



# Hudson River View

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Vol. VII Number 12 - Serving Northern Dutchess & Southern Columbia County February 2023

Postal Customer

## Local Rhinebeck Man On A Mission To Spread Immune Health From Rhinebeck To The World

By Joe Doran

The Northern Dutchess and Southern Columbia corridor is rightly known as one of the most beautiful regions of the Hudson Valley, and the world. But might it also be recognized one day for spreading the word about a one-of-a-kind natural immune system nutrition booster and glutathione precursor that supports many health conditions.

It will if Joseph V Cassarino has anything to say about it.

ProImmune® - Immune Formulation 200®, is a patent-pending dietary supplement that Joseph understands can make a difference in improving the health of just about anyone. Joseph says, A Google search of the word Glutathione with whatever is troubling you on the Pub-Med/National Institutes of Health website will provide thousands of research reports to show how Glutathione may help you.

The story of how this longtime entrepreneur came to be involved with the scientist and medical doctor who researched and developed the supplement,



Joseph V. Cassarino

is an interesting one, indeed. **A Master Antioxidant, And A Happy Accident**

When Joseph met the inventor of ProImmune, Dr. Albert Crum (M.D. MS, D.Sci-Hon) in Rhinebeck several years ago he was intrigued by the man and his professional work and Dr. Crum was intrigued and impressed over Joseph's background and knowledge of the sciences and business accomplishments. Dr. Crum asked Joseph to submit his resume and a professional business relationship

Continued on page 6

## Spencertown Academy Kicks off 2023 Roots & Shoots Series with "Blues Women of the Capital Region" Concert

Spencertown Academy kicks off its 2023 Roots & Shoots Concerts Series with "Blues Women of the Capital Region" on Saturday, February 25 at 8:00pm. Presented in association with the Capital Region Blues Network (CRBN), the show will feature Robin O'Herin, Jill Burnham, and Amy Ryan. General admission tickets (\$25 public, \$20 Academy and CRBN members) are available via [www.spencertownacademy.org](http://www.spencertownacademy.org). Seating will be limited and advance reservations are strongly suggested.



Jill Burnham, Amy Ryan, Robin O'Herin

"The Capital Region is blessed with some great women blues artists and Robin, Jill, and Amy are representative of the fabulous talent we have in the area," said Richard Green, president of CRBN. "As a longtime volunteer with Spencertown Academy, I'm delighted to be involved in bringing this first of what we hope will be many blues show collaborations to the Academy's stage."

Robin O'Herin is a touring blues and gospel musician, specializing in historically rich, often interactive concerts that include original and traditional American music. A finalist in both the International Blues Challenge and Memphis Blues Challenge, she has toured internationally to music festivals in Italy and the Czech Republic. She has also recorded a number of full-length albums and EPs.

## 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

Sultry Texas-raised singer Jill Burnham performs original and traditional blues with guitarist/singer Mark Tolstrup in Mark & Jill Sing the Blues. Together they won the 2022 EDDIES (Capital Region Thomas Edison Music Awards) "Blues Artist of the Year" award. They recorded their most recent album, "Mark and Jill Sing the Blues," live at the

Continued on page 3

## Murder Café presents the 25<sup>th</sup> anniversary edition of its Valentine's themed, mystery dinner.

In celebration of its 25th year in operation, and its return to live and safe performances, Murder Café will be offering a new version of its popular Valentine themed whodunit: "A Recipe to Die For."

This dinner theater performance, which offers music, mystery and comedy, will be presented on Wednesday, February 8th at 7 pm at the Venue at the Best Western in Kingston. Tickets are \$75 per person and include a three-course dinner with entrée choice. They can be purchased by visiting [www.murdercafe.net](http://www.murdercafe.net). For information call 845-475-7973.

The entertainment is suitable for all ages, costumes are encouraged but not required and guests will be encouraged to follow CDC regulations.

Murder Café owner Frank Marquette wrote *A Recipe to Die For* and he explains the plot as follows: "Four celebrity bakers will be asked to prepare an original Valentine's Day dessert recipe, and each new concoction will be tasted and rated. On hand to oversee the bake-off will be Danny Glaze, the master of ceremonies, and celebrated food critic Francine Lydecker, who, along with several audience members, will act as judges. Murder is also on the menu and it will take a visit from local CSI investigators to determine whodunit and why."

*A Recipe to Die For* is interactive and three guests will be cast as judges. Those who guess "whodunit" will be eligible for prizes.

The cast features the talents of Ellen Pavloff, Josh Ezra, Ken Stallon, Michelle Kafel, Samantha Mileski and Frank Marquette.

Founded in Las Vegas in 1998, Murder Café is the creation of actor, writer and director Frank Marquette, along with wife and producing partner, Kristen Marquette. Since returning to their native New York in 2009, they have been serving quality entertainment for both public and private events. Primarily known for comedies, musicals and murder mysteries, Murder Café provides entertainment for company parties, fundraising events, schools and colleges, casinos and a number of choice public venues.



## CRANDELL KID FLICKS A New Saturday Matinee Film + Activity Series for Families

The Crandell Theatre is pleased to announce



the upcoming launch on January 28 of **Crandell Kid Flicks**, a new family-friendly Saturday matinee series of contemporary classic children's films (animated and live action) offered January through April on the fourth Saturday of each month at 1 pm. The series aims to provide the youngest moviegoers with fun, safe, exciting and positive opportunities to become engaged in the arts. Our beautiful, historic, single-screen movie house is the backdrop for an afternoon of educational fun that puts each film into special focus for these budding film lovers. This new series was created for Chatham-area families with children ages 3-12 in mind. Each film is paired with guest presenters and fun, theme-centered activities. Tickets are

priced affordably at just \$5 a ticket. Crandell Kid Flicks is curated by the Crandell's brand new Parent Advisory Task Force and co-chaired by Mirissa Neff and Elan Bogarin, two Chatham-based filmmakers with young children. Activities and special guest presenters will be announced and promoted prior to each screening. Check back for more details soon on our website. This winter and spring, make it a day of family fun at the Crandell Theatre, the jewel of Chatham's Main Street! Members receive a free bag of popcorn at every screening.

**The 2023 Program January 28 at 1 pm: CHARLOTTE'S WEB** Wilbur the pint-sized pig, content with his life, will do just about

Continued on page 4

## Harold Grubin, M.D. Clinic and Health Center

The Columbia-Greene Humane Society/SPCA (CGHS/SPCA) is excited to announce the opening of the Harold Grubin, M.D. Clinic and Health Center for animals. The new clinic offers blood, urine, and fecal testing for animals as well as examinations and surgery at a reduced cost to the owner.

The late Dr. Harold Grubin, an internist and surgeon, was a Major in the U.S. Army. During World War II, he served in the Philippines during combat operations in the Asiatic-Pacific Theatre. He built a hospital from scratch in a rural part of the Philippine Islands to which servicemen injured in combat were brought. The hospital also provided medical care to Filipinos who had not previously had a health facility. After returning from the war, Dr. Grubin became a board-certified pathologist and the head of the laboratory in a hospital in New Jersey. His laboratory won many awards. He installed new equipment that enabled the lab to provide low-cost and rapid testing, tissue diagnosis, bacteriology, parasitology, and other studies to the community, much like CGHS/SPCA will now be able to provide for animals.

In honor of Dr. Grubin, his daughter Sharon has made it possible for CGHS/SPCA to institute the in-house clinic and laboratory with state-of-the-art testing equipment to assist pet owners who have limited incomes. The Harold Grubin, M.D. Clinic and Health Center



Sharon Grubin and CGHS SPCA President CEO Ron Perez

will enable the medical staff to efficiently diagnose infirmities that animals have and, in turn, allow them to be treated. This will ensure a higher medical standard for animals at the greatest risk of danger and will save lives.

"Having an in-house laboratory with the ability to offer life-saving testing through our low-cost clinic will increase the quality

Continued on page 2

*The March Edition Of The Hudson River View Will Be In Area Homes On March 1st The Deadline For Advertising And Press Release Submission Is February 15th*

# ACCORDING TO QUACKERS



## Groundhog Day

Old Groundhog stretched in his leafy bed.  
He turned over slowly and then he said,  
"I wonder if spring is on the way,  
I'll go and check the weather today.  
If I see my shadow between eleven and noon,  
I then will know that I'm out too soon.  
I'll crawl back in bed for six weeks more,

Pull up the warm covers and snore and snore.

But if no shadow gives me a scare,

I know that spring is in the air,  
I'll wake my friends and wish them cheer,

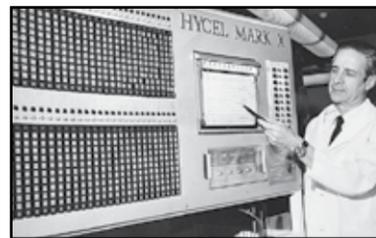
With glorious news that spring is here."

