church family's extensive collection of bird eggs.

"Cross Pollination" positions these 19th-century artists in a call and response with 21st-century American artists, whose works engage current issues related to biodiversity, habitat protection, and environmental sustainability. The contemporary artists are Rachel Berwick, Nick Cave, Mark Dion, Richard Estes, Juan Fontanive, Jeffrey Gibson, Paula Hayes, Patrick Jacobs, Maya Lin, Flora C. Mace, Vik Muniz, Portia Munson, Lisa Sanditz, Sayler/Morris, Dana Sherwood, Rachel Sussman, and Jeff Whetstone. Thematically resonant projects include works in the Crystal Bridges Collection by **Jeff Whetstone, Flora C. Mace, Richard Estes, and Patrick Jacobs**. Additional work by contemporary artists includes **Mark Dion and Dana Sherwood's** outdoor pollinator pavilion designed to attract ruby-throated hummingbirds, **Rachel Sussman's** series *The Oldest Living Things in the World*, **Maya Lin's** interactive site *What is Missing*, and **Sayler/Morris' Eclipse**, among others. The joint project will be presented simultaneously as one exhibition at both the Olana State Historic Site in Hudson, NY, and the Thomas Cole National Historic Site in Catskill, NY, from May 9 to November 1, 2020. The two

historic sites are connected by the Hudson River Skywalk, a scenic walkway across the Hudson River – with sweeping views of the Hudson Valley and the Catskill Mountains – that opened in June 2019. "Cross Pollination" is the second major collaborative project between Olana and the Cole Site and builds upon the success of the inaugural "River Crossings: Contemporary Art Comes Home" exhibition which took place in 2015.

The "Cross Pollination" exhibition was created by The Olana Partnership at Olana State Historic Site, Thomas Cole National Historic Site, and Crystal Bridges Museum of American Art, Bentonville, Arkansas. The exhibition tour is organized by Crystal Bridges. The project will subsequently travel to The Cummer Museum of Art and Gardens in Jacksonville, FL, Reynolda House Museum of American Art in Winston-Salem, NC, and the Crystal Bridges Museum of American Art in Bentonville, AR.

"Martin Johnson Heade's delicate hummingbird and habitat paintings are absolutely enthralling to see in person, particularly alongside landscape paintings by Thomas Cole and Frederic Church," said Elizabeth B. Jacks, Executive Director of the Thomas Cole National Historic Site. "The exhibition's theme, 'Cross Pollination,' presents an important and positive vision, that by interacting with diverse factions and welcoming diverse viewpoints we are strengthened. It is our hope that this ambitious project will contribute to a renewed openness to unexpected

sources of ideas and inspiration." "Following the success of 'River Crossings' in 2015, The Olana Partnership is thrilled to once again partner with the Thomas Cole National Historic Site on a joint exhibition that links these two founding sites of American Art," said Sean Sawyer, President of The Olana Partnership. "Cross Pollination will encourage visitors to move back and forth along the new Hudson River Skywalk to immerse themselves in the landscapes and art of Cole and Church, which influenced colleagues like Heade and which continue to inspire the leading contemporary artists represented in our exhibition."

"This exhibition ties together two important historic sites linked by the Hudson River Skywalk and celebrates the vibrant cultural heritage of this region," said Amy Hausmann, Director, Olana State Historic Site. "Artists of the 19th century, just like contemporary artists working today, often serve as advocates and instigators, inspired to protect, preserve, and understand the world that surrounds them. 'Cross Pollination' offers us the opportunity to explore these timeless ideas of art and ecology and highlights our connection to one another."

"Integral to the exhibition is an exploration of how ideas in science and art cross-pollinate and the importance of both in our contemporary moment," said two of the co-curators, Kate Menconeri, Curator & Director of Exhibitions and Collections at the Thomas Cole National Historic Site, and

Continued on page 15



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Major Collaborative from page 14

Julia B. Rosenbaum, Associate Professor of Art History and Visual Culture, Bard College; former Director of Research and Publications at The Olana Partnership. "With *The Gems of Brazil*, Heade was inspired by the symbiotic relationships he witnessed within nature. New ideas and issues in science continue to change the way we understand ecological systems today, and artists continue to wrestle with what is at stake, from the impact of pollinator loss to imagining new strategies for resiliency in the 21st century." William L. Coleman, Director of Collections & Exhibitions at The Olana Partnership, said, "The works in this exhibition, historic and contemporary, show the fraught transmission of ideas between artists and the unexpected afterlives of 19th-century American landscape art. Visitors will see masterworks from around the country on view in the family homes of Frederic Church and Thomas Cole, unique contexts that were once and still remain vital sites of contemporary creativity, where new forms and ideas encourage a reckoning with the fragile rhythms of the natural world."