—Unknown

The tradition began in a German community in Pennsylvania in 1887. February 2 was marked as Candlemas, a Christian holiday set 40 days after Christmas Day. A small number of people from Punxsutawney went to Gobbler's Knob to get a groundhog's prediction of the weather, and the celebration has continued every year since.

## Harold Grubin, M.D. Clinic from page 1

of life for animals that would otherwise have gone without proper treatment. We're now happy to offer laboratory testing immediately as a service within our low-cost clinic," said CGHS/SPCA President/CEO Ron Perez. The low-cost clinic also offers spay/neuter services,



Dr. Harold Grubin

vaccinations, general health testing and treatment, flea/tick, preventive, parasite (worm) treatment, and diagnostics and treatment for illnesses as needed. For more information, please call (518) 828-6044 or email [info@cghs.org](mailto:info@cghs.org).

## Morton Memorial Library Event Announcement! CALL FOR TALENT

How about sharing your talents with the Morton Community?!!!! We're doing it, we are planning to be in-person this year!! *Now's the time of year to dust off your talents!!!! An evening of jokes, bands, storytelling, guitar playing, dance - you name it, if it's your talent we want to see it. So please use your imaginations and share your immense variety of talents with our community. This show and our community are all about enjoyment and camaraderie -- never judgment!* Please contact Sandy if you

are interested in participating: [sandy\[at\]mortonrhinecliff.org](mailto:sandy[at]mortonrhinecliff.org). Because it has been so lovely to have performers who aren't in Rhinecliff share their talents, you can record your performance and send it in so that we can create a video to share on this incredible evening. Yes, Richard Kopyscianski has agreed to MC - woohoo!! The show will be held *Friday, March 3, 2023 starting at 7 p.m.* (Visual art will remain on display up for the month of March.) Please contact Sandy by *February 1st* if you would be interested in participating and in what capacity. Thanks so much from Morton Memorial Library & Community House, where we ALL put the 'community' in 'Community House'!

## RHINEBECK GARDEN CLUB MONTHLY MEETING

Feb. 22. 10am, Starr Library, 68 West Market Street  
Program: Black Gardeners in the Hudson Valley and Beyond, presented by Brenda Brockett. Refreshments Served. Visitors Welcomed.  
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poughkeepsie Journal

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**Spencertown Academy Kicks Off 2023 from page 1**  
 legendary Caffe Lena in Saratoga.

Over the past nine years, the Amy Ryan Band has gained an enthusiastic following for their high-energy blend of blues, rock, and soul. The band was nominated for the EDDIES "Blues Artist of the Year" award in 2020 and 2022. Their recent self-released album, "Shake and Shimmy," placed at #29 on the Roots Music Report's Blues Album chart (alongside heavyweight blues contenders such as the Tedeschi-Trucks Band and Tinsley Ellis). Directed by Gerald Seligman, Roots & Shoots Concerts is an ongoing Academy series that showcases artists who reach

back to earlier traditions in music (Americana, jazz, blues, rock, and world music) for inspiration, while incorporating more recent forms and influences of the present. "We are looking forward to expanded music programming this year thanks to support from the New York State Council on the Arts," said Seligman. "We have a lively mix of shows booked for this spring and summer and will announce additional programs later in the year."

In addition to "Blues Women of the Capital Region," other upcoming Roots & Shoots shows include: Jarron Paxton and Dennis Lichtman in a program inspired by the jazz and blues of the 1920s on Saturday, March 11

at 8:00pm; Steve Katz (former member of Blood, Sweat & Tears) in "A Night of Story and Song" on Saturday, March 25 at 8:00pm; Alt/indie artists Rachelle Garniez and Erik Della Penna in "Sidewalks of New York: An Evening of Original and Vintage Songs about NYC" on Saturday, April 22 at 8:00pm; American roots musician Guy Davis in a solo performance on Saturday, June 10 at 8:00pm; and the Emily Duff Band playing a gritty blend of blues, roots, punk rock, and country music on Saturday, July 8 at 8:00pm. This series is also made possible by the New York State Council

on the Arts with the support of the Office of the Governor and the New York State Legislature.

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

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Continued on page 12

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**ACROSS**

1) Awry  
 6) It's held for questioning  
 10) Funeral flames  
 14) Sweeten the deal  
 15) Pearl Harbor locale  
 16) Jet giant  
 17) Like many an embarrassing flub  
 18) Traitors  
 20) Doglike facial feature  
 22) Slimy and serpentine  
 23) Turf-covered  
 24) Invoice word  
 25) Tavern  
 28) Kidney-related  
 31) Green stuff on copper  
 33) Kind of chair  
 36) It grows when fertilized  
 38) "The Prince and the Pauper" author  
 39) "Nay!" sayer  
 40) A Day in Hollywood

42) Let \_\_\_ a secret  
 43) Jack's adversary  
 45) Nerd kin  
 46) Male heirs  
 47) Asylum seeker  
 49) Gave everyone a hand  
 51) Bled, as colors  
 52) \_\_\_ and outs (particulars)  
 54) Metrical feet  
 57) Payment for labor  
 58) Immortal  
 60) Spinning toy  
 64) Joust's armful  
 65) Himalayan mystery  
 66) Peaceful pause  
 67) Problem for a grain farmer  
 68) "While" beginning  
 69) Where to get a hoagie  
 70) They are smoky and foggy

**DOWN**

1) Resting on  
 2) Eatery stack  
 3) Insect phase  
 4) Alternative to hanging clothes on a line  
 5) Walked  
 6) Bag or board lead-in  
 7) \_\_\_ Claire, Wisc.  
 8) Tear in little pieces  
 9) Auto garage job  
 10) Tactic  
 11) Vocal support  
 12) Turn informer  
 13) RN's posts  
 19) Athletic-shoe point  
 21) Bishops' meeting  
 25) Horowitz's instrument  
 26) Word with "jack" or "label"  
 27) Wedding proclamation  
 29) State under oath  
 30) Sensational, tabloid-style  
 32) Force me  
 33) Like some beavers  
 34) The Jungian inner self  
 35) Wood finish  
 37) Gesturing performer  
 41) Site of plain rain  
 44) Legal proceeding  
 48) Decorate with gold leaf  
 50) Soup kitchen needs  
 53) Continue without interruption  
 55) Church fund-raiser  
 56) In disguise (abbr.)  
 57) Habeas corpus, for one  
 58) Unsightly fruit?  
 59) Receives  
 60) Fourth of July?  
 61) That woman  
 62) Belonging to that thing  
 63) Not healthy

**GETTING DIZZY** By Nelson Vetterling

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**Crandell Kid Flicks from page 1**



anything to avoid ending up on the dinner table come Christmas, including hatching a plan with a sweet spider named Charlotte who lives in the barn rafters above his pen. This live-action/CGI adaptation of E.B. White's timeless 1952 novel about the power of friendship and the cycle of life stars Dakota Fanning and a barnyard of voice talent including Julia Roberts, Steve Buscemi, John Cleese, Oprah Winfrey, Thomas Haden Church,

André Benjamin, Cedric the Entertainer, Kathy Bates, Reba McEntire, and Robert Redford. Directed by Gary Winick. (G, 97 min, Paramount Pictures, 2006)  
**Series Opening Short: ANGELO SAVES THE CINEMA**  
 When he was a boy, sitting in the dark with his friends and neighbors at his beloved local cinema, Angelo fell in love with the movies. In dazzling, kinetic flashbacks, a much older Angelo relates how the theater's closure led him on a magical, popcorn-scented journey that brings everyone back to the big screen. *Angelo Saves the Cinema* is the debut short film of 3D modeler Thomas Gambardella, a recent graduate of New York's School of

the Visual Arts. We are thrilled to open our new family series with a screening of a work by an up-and-coming filmmaker, especially one that celebrates the magic of the movies. (4.5 min, 2022)  
**Post-Show Guest Presenter:** Chatham Animal Haven's Colleen Carpenter-Rice, who rescues goats, pigs, sheep, chickens and other farm animals in need of a good home, will talk about her experiences raising a real-life Wilbur.  
**February 25 at 1 pm: SING**



In a city of humanoid animals, a hustling theater impresario's attempt to save his theater with a competition like *American Idol* brings all kinds of would-be singers, talents and styles to the stage. This toe-tapping, computer-animated comedy starring Matthew McConaughey, Reese Witherspoon and Seth MacFarlane features a massive, comedic and gifted voice cast that includes Jennifer Hudson (*Dreamgirls*), Taron Egerton (*Rocketman*), and cameos from film directors Wes Anderson (*Fantastic Mr. Fox*), Chris Renaud (*Despicable Me*) and Edgar Wright (*Baby Driver*). Directed by Garth Jennings and Christophe Lourdelet. (PG, 108 min, Universal Pictures, 2016)  
**March 25 at 1 pm: BEE MOVIE**