"It is remarkable to see how one series of paintings, *The Gems of Brazil*, can inspire cross-disciplinary dialogue and thinking more than 150 years after their creation," said Mindy N. Besaw, Curator, American Art, Crystal Bridges Museum of American Art. "Further, all the partner and venue museums hosting the exhibition are uniquely positioned within landscape. Through new ideas on historic and contemporary art, viewed while nestled within the

natural environment, we hope all are called to be good stewards of nature."

"Cross Pollination" is curated by Kate Menconeri, Curator & Director of Exhibitions and Collections at the Thomas Cole National Historic Site; Julia B. Rosenbaum, Associate Professor of Art History and Visual Culture, Bard College; former Director of Research and Publications at The Olana Partnership; William L. Coleman, Director of Collections & Exhibitions at The Olana Partnership; and Mindy N. Besaw, Curator, American Art, Crystal Bridges Museum of American Art. "Cross Pollination" was developed collaboratively between the partner museums and in conversations with leading American artists, scholars, scientists, and historians. The project is accompanied by a full-color catalogue with essays by the curators.

Support for this exhibition and its national tour is provided by Art Bridges. Additional major support is provided by the Henry Luce Foundation.

The exhibition is supported in New York in part by The National Endowment for the Arts, and Market New York through I LOVE NY/New York State's Division of Tourism as part of the Regional Economic Development Council awards, New York State Office of Parks, Recreation and Historic Preservation, the New York State Council on the Arts with the support of Governor Andrew M. Cuomo, and the New York State Legislature; the Robert Lehman Foundation; The Bank of Greene County Charitable Foundation; Greene County Legislature through the County Initiative Program of the Greene

County Council on the Arts; The Olana Partnership's Novak-Ferber Exhibitions Fund, and the Kindred Spirits Society of the Thomas Cole National Historic Site.

Support for the catalogue is provided by Furthermore: a program of the J. M. Kaplan Fund.

OLANA STATE HISTORIC SITE AND THE OLANA PARTNERSHIP: Olana is the greatest masterpiece of Frederic Edwin Church (1826-1900), a preeminent American artist of the mid-19th century and the most important artist's home, studio, and designed landscape in the United States. Church designed Olana as a holistic environment integrating his advanced ideas about art, architecture, landscape design, and environmental conservation. Olana's 250-acre artist-designed landscape with five miles of carriage roads and a Persian-inspired house embraces unrivaled panoramic views of the Hudson Valley and Catskill Mountains and welcomes more than 170,000 visitors annually. The house is open for guided tours, and reservations are highly recommended. The landscape is free and open to all daily 8:30 AM-sunset.

Olana State Historic Site, administered by the New York State Office of Parks, Recreation and Historic Preservation, is a designated National Historic Landmark and one of the most visited historic sites in the state. The Olana Partnership, a private not-for-profit education corporation, works cooperatively with New York State to support the restoration, conservation, and interpretation of Olana. The Olana Partnership operates Olana State Historic Site in a cooperative agreement with New York State Parks.

THE THOMAS COLE NATIONAL HISTORIC SITE is an international destination presenting the original home and studios of Thomas Cole (1801-1848), founder of the Hudson River School of painting, the nation's first major art movement. Located on 6 acres in the Hudson Valley, the site includes the 1815 Main House; Cole's 1839 Old Studio; the recently reconstructed New Studio building; and panoramic views of the Catskill Mountains. It is a National Historic Landmark and an affiliated area of the National Park System. The Thomas Cole Site's activities include guided tours, special exhibitions of both 19th-century and contemporary art, printed publications, extensive online