Barry B. Benson (Jerry Seinfeld), a bee who has just graduated from college, becomes



disillusioned with his inevitable career choice: making honey. On a special trip outside the hive, Barry is saved by New York City florist Vanessa Bloome (Renée Zellweger) and their unlikely relationship blossoms. He soon discovers, however, that humans like to eat honey, and subsequently decides to sue them. This computer-animated comedy was directed by Simon J. Smith and Steve Hickner from a screenplay by Seinfeld, Spike Feresten, Barry Marder and Andy Robin. Matthew Broderick, John Goodman, Patrick Warburton and Chris Rock round out the stellar voice cast. (PG, 90 min, DreamWorks Animation, 2007)  
**April 22 at 1 pm (Earth Day): DR. SEUSS' THE LORAX**  
 An eye-popping, 3D computer-



animated update of the beloved original book and 1972 cel-animated movie, *Dr. Seuss' The Lorax* features the frenetic and hilarious voices of Danny DeVito, Ed Helms, Zac Efron, Taylor Swift and Betty White. Directed by Chris Renaud, the film follows Ted, the previously unnamed 12-year-old boy living in a world devoid of nature who searches for the one thing that will win over the girl of his dreams. To find it, he must first discover the story of the Lorax, the grumpy yet charming

Continued on page 5



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**Crandell Kid Flicks from page 4**

creature who fights to protect his world. (PG, 86 min, Illumination Entertainment, 2012)  
**Crandell Theatre Parent Advisory Task Force Co-Chairs Mirissa Neff** is a journalist



and filmmaker with more than a decade of experience telling human stories through the lens of art and culture. She has worked as a producer and correspondent for PBS's *Sound Tracks: Music Without Borders*, PBS's *Quick Hits*, and National Geographic's *Voyager*, has reported for public radio programs including WNYC's Studio 360 and BBC/PRI's *The World*, and was commissioned by PBS to complete a survey and audio history of iconic

civil rights era photography. Her debut feature documentary *This Is National Wake* had its world premiere in competition at Sheffield DocFest 2022. **Elan Bogarin** is an Emmy-winning Venezuelan-American



director/producer. Her feature film *306 Hollywood*, called a "landmark" by rogerebert.com, premiered on the opening night of the 2018 Sundance Film Festival, was featured in over 10 "Best of 2018" lists, played over 85 festivals, won multiple awards, and was broadcast on PBS's *POV* and Amazon Prime. Elan has been nominated for Emmy, Gotham, Spirit, and Critics Choice awards and was chosen for *Filmmaker Magazine's* 25 New Faces of Film, DOC NYC's 40 Under 40, and Emerging International Filmmaker at Hot Docs. Elan is the co-director of El Tigre Productions, which creates

innovative and award-winning films for the world's leading museums and brands including Google, MoMA, The Getty, The Whitney, and The New York Times. She is a co-founder of the Wassaic Project, an arts festival and residency in Wassaic, New York, that has worked with over 1,500+ creatives and 34,000+ visitors from around the world. About the Crandell Crandell Theatre, Inc., is a 501(c)(3), not-for-profit organization dedicated to enriching the cultural vitality of the region through film programming that challenges, inspires, educates, and entertains. The theater is supported by ticket sales and earned revenue, contributions of members and friends, and private and public grants, including the New York State Council on the Arts with the support of Governor Kathy Hochul and the New York State Legislature. In 2017 the Crandell Theatre, Columbia County's oldest and largest single-screen movie house, was listed on the federal and state registers of historic places. For information, visit the website, <https://crandelltheatre.org>, or call 518-392-3445.

achievement is not a factor in selecting a winner. A monetary award of \$1,000 will be presented to the winning candidate in the spring of this year by the Zonta Club. In addition, each club's winner becomes a Zonta District 2 finalist and is eligible to compete for the District award of \$1,000.

Completed applications must be postmarked no later than March 24, 2023 and sent to Zonta Club of Upper Hudson Valley, Attn: Scholarship Committee, PO Box 34, Ghent NY 12075. Applicants must reside in Zonta's Upper Hudson Valley region which includes Columbia, Greene, Rensselaer and Dutchess counties.

"We are especially pleased to be able to increase this year's scholarship from its usual \$500 award to \$1,000 as a result of successful fundraising by our club members. Young people

today are often faced with financial challenges and we hope this increased funding will make a difference for the recipient." stated Zonta Club President Celeste Alexander. To find out more about Jean M. Coon, the award criteria and obtaining the application, contact your local high school guidance counselor or visit the Zonta District 2 website at [www.zontadistrict2.org](http://www.zontadistrict2.org), then select the District Awards tab. If more information is needed, please do not hesitate to call 845-561-1536.

Zonta International is a leading global organization of professionals empowering women worldwide through service and advocacy. With nearly 28,000 members belonging to 1,100 clubs in approximately 63 countries, Zontians volunteer

**Continued on page 8**

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**ZONTA CLUB SEEKS APPLICANTS FOR \$1,000 SCHOLARSHIP**

The Zonta Club of Upper Hudson Valley is currently soliciting applications for its District 2 Jean M. Coon Humanitarian Award. This annual award is given to a high school junior or senior who demonstrates outstanding community service. Academic

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### Local Rhinebeck Man On A Mission from page 1

and friendship formed. A graduate of Harvard Medical School, Dr. Crum gained renown both for his biochemistry research and a concern for humanity. He was awarded a Harvard Medical Student Research Fellowship and merited Honor grades for his research, and holds a Master of Science degree from New York University, and a Doctor of Science (Hon.) degree from the University of Redlands (CA).

Dr. Crum has been called into counsel or Audiences with many world leaders, including an Audience with Pope John Paul II, now Pope Saint John Paul II, and with His Holiness the Dalai Lama and many others. In 1974, Dr. Crum, a nonsectarian, was awarded the Pope John XXIII (now Pope Saint John XXIII) Gold Medal with a sacred embedded Relic of Pope Saint John XXIII. Dr. Crum served as co-Chair of the U.S. Coordinating Committee Supporting the Nomination of His Holiness the Dalai Lama XIV of Tibet for the Nobel Peace Prize. Dr. Crum is also a 2018 Albert Nelson Marquis Lifetime Achievement Award recipient.

"Dr. Crum made his groundbreaking scientific discovery over many years of laboratory research," says Joseph. "ProImmune is a

scientific formula that he worked on to discover glutathione synthesis, and Dr. Crum's motivation was that he always felt that there should be a way, where the [human] cell could make its own glutathione exactly as nature intended."

Joseph, an avid practitioner of a healthy life-style had never heard of glutathione.

"The bottom line is, the average person has no awareness of glutathione. I didn't, before I met Dr. Crum four years ago. I'm 65 years old. I'm a health oriented person. I eat, breathe and live a certain lifestyle. I exercise every day. I'm in nature every day. I do yoga, I do Qigong (a part of traditional Chinese medicine that involves exercises to optimize energy within the body). I drink healthful green juices in the morning, and salads for lunch. Mostly! Occasional junk food? Of course. But I'm a very health oriented person. I am in nature-hugging trees often to connect to the ions and the energy of the earth. You know, all of this health oriented stuff. But I did not know how important glutathione is, or what it is." I am discovering that most people do not know what glutathione is or how toxins and stress inside the cells called, oxidative stress cause cells to decay or die and that glutathione is the peptide that helps the body reduce decay.

Joseph learned that glutathione is so important to the body and immune system and general health, that it is referred to as the "master antioxidant." And Dr. Crum, funded in part by \$88M if grants from the National Institutes of Health (NIH), was on the cutting edge of glutathione research. His work was trailblazing not only concerning understanding of what glutathione does. He also discovered a crucial combination of natural precursors nutrients that could help the body manufacture optimum amounts of glutathione at the cellular level.

That discovery resulted in ProImmune Immune Formulation 200®.

Learning about Dr. Crum's work was a game changer for Joseph. But the friendship that developed was also fortuitous for the innovative researcher.

Joseph had a lifetime's worth of experience as an entrepreneur, creating successful businesses including a tri-state photography company, a cellular communications startup and a casino game design company, in addition to a real estate development company.

"In the early 90's, after hiring a Doctor of Telephony, I designed and created the first wireless mobile emergency communicator," says Joseph. "What I did is, I piggybacked off of a national, wireless data company. So, I had a national grid and I paid them a penny per pack of data."

The handheld product could be used to type a message which went to an emergency command center, which then could call first responders or a home phone number, if needed. The company Joseph founded was eventually sold to Blackberry after interest from GM Onstar and Skytel.

Dr. Crum enlisted Joseph to assist with the licensing division as a business consultant after Joseph impressed Dr. Crum and the company legal head, Joseph was later selected out of several candidates to obtain global distribution rights which Joseph accepted.

Perhaps as importantly, Joseph began using ProImmune Immune Formulation 200®.

### Personal Experience with a Revolutionary Product

Joseph credits ProImmune with taking his already pretty rigorous health and fitness lifestyle to another level. When he came down with COVID, he was able to avoid a hospital visit, and fight off the virus without much trouble. I never even walked into a hospital and I am 65 years old.

"I attribute that to a very strong immune system. And that's what

ProImmune does. ProImmune builds the immune system. Why? Because it's reducing the oxidative stress, it's reducing the free radicals. It's reducing the toxins. I take it. My wife takes it. My family and friends take it. So, I have personal experience with it.

"My brother-in-law gave it to his 80-year-old father, and his father experienced significant improvements. So as far as

Continued on page 10



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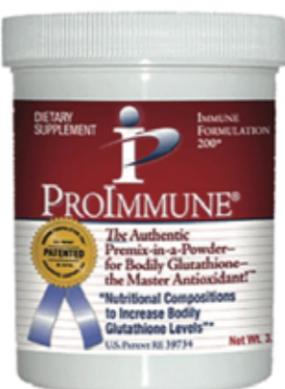
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## First Aid/At-Home Care for Pets

Julianne Porter, DVM

Many of us have experienced one of these situations: Imagine, it's 5pm on a weekday, and your pet decides to eat a bag of chocolates or check out a bee and now has a swollen face. It's 3am Sunday morning and your pet has a seizure for the first time or has blow-out diarrhea. Or it's a Holiday, and your pet cuts their leg or rips a nail and is bleeding. We cannot predict when pet emergencies happen, but it sure seems to be at the most inconvenient times. Due to the unpredictable nature of pet emergencies, it is good to have a first-aid kit at home and be as prepared as possible so that you can help your pet when time is of the essence. Even when it's not imperative or possible to get to a veterinarian right away, it is good to know

what to do in the meantime.

First and foremost, know your veterinary hospital's hours and the information to the closest emergency and/or specialty hospitals for when your regular veterinarian is not available. It is also important to establish a relationship with a veterinarian before an emergency arises. That way, if you are able to call and speak with them, they can help you more readily than if your pet is not a patient at their practice. Know the distance and time it takes to get the animal hospitals near you (or where you may be staying during travel) and have their phone numbers readily available.

Also, if your pet ingested something that it shouldn't have, save these numbers so you call one of these companies: ASPCA Animal Poison Control: 888-426-4435 Pet Poison Helpline: 855-764-7661

The resources above can help you to determine if what your pet ate is indeed dangerous, and what actions should be implemented. They can also advise you how to safely induce vomiting if needed, as well as let you know if you need to go directly to an ER, or if your pet can wait to be treated.

First Aid Kits are excellent to have. If you have these supplies readily available to help your pet, they can help reduce panic and increase efficiency. You can include the phone numbers of your veterinarian, local animal emergency centers, and the poison control hotlines kit as well. Your kit should also include: A muzzle (in case your pet is in pain and trying to bite while you're trying to help), a slip leash, nonstick bandages, adhesive tapes for bandages, a rectal thermometer, antiseptic solution such as chlorhexidine or iodine, 3% hydrogen peroxide, Benadryl (Diphenhydramine), and syringes of various sizes (to administer oral liquid medications or syringe feed). Some people will include other medications such as anti-diarrheal, anti-vomiting, or anti-inflammatory prescriptions, but it is very important to discuss these with your veterinarian ahead of time to make sure these are safe for your pet. Medications such as Tylenol, Ibuprofen, and Aspirin can be toxic and detrimental to your pet's health. Tylenol is lethal to cats and Imodium can be very dangerous for some dogs. Sometimes, a seemingly safe medication may not be right for your individual pet due to their health status and concurrent illnesses or medications.

Refer to this link for Basic First Aid Procedures: <https://www.avma.org/resources/pet-owners/emergencycare/pet-first-aid-basic-procedures>. This page includes information in regards to toxin exposure, wounds, trauma, burns, choking, heatstroke, seizures, and performing CPR. It is important to have a plan for these emergencies since they'll (almost) never happen right outside of an open veterinary hospital.

Emergencies don't usually happen when it is convenient. Being as prepared as possible will enable you to efficiently help your pet and could help to save their life.

For those unfamiliar with the concept, it's like a self-serve car wash. They have professional tubs, dryers, and other tools available to wash and dry your own dog. At first, Dakota was a little unsure of what was going on, so I spent a little time making sure she was calm and I let her get used to her surroundings.

The wash basins are an ample size, mounted a few feet high and stable; accessible by stairs with a BIG step down into the tub.

Dakota is used to stairs, so I told her to go up. She sat down!! I tried once more. "Dakota up.", while giving the leash just a little pull but she wasn't budging.

The clerk came over and asked if I needed help. I thanked her but declined. I did however ask if the tub would support both Dakota and me. She said it should and I knew right away what I needed to do. So, I climbed the narrow steps to the platform and she happily

Continued on page 12

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Jenna, a dilute pastel calico was rescued by PANT at 3 months old. She was born around the beginning of October of 2022. She has the coolest whiskers, on one side of her face they are white and on the other they are black! Jenna is very playful but timid. She loves the company of other cats. Jenna is in a foster home with dogs. She is used to the sounds of the dogs but hasn't been allowed to interact with them. Jenna is fully vetted: spayed, negative for feline leukemia and aids, vaccines are up to date, and dewormed. Complete an online application at [www.pant.org](http://www.pant.org) under "Adoption Center." If you would like more information, you can send an email to [info@PANT.org](mailto:info@PANT.org) or call (845) 486-7075.

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## RECOGNIZE AN OPPORTUNITY TO TEACH AND BOND WITH YOUR DOG

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

I never really thought about my bog's bath being an opportunity to teach, bond and further build trust but the other day I discovered it was a wonderful occasion to do all of those things.

Normally I'll bathe Dakota in the yard with the garden hose, but this time of year (January in New York), its too cold outside for that and I just didn't feel like bending over to wash her in the bathtub. (My achin' back.) So we took a trip to a local dog wash.



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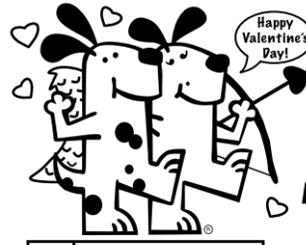
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# God's Corner

## Is God Fair?

By Naomi Fata

Jesus tells the story of an employee who hired a group of workers at the start of a shift. During the shift he hired a few more workers. Towards the end of the shift, he hired another group. When the shift was over the employer paid those who started at the end of the day first. And get this....He paid them the same amount as those who had worked the whole shift.

It seems a bit unfair, doesn't it? The workers thought so too. The employer posed this question to the workers, "Are you envious because of my generosity?" (Matthew 20:1-16) Do you ever think that you must work harder than other people to get through life? Maybe someone else was privileged to get a "better" job than you or got a promotion or was able to save enough to go on a nicer vacation.

Looking at the other person, can cause you to feel less than, can cause you to shake your fist at God and say, "God why didn't I get what they got. Why is my life more difficult? Why couldn't I work less hours? Why couldn't I have more retirement?"

As a kid you might have heard a parent tell you life isn't fair. Looking from our own perspective, seeing the linear plain of life, without the bird's eye view (God's perspective) we can all get a bit lost in the comparison trap.

The Bible seems filled with wisdom that is contradictory to our human mind. We think in terms of fairness during our lifetime. God thinks in terms of eternal perspective. When God appears to bless another person more than He blesses us the tendency might be to feel angry. Yet perhaps the question to ask ourselves is, "Am I envious of God's generosity?"

Who are we to think that we know what God should give to each person. He doesn't ask us to know. He asks us to trust, to believe and to love.

During this month focused on love, I am again reminded of 1 Corinthians 13, the famous love chapter. "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered."

Being angry at God's generosity to others is envious and makes us want to dishonor another by talking much they don't deserve what they have.

When our own hopes and dreams are thwarted and someone else seems to be achieving their own, let us think of Christ and pray that He would fill us with His heart of love, so that we may rejoice in the good

fortune of another and not fall prey to self-pity, feeling envious of God's generosity to them.

I wonder if perhaps when we spend our time focused on what someone else is getting, we miss the unexpected doors God may be opening for us.

May this be our prayer, "Lord, help me to rejoice in the good fortune of another, and wait in anticipation for the work that you are doing in my own life. Amen."

## THE LOVE OF GOD! THE GREATEST ACT OF LOVE!

"Greater love hath no man than this, that a man lay down his life for his friends" (John 15:13). When a person gives their life in sacrifice to save others it is called the supreme sacrifice. To be sure it is an act of selfless love. The greatest demonstration of one that gave the supreme sacrifice of love was when the Lord Jesus Christ willing gave His life for us on the Cross by dying for our sins, and then He rose victoriously over death and the grave "But God commendeth his love toward us, in that while we were yet sinners, Christ died for us" (Romans 5:8).

## THE EVERLASTING LOVE OF GOD

"The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with loving kindness have I drawn thee" Jeremiah 31:3). God's Word tells us that God loves us with an everlasting love. When a person knows the Lord Jesus Christ as their personal Savior and Lord, they will realize that God loves them with an everlasting love, and that they have been drawn to the Lord by the ministry of the Holy Spirit. ACCEPTED IN THE BELOVED!