programs, activities for school groups, free community events, lectures, and innovative public programs such as the Hudson River School Art Trail—a map and website that enable visitors to visit the places that Cole painted. The goal of all programs at the Thomas Cole Site is to enable visitors to find meaning and inspiration in Thomas Cole's life and work. The themes that Cole explored in his art and writings—such as landscape preservation and our conception of nature as a restorative power—are historic and timely, providing the opportunity to connect to audiences with insights that are highly relevant to their own lives. **HUDSON RIVER SKYWALK REGION:** The Thomas Cole National Historic Site in Catskill, NY and Olana – across the Hudson River in Hudson, NY – have joined forces with New York State to launch a new initiative to promote the region as an epicenter of American art where the nation's first major art movement began. The project – titled the Hudson River Skywalk Region – weaves together the home and studios of Thomas Cole at the Thomas Cole Site and those of his legendary student Frederic Church at Olana with

the landscape that inspired it all to create one seamless experience. With support from New York State, a continuous pedestrian walkway – the Hudson River Skywalk – connects the historic sites across the Rip Van Winkle Bridge over the Hudson River. The Region also includes the City of Hudson and the Town of Catskill. For more information, visit www.hudsonriverskywalk.org.

Olana VISITOR INFORMATION: The landscape is free and open daily 8:30 am to sunset. For a current list of tours of the Main House and artist-designed landscape, visit www.olana.org/hours-and-admission. Keep in touch on social media @OlanaSHS.

Thomas Cole VISITOR INFORMATION: The hours for Thomas Cole's home, studios and special exhibitions vary by season. For details, see www.thomascole.org/visit. Keep in touch on Facebook, Instagram and Twitter at @thomascolesite. #CrossPollinationShow

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GO PLACIDLY amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story. Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

By Max Ehrmann

Stefan's Painting from page 10

common to vintage buildings. His interest goes back to his personal family story. "I'm a local, born here in 1962, and my parents owned the Rhinecliff Hotel for 57 years. I developed an early fond appreciation for the older buildings in this area. I learned how to plaster, and the old styles of doing things."

That specialized knowledge of plaster techniques is invaluable for homeowners of historic older dwellings. Stefan can help with repairing problems or deciding other avenues of replacement. "Some of it might be in such poor condition, or if you're planning a renovation and everything has to be retrofitted, it might be better to take it all out, and put in sheetrock. You really need someone with expertise to come in and look at it and see which the best way is to go. If maintaining the historical integrity of the place is your primary intention, then definitely I'd recommend plastering it."

Glazing and cleaning windows

There's a welcome feeling in being able to throw open the windows and let the spring breeze and sunshine in. Unfortunately fall and winter build-up can

often block that light, and worse, spread dust and dirt that can take the healthy fresh out of the air.

"There's been a tremendous demand for somebody to clean windows, and that's something we're available to do," says Stefan. "Many homes have windows so high the customer won't even attempt them, even on interiors. I've had 28-foot ladders in peoples' living rooms. While I was up there, they would see other things that needed cleaning or repairing."

As far as window glazing, it's a project beyond the average homeowner's skill set. The actual glazing and painting are best done by a pro, since serious issues can otherwise result. "The glazing has to be removed very carefully," Stefan explains. "There are air pockets between the wooden mullions and the glass due to expansion and contraction. This is why you hear a rattling sound when you close the sill, and eventually the glass brakes. Next you put oil primer on the window, corresponding to the height of where the glazing will be. It has to be an oil primer. A latex primer will suck all the linseed oil out of the glazing,

and it will crack and fail."

Taking Care Of Decks

Spring is also a time when homeowners notice issues with decks, says Stefan. "I can really do a nice job with decks. I'll re-sand them if needed. People are often in a hurry to do decks at the beginning of the season. But often, it's better that they schedule to have it done in later spring, or early summer, when superior conditions arrive."

Stefan says moisture is a major reason why deck paint jobs can fail. "Just because the top of a board feels dry, doesn't mean the bottom is dry. If it's still wet, that moisture must go somewhere. It's important to clear foliage and man-made obstructions, so air can circulate underneath and dry the bottom of the deck board out. Air is the best dryer, and decks that are at least 18 inches off the ground or higher dry out much faster."

In cases of rot, Stefan can replace affected boards. He says sometimes applying an epoxy can be a cost-effective solution.

Property Maintenance Services Year-Round

Stefan offers property maintenance services, and it's an area of business where he's looking to expand. "I've noticed that a lot of property managers just use people's properties to generate money for themselves. They don't have a lot of maintenance expertise, so they just hire a lot of contractors to do the work. I actually do have the skills and mechanical abilities to perform the work myself."