"To the praise of the glory of his grace, wherein he hath made us accepted in the beloved" (Ephesians 1:6). It is a blessing for a person to know that they are accepted by others. When a person is not accepted by others and/or has been rejected it is difficult for them to deal with it. While others may not accept you or even reject you, you can rest in the truth of God's Word that you are accepted in the Beloved! LOVING GOD! LOVING ONE ANOTHER!

"Beloved, if God so loved us, we ought also to love one another" (1 John 4:11). The Lord Jesus was asked by one of the Pharisees what was the Greatest Commandment in the Law. "Jesus

said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets" (Matthew 22:37-40). THE LIBERTY OF LOVE IS DEMONSTRATED BY SERVING OTHERS!

"For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another" (Galatians 5:13). There are a variety of ways in which we can serve others. I trust that you are serving the Lord by serving your family, by serve your Church, and by serving others as the opportunities arise. There is joy in serving Jesus. By serving others with a heart of love you are in fact serving the Lord! If you have never accepted the Lord Jesus Christ as your Personal Savior and Lord, I encourage you to do so now. "For whosoever shall call upon the name of the Lord shall be saved" (Romans 10:13). Jesus loves me this I know for the Bible tells me so!

If you would like to know more about the Love of God, and/or about how to become a Christian, please Email us at fdcirone@aol.com or call us at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is located at the intersection of Route 9 and Route 9G, 1/4 Mile North on Route 9 in Rhinebeck, NY. Frank L. Cirone, Pastor

## Zonta Club Seeks

### Applicants from page 5

their time, talents and support to local and international service projects focusing on achieving gender equality and empowering women and girls.

Zonta clubs also sponsor Z clubs for high school students to develop leadership skills, promote career exploration and encourage members to participate in school, community and international service projects. The Zonta Club of Upper Hudson Valley proudly supports

the Columbia County Z Club.

The Zonta Club of Upper Hudson Valley meets monthly and conducts events and fundraisers throughout the year. Members work to improve the lives of women in its local communities as well as worldwide. Zonta always welcomes new members to support its mission. Contact Jill Potter lifecoachjillpotter@gmail.com to inquire about membership.

## Sixth Annual Riverport Women's Sailing Conference

The Sailing School at the Hudson River Maritime Museum and the Kingston Sailing Club are pleased to announce registration for the Sixth Annual Riverport Women's Sailing Conference, March 24 - 25, 2023, is now open.

The 2023 Riverport Women's Sailing Conference (RWSC) is co-sponsored by the Kingston Sailing Club and will be held in person, on land, at the Hudson River Maritime Museum in Kingston, New York. This year's theme is "A Rising Tide Lifts All Boats." The RWSC welcomes people who have not traditionally been able to learn to sail into the maritime community and offers them the opportunity to improve their sailing skills. All are welcome to register.

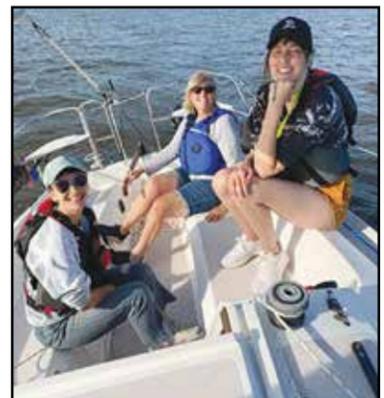
Join us on Friday, March 24, from 6:00 to 9:00 pm, for a welcome dinner and Keynote address to be delivered by Captain Stefany Coulter, who will talk about her unique journey in creating a maritime-centered life and her inspirational SailHope program. Located in Catskill, New York, SailHope brings people who normally do not have access to sailing on the water at no cost.

Conference registrants will enjoy a full Saturday of workshops, networking, coffee/light breakfast, lunch, and door prizes. Participants will select four or more workshops on topics including The Science of Sailing; A Women-Focused Museum Gallery Tour; Becoming A Boat Owner; Sailing and Sustainability; Terrestrial Navigation with Charts; Basic Inland Navigation Rules; Coastal and Offshore Passage Planning; Environmental Education and Sail Training; Weather for the Mariner; Outboard Engine Troubleshooting; Diesel Engine Maintenance; Knots & Line Management; Introduction to Racing, Spinnaker Racing, and Double-Handed Racing. **Early Registration is recommended!** Sign up early to assure a spot in the conference,

which is limited to 75 people and which usually sells out. Tuition ranges from \$60 - \$85 with an online attendance option for \$50.

For details about the conference and online registration, visit the Sailing School at <https://www.hrmm.org/riverport-womens-sailing-conference.html> or call (845) 338-0071.

The Hudson River Maritime Museum is located along the historic Rondout Creek in downtown Kingston, N.Y. HRMM is a 501(c)(3) not-for-profit organization dedicated to the preservation and interpretation of the maritime history of the Hudson River, its tributaries, and related industries. In addition to extensive collections documenting maritime transportation, industry, recreation, and natural science, the museum offers classes and programs at its Wooden Boat School, Sailing and Rowing School, and aboard its floating classroom, Solaris. The museum is located along the historic Rondout waterfront in downtown Kingston. Visit [www.hrmm.org](http://www.hrmm.org) for more information. The Museum opened the Riverport Wooden Boat School in 2016 and the Riverport Sailing School in 2017.



## Morton Memorial Library Event Announcement! "Morton's Talent Show ART Opening"

Friday, February 24, 6:00 - 8:00 It's NEVER too early to start thinking of your talent for the Talent Show. We plan to have our art opening in-person for the visual component of the Talent Show a week before the performance component. This means that our visual artists can be fully recognized and appreciated. The art will remain up for the month of March. Please contact Sandy by February 4th if you are interested in participating. Please bring in your piece to the library by Saturday, February 18th. Please e-mail [sandy\[at\]mortonrhinecliff.org](mailto:sandy[at]mortonrhinecliff.org) if you have questions.

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**Sunday School 9:30 am**  
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**Children and Teen Ministries Fridays at 6:45 pm**  
**Women's Bible Study Mondays at 7:00 pm**

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

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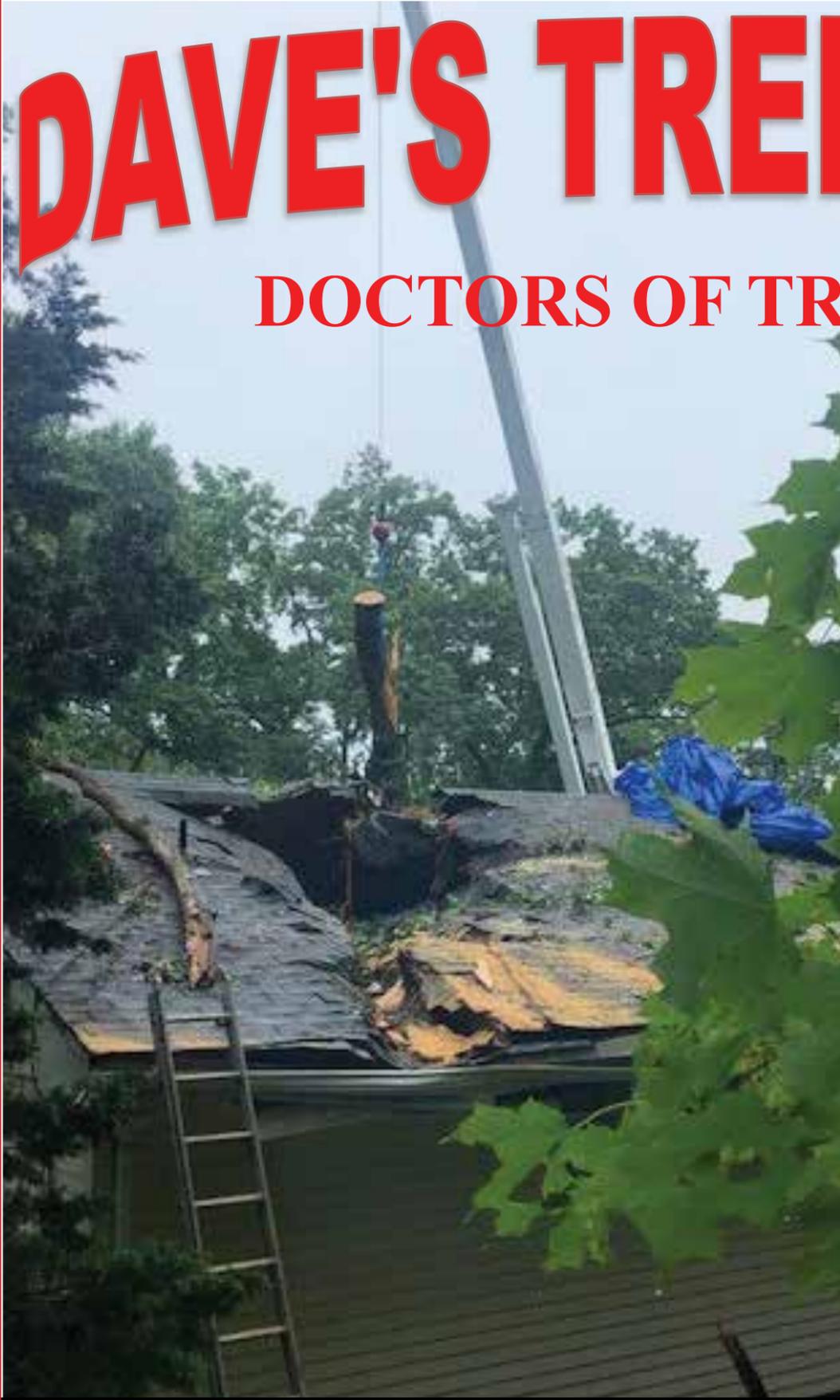
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**Local Rhinebeck Man On A Mission from page 6**

experience I can personally vouch for it because, I know it works.”