Stefan is available to be on call, to come out to a property for any issues. He can handle common house issues, turning off an alarm, and pumping out basements. He takes care of minor plumbing problems, and shutting off the water, if a house will be unoccupied for a period of time. He can also perform outside upkeep.

With a wide array of home improvement and maintenance services, free estimates and references available, spring is the perfect time to call Stefan's Painting. You'll not only beat the rush in scheduling projects, ensuring that your home, windows and decks are ready for summer enjoyment. You'll be enhancing curbside appeal and protecting the value of your property with professional upkeep that's cost effective, because it's done right.

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Spring Lawn Equipment from page 5

Here are tips to help:
1. Read your owner's manual. Follow all guidelines for your outdoor power equipment and familiarize yourself with the controls. If you have lost your manual, look it up online (and save a copy on your computer for easy reference in the future).
2. Inspect equipment. Check the air filter, oil level and the gasoline tank. Also check loose belts and missing

or damaged parts. Replace any parts needed or take your equipment to a qualified service representative for servicing.

3. If you have gasoline-powered equipment and didn't empty the tank before winter storage, drain the fuel now.

You should never leave fuel sitting in the gas tank of your equipment for more than 30 days. Untreated gasoline (without a fuel stabilizer) left in the system will deteriorate, which may cause starting or running problems or damage the fuel system.

4. Protect your power by only using E10 or less fuel in gasoline-powered outdoor power equipment.

With today's higher ethanol content fuels, most manufacturers are recommending a fuel stabilizer be used, especially if you don't use up all the gas purchased right away. Some gas stations may offer 15 percent ethanol (E15) gas or higher ethanol fuel blends, but any fuel containing more than 10 percent ethanol can damage--and is illegal to use in-- small engine equipment not designed for it.

5. Store fuel safely.

Label your fuel can with the date of purchase and ethanol content of the fuel. Never put "old" gas in your outdoor power equipment. If you don't know the

date of purchase, safely dispose of the fuel in the can and buy fresh fuel. Always store fuel out of the reach of children or pets and in approved containers.

6. For battery-powered equipment, recharge only with the charger specified by the manufacturer.

A charger that is suitable for one type of battery pack may create a risk of fire when used with another battery pack. Follow all charging instructions and do not charge the battery pack or tool outside the temperature range specified in the instructions.

7. Store batteries safely.

When the battery pack is not in use, keep it away from other metal objects, like paper clips, coins, keys, nails, screws or other small metal objects, that can make a connection from one terminal to another. Shorting the battery terminals together may cause burns or a fire.

8. Clean your equipment and store it in a dry place.

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GILDED AGE MUSIC PERFORMANCE AT STAATSBURGH STATE HISTORIC SITE

On April 26 at 1pm, Staatsburgh State Historic Site will offer "A Performance and Conversation on The Musical Life of Ruth and Ogden Mills." Dr. Christopher Brellocks, Chair of the Academy of Music at Dutchess Community College, will present a musical program for soprano, mezzo-soprano, piano and saxophone that will feature arias from Metropolitan Opera productions like Lucia di Lammermoor, Norma, and I puritani, operas that were popular during the Gilded Age, paired with original 19th century compositions for saxophone based on those operatic themes.



The performance culminates in selections from French composer Jules Massenet's Werther (1892), which was one of the first operas to prominently feature the saxophone. This afternoon's performance will be filmed for the documentary series, "Music of the Gilded Age in the Hudson Valley." The setting for the performance will be the opulent dining room of the mansion, overlooking the historic grounds and a magnificent view of the Hudson River and Catskill Mountains. Program attendees who would like to take a guided tour of the mansion after the performance will be able to purchase admission to the site, when they arrive for the program. Ruth and Ogden Mills, Staatsburgh's Gilded Age residents, were faithful attendees and financial supporters of the Metropolitan Opera in New York City, where they owned box seats. The program is funded in part by an IBM Community Grant and supported by Vincitore's Hudson Valley Piano Center. The cost to attend is \$15 per person and \$12 for members of the Friends of Mills at Staatsburgh. Reservations are required and can be made by calling (845) 889-8851 x300. Site admission for the optional guided tour of the mansion after the performance, is \$6 per person. 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 <https://parks.ny.gov/historic-sites/25/details.aspx> and www.facebook.com/StaatsburghSHS. The New York State Office of Parks, Recreation and Historic Preservation oversees 180 state parks and 35 historic sites, which are visited by 77 million people annually. A recent study found that New York State Parks generates \$1.9 billion in economic activity annually and supports 20,000 jobs. For more information on any of these recreation areas, call 518-474-0456 or visit www.nysparks.com, connect on Facebook, or follow on Twitter.