While there are products out there that report supporting glutathione production, such as NAC (N-Acetyl-Cysteine, an artificial glutathione precursor), according to the research and scientific reports, they do not effectively regulate and allow for optimum natural glutathione levels and immune system benefits, says Joseph. “The reason Dr. Crum’s product works, is his discovery that it’s best when the body can make its own glutathione. By making the glutathione inside the cell, and only as much glutathione as the cell needs to reduce the toxins and the oxidative stress, discharging what it doesn’t need, it actually is the most efficient and effective implementation, over any method of glutathione

supplementation and I learned this by sitting in the meetings with Dr. Crum’s legal rep.”

**A New Mission to Spread Immune Health From Rhinebeck To The World**

Having experienced the benefits of a special and innovative health product, Joseph was honored when Dr. Crum eventually tapped him to head marketing and distribution for ProImmune.

Joseph says he’s finding fulfillment in leveraging his previous experiences building successful companies, on a project that can change people’s lives so dramatically for the better.

He has developed an ecommerce website (www.thebestimmunesupport.com) that was reviewed and approved by an FDA subject-matter expert for compliance that provides excellent information about the benefits of ProImmune and natural glutathione creation. The

website also offers a streamlined purchasing experience, with discounts. And it’s the only place where customers can receive free shipping on orders.

“I put so much education concerning the product onto the website,” says Joseph. “There’s the science, the data, the links to the NIH health report that all prove the importance of what glutathione does and the science of what Dr. Crum’s discovery provides for optimal glutathione replenishment.

“Number two is my outreach. Every day I’m speaking with medical groups and professionals, functional medical centers, integrative medical practitioners, nutritionists, dieticians. Every day I’m also moving awareness forward on social media.”

Joseph notes that although ProImmune is a proven product that has already sold in the millions of dollars, many people still haven’t heard of it. And that’s his mission. In fact, Dr. Crum has recently ordered \$7M worth of new product that are already sealed, labeled and ready for shipment to those who order.

“It’s already a highly successful product. But that doesn’t mean everybody knows about it. A lot of people are buying NAC or something else, because they’ve never heard that there’s a product that’s superior to NAC.”

“The bottom line is, the average person has no awareness of glutathione. I didn’t, before I met Dr. Crum four years ago. I didn’t know how important glutathione is, or what it is.”

ProImmune® - Immune Formulation 200® will soon be available for purchase on Amazon, by Joseph’s company, Best Immune Support about March 2023 which will help the product gain wider global exposure. However, Joseph’s website [www.TheBestImmuneSupport.com](http://www.TheBestImmuneSupport.com) is the best place to acquire ProImmune at this time since Joseph’s ecommerce website offers free shipping.

“For people to discover the product...to discover the benefits of glutathione, that’s the reason I’m doing this,” relates Joseph. “I’m doing this for outreach. I believe we’re all one, we’re all connected. And I feel it’s my purpose to expose the news to the public...to humanity...that there’s a product out there, that if you do the research and you understand what this particular precursor does, this particular product, Immune Formulation 200®, right? If people were to understand what it does, everybody would be taking it.”

Of course, no single supplement,

absent an overall commitment to a healthy lifestyle, can work miracles, Joseph acknowledges. But he knows from his own experience and research that when incorporated as part of an overall health regimen, ProImmune can make a crucial impact.

“You want to build your immune system? Start eating healthy. Start exercising. Get good rest. Turn off the TV. De-stress your life. Do some meditation. Do some yoga. Get into nature more often. Build your immune system. And guess what? You don’t get sick in the first place. And if you do, you’re going to combat it right away, because the cells become super powerhouses. That’s why I’m passionate. Because I know what ProImmune does. I’ve sat with the top scientists in the world, at meetings with Dr. Crum’s colleagues. And they’re blown away by the science. So, if the top scientists say this is the best thing out there, that’s why I came out of retirement.

**Continued on page 13**

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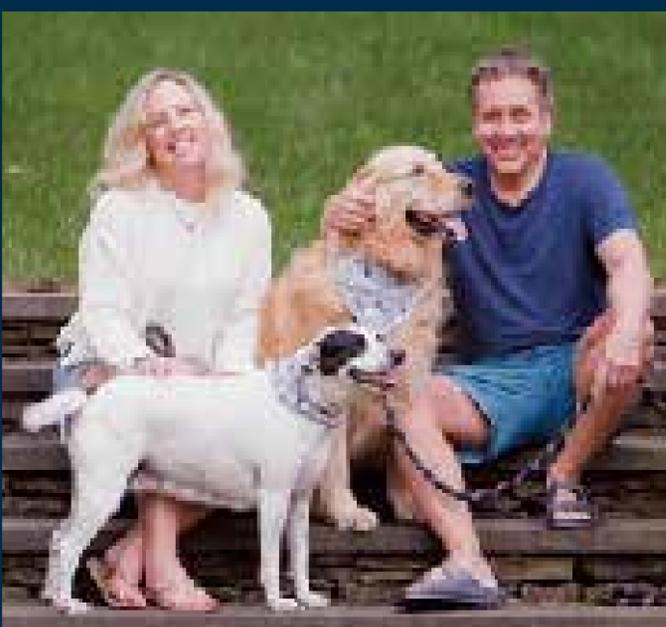
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# “MAKE A VALENTINE” CRAFT WORKSHOP AT STAATSBURGH STATE HISTORIC SITE

Saturday February 11

Just in time for Valentine’s Day, drop in to Staatsburgh State Historic Site to make valentines for your favorite people! Craft supplies and 19<sup>th</sup>-century images will be available to make unique cards for your special-someones, and light refreshments will be served.

The “Make a Valentine” program is on February 11, from 1:00 pm to 3:00 pm; please arrive anytime between 1:00 pm and 2:30 pm. Advanced registration is required at [www.Bookeo.com/StaatsburghSHS](http://www.Bookeo.com/StaatsburghSHS). The cost is \$8 per person or \$20 for families of 3-5 people. “Make a Valentine” is appropriate for ages 10 and up.

Tours of the historic Staatsburgh mansion and the site’s giftshop will also be available to patrons. Mansion tours can also be reserved at [www.Bookeo.com/StaatsburghSHS](http://www.Bookeo.com/StaatsburghSHS).

Admission for both the craft program and the mansion tours is charged on arrival. Visitors may also wish to visit the site’s giftshop for any last-minute Valentine’s Day gifts, including a wide range of books, jewelry, apparel, and other items. Visitors may also enjoy a stroll along the river or on the wooded hiking trails in adjacent Mills and Norrie State Parks.

Staatsburgh was the Gilded Age country home of Ruth Livingston Mills, a prominent figure in New York Society,

and her husband, financier and philanthropist Ogden Mills. Their stately home overlooking the Hudson River was expanded to 79 rooms in 1895 by the famous architect Stanford White.

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>, [www.facebook.com/StaatsburghSHS](http://www.facebook.com/StaatsburghSHS), and [www.staatsburghstatehistoricsite.blogspot.com](http://www.staatsburghstatehistoricsite.blogspot.com). Staatsburgh’s events are listed at <https://parks.ny.gov/events/event-results.aspx?hs=25>

New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual parks, historic sites, recreational trails, and boat launches, which were visited by a record 78 million people. For more information on any of these recreation areas, visit [www.parks.ny.gov](http://www.parks.ny.gov), download the free NY State Parks Explorer mobile app or call 518.474.0456. Also, connect with us on Facebook, Instagram and Twitter.

## Children’s Book Illustrators Exhibit at Claverack Library

February 4 is “Bring Your Child to The Library Day”. This year

bring your child to the Claverack Library to meet illustrators and go home with a signed copy of a book. The opening of “Friendship Through The Pages: original works by published illustrators” is Saturday February 4 from 12-2 in the Marilyn and Bob Laurie Gallery. The illustrators’ show will showcase original works by Grace Lin, Donald Crews, Nina Crews, David Soman, Jacqueline Rogers, Matthew McElligott, Mark Teague and Iza Trapani. Most of the artists will be on hand at the opening to sign copies of their books, offered for sale by Spotty Dog Books. “Friendship Through the Pages” will be on exhibit through Saturday, April 1 The show can be viewed during library hours. After the opening, books will be available for purchase at the Spotty Dog. For more information please visit [www.claveracklibrary.org](http://www.claveracklibrary.org) or call the library at 518-851-7120.