Four Great Reads: Two Fun Romps And Two Focusing On Major Life Issues

"Fly Back, Agnes" by Elizabeth Atkinson
Twelve-year-old Agnes hates everything about her life: her name, her parents' divorce, her best friend's abandonment, her changing body. So while staying with her dad over the summer, she decides to become someone else. She tells people she meets that her name is Chloe, she's fourteen, her parents are married, and she's a dancer and actor. But Agnes's fibs quickly start to complicate her new friendships, especially with Fin, whose mysterious relative runs a local raptor rehab center that fascinates Agnes. The birds heal and fly back home. Agnes, too, wants to get back to wherever she truly belongs, but first she must be honest with herself. From Carolrhoda Books, purchase at <https://amzn.to/3bc9G4v>.

"Witches Protection Program" by Michael Okon

Wes Rockville, a disgraced law enforcement agent, is given one last chance to prove himself and save his career when he's reassigned to a 232-year-old secret government organization, The Witches Protection Program. His first assignment: Uncover a billion-dollar cosmetics company's diabolical plan for using witchcraft for global domination, while protecting heiress Morgan Pendragon from her aunt's evil deeds. Reluctantly paired with veteran witch protector, Alastair Verne, Wes must learn to believe in both witches and himself. Filled with adventure and suspense, the book is a tongue-in-cheek alternate reality where witches cast spells and wreak havoc in modern day New York. From WordFire Press, purchase at <https://amzn.to/2n1jObH>.

"Slay Like a Mother: How to Destroy What's Holding You Back So You Can Live the Life You Want" by Katherine Wintch

Katherine Wintch knows firsthand the self-doubt that rages inside modern moms. As founder and CEO of The Mom Complex, she has studied the passions and pain points of moms worldwide to help some of the largest brands develop innovative new products and services. As a working mom of two, she was running in an exhausting cycle of never enough, not patient enough, not "mom" enough. You'll discover goal-setting tactics to help you overcome unrealistic expectations and how to stop hiding behind the "everything is fine" mask. Brave, supportive, and insightful, these stories will encourage you to live more confidently and become your best self. From Sourcebooks, purchase at <https://amzn.to/38WcmRy>.

"In Death, the Gift of Life"—an anthology

In Death, the Gift of Life opens an important conversation, starting on the local level. Inspired by one son's experience with his father's end-of-life passage, this anthology contains the stories of 10 individuals from Westport, CT. It asks readers to examine what end-of-life choices and options are available and the challenges faced by those with transformative and terminal illnesses. Each moving narrative explores men and women who have faced the modern medical establishment head-on and then deliberately embraced courage and grace in the aftermath. These individuals influenced an entire community with their unique views about living and dying well and will continue to inspire through the power of the word. Purchase at <http://bit.ly/3bYhB5v>. NOTE: BookBites is a continuing series bringing readers information and ideas for their next read. For more reading ideas, visit BookTrib.com and subscribe to the weekly newsletter.

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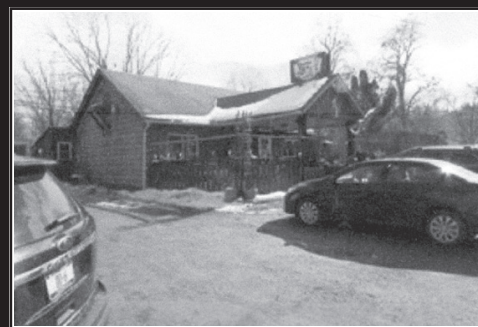
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Spectacular property. 97+ acres mostly cleared and in hay. Has panoramic Catskill VIEWS, is sub dividable and in RED HOOK SCHOOLS! Development rites are included in the sale. No nicer land parcel available today. Has 3 premium house sites with world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



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Hints To Help You Stay On The Road To Safe Driving



For many older adults, retaining the ability to drive is very important. It means independence and makes it easier to do shopping, see friends and family, and keep medical appointments. It's not always a safe option, however. Physical and mental changes related to aging can affect your ability to drive safely. If you're alert to these changes and manage them carefully, you may be able to continue driving safely for some time. To keep your skills as sharp as possible, consider following these suggestions from experts at the American Geriatrics Society (AGS), healthcare professionals dedicated to improving the health, independence, and quality of life of older people:

- **Check your eyesight** to keep it as sharp as possible by getting a complete annual eye exam once you turn 60. Test yourself to monitor your vision:
 - Do you have problems reading street signs?
 - Are you having difficulty seeing

road or pavement markings, curbs, or other vehicles or pedestrians, especially at dawn, dusk, and nighttime?

- **Pay attention to changes** and warnings:
 - Have friends or family members expressed worries about your driving?
 - Have you ever gotten lost on familiar routes or forgotten how to get to familiar destinations?
 - Has a police officer pulled you over to warn you about your driving?
 - Have you been ticketed for your driving, had a near miss, or a crash in the last three years?
 - Has your healthcare provider warned you to restrict or stop driving?
- **Consider Getting a Professional Driving Assessment**

If you've experienced driving problems like these or are worried about your ability to be a safe driver, consider getting a professional assessment of your skills. Occupational therapists trained as driving rehabilitation specialists can evaluate your driving skills and strengths, as well as any physical, visual, and cognitive challenges you may face. They can also evaluate your ability to operate a vehicle safely and, if needed, recommend ways to reduce your risks. Driving rehabilitation specialists are trained to evaluate older drivers for:

 - Muscle strength, flexibility, and range of motion
 - Coordination and reaction time
 - Judgment and decision-making skills
 - Ability to drive with special devices that adapt your vehicle to your needs.

The specialist may recommend ways for you to drive more safely after the evaluation. Suggestions may include getting special equipment for your car or helping you sharpen your skills. If you're not sure how to find a driving rehabilitation specialist, you can talk to your healthcare provider or ask the American Occupational Therapy Association for a directory. For more safe driving resources for older adults and caregivers, visit the AGS's public education website, <https://www.healthinaging.org/driving-safety>.
- **Assess your physical fitness** to drive by asking yourself:
 - Can I comfortably turn my neck to see over my shoulder when I change lanes?
 - Can I easily move my foot from the gas pedal to the brake? Can I easily turn the steering wheel?
 - During the past year, have I fallen one or more times?
 - Do I regularly walk more than a block a day?
 - Can I raise my arms above my shoulders?
- **Perform a reality check** on your attention span and reaction time:
 - Are you overwhelmed by signs, traffic signals, and car and pedestrian traffic, especially at busy intersections?
 - Does it seem harder to merge into traffic on the highway?
 - Do you take any medications that make you sleepy, dizzy, or confused?
 - Do you feel less confident about driving at highway speeds?
- Is glare from oncoming headlights making it hard to see when driving at night?

• Do you react slowly to cars entering your roadway, or to cars that have slowed or stopped in front of you?

• Do you react slowly to cars entering your roadway, or to cars that have slowed or stopped in front of you?

long-term care expenses.

Medicare pays for nursing home care, but only a portion of the costs for a maximum of 100 days and only if the three-day hospital stay requirement has been met. And, while Medicaid covers certain long-term care costs, it's intended to be a safety net for those with limited or minimal income and assets. To qualify for benefits, you must spend nearly all of your savings and reduce most of your assets before the government will step in to help.

Myth #3: My family will take care of me.

The financial, physical, and emotional stress that full-time caregiving may place on families can be overwhelming. Sometimes the best way to take care of a loved one needing long-term care is to ensure they have access to professional care. With advances in home care services, many people needing long-term care are actually able to stay at home, with or near family, and still receive the professional care they need.

Myth #4: I can pay for my long-term care out-of-pocket.

In 2018, nursing home costs averaged more than \$91,000 a year nationally.² The majority of Americans would quickly deplete their retirement savings if they needed care for an extended period of time. Even if you can afford to cover long-term care services out-of-pocket, consider the benefits of sharing the risk and costs using a long-term care planning solution such as insurance.

Myth #5: I am better off waiting until I am closer to retirement to obtain long-term care coverage.

Generally, it is best to plan for long-term care in your 40s or 50s when you are younger and more likely to be healthier and insurable (underwriting is required). Also: premiums are generally lower when you are younger. Your insurability can change any time

and a need for care can arise at any age, so purchasing coverage earlier can be a wise decision.

Myth #6: Long-term care coverage is just too expensive. Long-term care coverage options have evolved to meet most any need, with some options starting at \$100-\$150 per month per person. Plans can be personalized to suit your budget and discounts may be available to partners and spouses. Even a small policy can help reduce the financial and emotional burden of a long-term care event and provide access to valuable benefits.