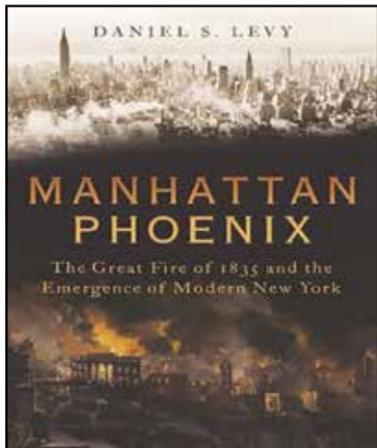


Top Left: David Soman  
Top middle: Matthew McElligott,  
Top Right: Nina Crews  
Middle/Middle: Mark Teague  
Bottom Left: Jacqueline Rogers Bottom  
Middle: Don Crews  
Bottom Right: Iza Trapani

## Museum Hosts Lecture with author Daniel S. Levy - “Manhattan Phoenix”

“Manhattan Phoenix: The Great Fire of 1835 and the Emergence of New York” with Author Daniel S. Levy

The Hudson River Maritime Museum is pleased to announce the upcoming lecture “Manhattan Phoenix: The Great Fire of 1835 and the Emergence of New York with Author Daniel S. Levy, held both in-person at the museum’s Wooden Boat School, and virtually via Zoom link on Wednesday, February 8, 2023 at 7:00 PM.



A discussion of the Great Fire of 1835 -- which destroyed nearly 700 buildings in lower Manhattan -- and the forces that transformed New York from a large unruly metropolis during the early years of the 19th century. All the changes that occurred during those years helped make possible the consolidation of the five boroughs and the creation of

Greater New York City in 1898.

Daniel S. Levy is a senior writer for Life Books, which is



part of Dotdash Meredith Premium Publishing. He has written on such topics as World War I, Anne Frank, and the Civil War. Prior to that he was a senior reporter at Time magazine where he covered architecture and classical music, and a reporter at People magazine, where he wrote about social issues and crime. In 1997 Levy wrote *Two-Gun Cohen*, a biography of Morris Cohen, an English adventurer who became a general in the Chinese army, fought the Japanese during World War II and following the war was one of the few people who was able to travel between Communist China and Taiwan.

Tickets are \$7 for the general public and free for Hudson River Maritime Museum members. To register, visit [www.hrmm.org/lecture-series](http://www.hrmm.org/lecture-series).

## About the Follow the River Lecture Series

For more than a decade the Hudson River Maritime Museum’s “Follow the River Lecture Series” has hosted historians, authors, and maritime experts for engaging illustrated talks on a variety of regional history and maritime subjects. In recent years, many of the lectures have also been recorded and are available on YouTube. For more information about upcoming lectures and to access recordings of past lectures, visit [www.hrmm.org/lecture-series](http://www.hrmm.org/lecture-series). The series is sponsored by Rondout Savings Bank. The Hudson River Maritime Museum is dedicated to the preservation and interpretation of the maritime history of the Hudson River, its tributaries and related communities. In addition to extensive collections documenting maritime transportation, industry, recreation, and natural science, the museum offers classes and programs at its Wooden Boat School, Sailing and Rowing School, and aboard its floating classroom, Solaris. The museum is located along the historic Rondout waterfront in downtown Kingston. Visit [www.hrmm.org](http://www.hrmm.org) for more information.



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## Ground Beef Veggie Stew



### Ingredients

- 1 pound lean ground beef (90% lean)
- 1 tablespoon olive oil
- 1 small yellow summer squash, chopped
- 1 small zucchini, chopped
- 1 small sweet red pepper, chopped
- 2 cans (15 ounces each) diced tomatoes
- 1 cup water
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons minced fresh cilantro
- Reduced-fat sour cream, optional

### Directions

1. In a large saucepan, cook beef over medium-high heat until no longer pink, 5-7 minutes; crumble meat; drain. Remove from pan; set aside.
2. In the same saucepan, add oil, squash, zucchini and red pepper; cook and stir until vegetables are crisp-tender, 5-7 minutes. Add beef, tomatoes, water, salt and pepper; bring to a boil. Reduce to a simmer; cook, stirring occasionally, until vegetables are tender, 5-8 minutes. Stir in cilantro just before serving. If desired, top with sour cream.

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**Barkbusters from page 7**  
 climbed up after me. I stepped down into the tub and called her to me. She tentatively started to step towards me but stopped and laid down on the platform. I stood up, gave her a calm, quiet correction and called her again. When she reached a paw toward the tub, I encouraged her. "Good girl" and when she stepped down into the tub she was greeted by lots of happy praise. I petted her and scratched her ears and chest, which she loves, and I stayed in the tub with her until I was sure she was calm and relaxed. I told her to "stay" and then I climbed out of the tub and down the stairs. Dakota actually likes baths, so she was happy throughout

the bath. Afterwards, when it was time to get dried off, she readily climbed out of the tub onto the platform. She shook off and soaked me in the process which she seemed to enjoy. Maybe her way of bathing me. Dakota likes being towed off, but she wasn't initially comfortable with the blow dryer. So I turned it on and aimed it away letting her get used to the sound. Then I turned it toward myself before I aimed it toward her paws from a distance. She stood calmly so I proceeded to blow her dry. Throughout the process I watched for signs of stress. I gave her lots of praise and positive feedback for remaining calm. I slowed things down and gave her

a quiet correction any time she started to get nervous and overall, we had a positive experience. I watched other people come in to use the dog wash but no one else climbed into the tub. Most people picked their dogs up and put them in the tubs. I didn't see one other dog climb the stairs or enter a tub on his own. One young puppy was very scared and feverishly tried to crawl back out the door upon arrival. Her owner grabbed her around the stomach, lifted her up off the floor and swung her into the tub. I can't imagine that was a pleasant experience for an already stressed pup and as we were leaving, I noticed the pup's tail was tucked and she cowered in the tub. That owner certainly did not take the opportunity to create a positive association for that young pup. If I had pushed Dakota too fast or not taken the time to show and guide, she would likely have been nervous or scared. She trusts me and I know that trust must be earned and needs reinforcement with each new situation. If I'm patient and show her what to do, she'll do her best to follow my direction. When you take the time to build trust with your dog and you're careful not to break that trust, the bonds grow stronger. Dakota is a dog, not a person, but just as trust is important with our human relationships, it's also important with our canine ones. Take the time to teach your dog. Each new situation is an opportunity for both of you. You'll reap the rewards, and Happy Dogs = Happy Families  
 Barbara Sweeney Fassett

is the Owner of Bark Busters Home Dog Training, Dutchess County. For more information about Bark Busters, please visit our website at [www.BarkBusters.com](http://www.BarkBusters.com) where you can take a free 20 question quiz to rate your dog's behavior. You can also contact Barbara directly by phone at 845-489-0764 and join in the fun by "liking" us on Facebook at <https://www.facebook.com/>

**The Story Behind Red Hook's Holiday Tractor from page 3**

and to light up the dark winter months, the Red Hook Chamber of Commerce worked with local farmers to continue the tradition of displaying tractors throughout the village and adorning them with holiday lights. The following newsletter tells the story behind some of those tractors

and the farms they come from. The Red Hook Chamber of Commerce is up and running this year! Are you a business in town? Let's support each other's work. Become a dues-paying Chamber member today!  
**John Deere 3025E**  
**Owner:** Kim Keil  
**Location:** Keil Equipment Company



One of the first tractors out on display was Kim Keil's. Kim owns the tractor supply store in Red Hook. I went in to introduce myself and ask him about this tractor. He started off with, "well, it's green, so it's a John Deere."  
**Continued on page 13**

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**Local Rhinebeck Man On A Mission from page 10**

I'm 65 years old. I should be in the Bahamas right now but instead; I am helping introduce an amazing formula in order that people can discover an optimal way to improve overall health on levels that may seem to be too good to be true but are true!"

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**The Story Behind Red Hook's Holiday Tractor from page 12**

Then, at a dizzying pace, he proceeded to tell me about all the implements you could attach to the three-point hitch: harrows, tillers, mowers, scrapers, seeders, plows, etc. He could see I was both impressed and overwhelmed so he laughed, "girl, we need

to get you an education!" A note from Keil Equipment Company:

Keil Equipment Co. is hiring for three positions: a full-time mechanic/technician, a parts counter, and a part-time individual to do clean up, detailing, and restocking. Each candidate needs to have some background in the tractor product field and be computer literate.