Myth #7: Long-term care policies only cover nursing homes. Long-term care solutions may offer valuable benefits that allow you to stay in your home for as long as possible. Some even reimburse family members for providing care. Long-term care solutions can also help cover the cost of adult day care centers, assisted living facilities, and nursing homes as care needs evolve. Some of these misconceptions may have prevented you or a loved one from creating a plan to address future long-term care needs. It's important to take a step back, consider your financial plan and desired future care, and how you want to address it with



you and your loved ones in mind.

¹ U.S. Department of Health and Human Services, October 10, 2017.

² 2018 New York Life Cost of Care Study.

Editor's Note: This article is available for distribution in all 50 states.

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Seven Myths You May Mistakenly Believe About Long-Term Care

As you develop your retirement plans and think about how a potential need for long-term care may impact those plans and your loved ones, certain misconceptions may prevent you from taking action. So—let's dispel these seven common long-term care myths:

Myth #1: I'll never need long-term care.

According to the U.S. Department of Health and Human Services, almost 70 percent of Americans turning 65 today will need some type of long-term care in their remaining years.¹

Myth #2: Government programs will cover all of my

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Marvini Auto from page 11
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Marvini Auto is usually open Monday through Friday from 9am to 5pm and on Saturday from 9am to 2pm. It is closed on Sundays. Marco will try to see people other times by appointment, but is a busy man with those three young children

and a new business to handle! When asked what he does in his spare time, he laughed and said he didn't have any. He loves cars and he loves soccer, but mostly he loves his family and is glad he gets to spend time with them while they are young and doesn't have to be long distance driving and away all the time. Given

the craziness of our current situation, it is probably a good idea to call to make sure the regular hours of the business have not had to change because of school closings or the like.

His location is easy to get to at 495 Route 82 (probably Hudson 12534 for GPS users), between Bell's Pond and the Taconic State Parkway, and he can be reached at (845)464-2005 or at (518)610-6733 at the shop. When he is out and about during business hours, Rene is there working

in the attached garage and you will be called back if neither of them can get to the phone. Their cars are also on Facebook.

This is a guy who is worth going to see and is easy going and non pushy. Very impressive to remain so calm when he has just opened when the county is in the throes of fears of this latest virus. He understands and keeps the place disinfected, but life has to go on, and people still need to get from one place to the next with a reliable car, so it might be just the right time to visit this new little place and get excellent personal service.

Mirror Mirror from page 12

2020 they will be holding it in the fall. it in the Fall. Many look forward to this event and all the proceeds from it go to two worthwhile charities benefitting the local community Lynne is a warm and down to earth person who is happy to accommodate each and every customer's needs

in community affairs. In addition to her wonderful selection of clothing and accessories, Mirror Mirror also displays certain personal and household décor items handmade by local artisans, emphasizing those who share her love of

repurposing materials. There is always something interesting in the shop that you cannot find elsewhere. Often, she posts special events or offerings on Facebook, where they will update the latest on their operation and

Continued on page 20

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and questions, about both Mirror Mirror in particular and the area in general.

The Town of Hillsdale, and especially the village, have been going through a revitalization period over the past decade, and the shopping experience has dramatically improved, with new sidewalks and new historic lighting, as well as many new places to visit. There is a new brewery, a new wool shop, a flower shop, bakery, cooking shop, general store and gift shop, and many other establishments that weren't even there ten years ago, as well as many old favorite destinations. Mirror Mirror is proud to be a part of this and is active

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at this super 4 BR, 2.5 bath colonial in Red Hook. Back on 6 acres, there's unusual privacy. The MBR suite is extraordinary w/a balcony overlooking the backyard, a spa like bath w/a tub & shower, & a large walk-in closet. CA, stone FPL, open spaces. **\$525,000.**

A FABULOUS HEATED INGROUND POOL



and 2.58 acres that back up to protected land make this 2710 SF Contemporary in Rhinebeck a home you will not want to miss. Oak floors, split AC, wood burning FPL, open LR/DR/K, vaulted ceilings, walls of glass, first floor MBR suite, oak floors. **\$489,900.**

RHINEBECK VILLAGE



is a preferred destination & this 3 BR, 2 bath Colonial is the perfect home for your family. There's a beautiful lot on a dead-end street w/lawns & huge trees for shade, the LR is 23 ft. & has built-ins, there's a great K, separate DR, even a FR, & oak floors up & down. **\$399,000.**

LIVING W/LAKE ACCESS



means summer will be fun filled w/swimming, boating, & fishing. This Contemporary home was reimagined w/an architect designed 3 rm. MBR addition which will pamper you in privacy. There's a FPL, LR & den, large K, DR, even 1.9 private acres. **\$399,000.**

IN A QUIET EXECUTIVE NEIGHBORHOOD,



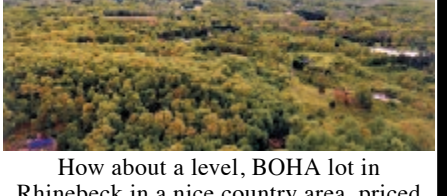
this 4 BR, 2.5 bath Rhinebeck Colonial is sited back on 3 acres for unusual privacy. Here there's a large LR, DR, FR w/FPL, an EIK, a huge deck for outdoor entertaining, & an oversized garage. Perfect family home or weekender. **\$359,900.**

THIS MANUFACTURED HOME



is the perfect starter. In a great Rhinebeck location, the village is walkable. Here everything is brand new w/a great K w/a gas range, laundry, open K/DR/LR & 2 MBR suites, perfect to share w/a roommate. Energy efficient, move in ready. **\$69,900.**

READY TO BUILD?



How about a level, BOHA lot in Rhinebeck in a nice country area, priced to sell at **\$69,900.** In Red Hook, 6.2 acres, also BOHA, is high w/dramatic Catskill Views & is listed for **\$179,900.** Also in Red Hook 4.14 acres is **\$49,900,** is BOHA, high & private. Call for details!

Mirror Mirror from page 19 schedule during this national emergency, and they also can be visited on their website, at www.mirrormirrorclothingshop.com Fortunately, they are not a crowded mall operation and can easily maintain "safe distancing" as recommended. Mirror Mirror has been closed for a few weeks in March to prepare for a re-opening soon and have been painting and reorganizing. Their usual hours are from 10am to 5pm on Wednesdays, Thursdays, Fridays and Saturdays, and on Sundays from 10am to 3pm. There is also a 10% discount every Wednesday. During this current health crisis, they are probably one of the safest places to shop, and they intend to keep the schedule going as normally as possible, but it would be wise to check with them to see if their hours may have had to be altered. There is a front



street level entrance, and a convenient parking lot to the rear of the building with railed stairs to a back deck. This is a shop worth perusing and returning to often. You never know what treasure you will find there, and if you are looking for something different, for yourself or for a gift, Mirror Mirror is an excellent place to begin your search.

HOULIHAN LAWRENCE

PROUD TO BE THE

#1 HOULIHAN LAWRENCE AGENT IN RHINEBECK

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WE HAVE MANY RENTALS AVAILABLE

Rhinecliff 2 Bedroom Colonial



Located in the Historic Hamlet of Rhinecliff, one block from the Amtrak Train Station and Hudson River is this Turn of the Century, 2 BR, 2 bath Side Hall Colonial with many new updates, such as boiler, windows, roof and kitchen. Asking **\$389,000.**

Rhinebeck 97 Acre Farm



Located minutes from the Rhinebeck Village is this 97 Acre farm with a Classic Colonial Farm House, 2 barns one with electric and a meandering stream. Asking **\$1,295,000**

Bowling Alley



Located in the Town of Red Hook in high traffic corridor of the Kingston/Rhinecliff bridge close to BARD Collage is this 20 lane, 18000sf bowling alley constructed of 12 inch block & steel trusses that offers 20 lanes, arcade, miniature golf course, lunch counter w/liquor license & has parking for 100+ cars. Asking **\$2,195,000.**

Rhinebeck Village



Turn of the Century Colonial located in the heart of the Rhinebeck Village on one of it's most sought-after streets. This home is currently being used as a 2 family w/an apartment on the 1st floor and another on the 2nd and could easily be converted back to it's original single family floor plan. **\$425,000.**

Rhinebeck - 3 BR Colonial



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

Double Wide On 2 Acres



Red Hook 2017 - 3 Bedroom, 2 bath 1177sq. ft. Double Wide Mobile Home close to schools, parks and shopping on a private 2 acre lot. **\$155,000.**