**1987 Ford 5900**  
Farmer: Ken Migliorelli  
Farm: Migliorelli Farm  
Location: Memorial Park



The largest tractor on display this year came from Migliorelli Farm. "We have about 20 tractors on the farm, but this was one of the first tractors we purchased

in 1987. That was a good year on the farm, so we could buy two tractors then. This is an all-purpose tractor that we use daily during the season for planting and cultivating. It has sentimental value to me because it was my dad's main tractor and he passed away in 2018. If you look closely, you can see wear spots on the fenders from the many hours he drove it. In 1999 my dad was forced to retire from farming due to his failing eyesight at the age of 71." -Ken Migliorelli



A message from Migliorelli

**Farm:**  
The Red Hook Farm Stand (7357 South Broadway) is open seven days a week 9am-5pm year round. Our Rhinebeck Farm Stand (688 River Road) farm stand will reopen this spring. We carry our own fruits, vegetables, fresh cider, and prepared foods! Along with local products from surrounding farms. We're always purchasing "local first" cheeses, produce, meats, & grocery items.  
**John Deere 1010**  
Farm: Four Corners Community Farm  
Farmers and co-founders: Sam Rose and Frank and Liza Migliorelli



"We use four tractors at the farm for various tasks. Our John Deere 1010 gas-powered tractor is around 60 years old and has grown a bit fussier and less powerful than it used to be. Now it mostly gets used for hauling and light pasture management. We're happy it got to take a break and bask in the limelight for the holidays." -Sam Rose

A note about Four Corners

**Community Farm:**  
Four Corners Community Farm mitigates food insecurity and builds a more inclusive community by providing the tools, resources, and networks to help people grow their own food and share produce with food distribution programs. Since 2021, Four Corners Community Farm has supported community

resilience and strengthened our regional foodshed by providing a farm center for residents to adopt garden parcels, produce and donate agricultural products, acquire education in food security and self-sufficiency, and congregate for community recreation and initiatives.

**1949 Farmall A**  
Location: The Elmendorph Inn  
Farmer: Christopher Klose  
Farm: Echo Valley Farm



"This is a light, low-cost tractor made by the International Company, which also manufactured light and heavy trucks. The A was typically used on small family farms to cultivate vegetables and field crops such as corn, cutting hay, and drawing wagons. I purchased

Continued on page 14

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**The Story Behind Red Hook's Holiday Tractor from page 13**

the A about 10 years ago and it was used for five years by a tenant CSA (Community Supported Agriculture) operation on the farm. Its principal use today is for display at Historic Red Hook and other community events, especially the Memorial Day Parade. For more about Farmalls, please take a look at Wikipedia's brief but complete history of "the tractor that put the horse out to pasture..." -Chris Klose

**A message from Historic Red Hook:**

Historic Red Hook is a non-profit volunteer organization whose mission is to engage the community in conversations about Red Hook's unfolding story. We

do this by collecting, preserving, and promoting Red Hook's history, maintaining the historic Elmendorph Inn as a community center, creating dynamic public programs, and partnering with community organizations.

**1949 International McCormick W6**

**Farmer and mechanic:**

Nate Staats

**Location:** Greig Farm

"It's our only gasoline tractor



but we still use it on a regular basis. I can almost write a short novel on it." -Nate Staats

**A message from Greig Farm:** Stay tuned for the launch of our 2023 CSA, which will include the return of our fruit-only share as well as options to add vegetables, herbs, and flowers from our farmers-in-residence Heartbreaker Flower Farm. **It takes a Village**

The holiday tractors represent the best of Red Hook: our farmland, our people, and our ability to work together. An extra note of gratitude goes to: All the farmers who participated and gave me an education Ken for driving me around in his truck to scope out locations and for connecting me to more farmers All the other farmers who couldn't offer a tractor, but still replied to my emails (Amy, Erin, Holly, and Rob) Todd Baright for donating new string lights, introducing me to Nate at Greig Farm, and putting a classic car outside of Baright Realty Williams Lumber for helping me buy additional lighting accessories Highway Foreman Jake Smith for meeting me at Memorial Park, showing me where the outlets are, and lending me an extension cord and cinder blocks Mayor Karen Smythe for connecting me to Jake Vanessa Shafer and her family for decorating the Ford tractor



Sarah Carlson (from the Crow's Nest) and Juliet (from Equis Gallery) for celebrating every Instagram post about these tractors Dawn from the Public Library and Mary from Rhinebeck Bank for offering their organization's lawns to park tractors on (even though we didn't end up using them this year) We'll be continuing this tradition in December 2023. If you would like to contribute with a tractor, land, or volunteer time, please reach out at [info@redhookchamber.org](mailto:info@redhookchamber.org). We would like to display even more tractors next time!

**MAC-HAYDN THEATRE ANNOUNCES 2023 SEASON OF MUSICALS**

The Mac-Haydn Theatre has announced its 2023 season schedule, composing the theatre's 54th summer season. The lineup of hit musicals includes "42nd Street," "Footloose," "The Sound of Music," "Godspell," "Jersey Boys" and "The Marvelous Wonderettes." Tickets are now on sale at [www.machaydntheatre.org](http://www.machaydntheatre.org).

Consisting of some of the most highly-requested shows in Mac-Haydn history, according to recent surveys conducted at the end of each season, the 2023 season was constructed with audience input at the helm. The 2022 season survey revealed that two thirds of Mac-Haydn audiences were keen for a "Jersey Boys" premiere in Chatham.

"The Mac-Haydn has been an artistic jewel in Chatham for more than 50 years and we are so fortunate to still be able to bring such high caliber shows to the region," said Producing Artistic Director John Saunders. "This season, we are bringing many requested favorites alongside dazzling new hits to make 2023 a season to remember."

In addition to the Mainstage lineup, the theatre's Limited Performances Series will return this summer, featuring guest artists in concert-style programs. The Limited Performance titles and calendar will be revealed in a follow-up announcement in the coming weeks. Mac-Haydn audiences will be delighted to know that the theatre's fan-favorite "Backstage Coffeehouse" will return on Friday and Saturday evenings for summer 2023. After two seasons without the post-show cabaret due to COVID-19 safety protocols, the program will return, featuring the 2023 acting company singing musical theatre hits, previews of upcoming Mac-Haydn productions, and of course the notoriously delicious hand-baked treats from the beloved Mac-Haydn volunteers.

"The ability to interact closely with our audience has always been such a great strength of the Mac-Haydn," said Managing Director James Rodgers on the topic of Coffeehouse. "We have really missed it over the last two seasons. The return of Coffeehouse is a big step in getting back to those wonderful interactions."

**Continued on page 15**

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**Mac-Haydn Theatre from page 14**

Performance Details:  
**Main Stage Season**  
 42nd Street  
 (June 22–July 2, 2023)  
 Footloose (July 6–July 16, 2023)  
 The Sound Of Music (July 20–July 30, 2023)  
 Godspell (Aug 3–Aug 13, 2023)  
 Jersey Boys (Aug 17–Sept 3 \*Three Weeks!\*)  
 The Marvelous Wonderettes (Sept 7–Sept 17, 2023)  
 Ticket sales are now open. For more information on the 2023 season, showtimes, and tickets, visit [www.machaydntheatre.org/season-of-shows](http://www.machaydntheatre.org/season-of-shows).

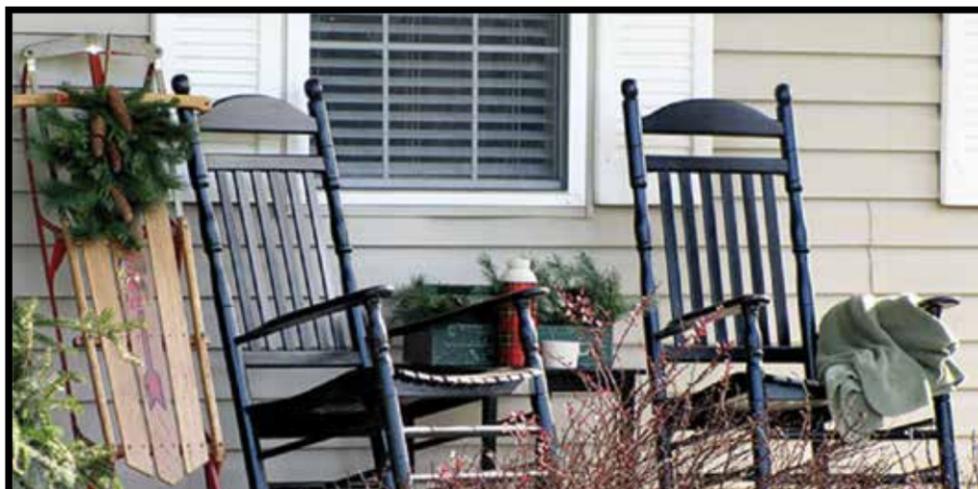
**Germantown Garden Club Offers Fun and Informative Programs for 2023**

The Germantown Garden Club will hold its first meeting of the year on Tuesday, February 21, at noon, in the Hover Room at the Germantown Library, 31 Palatine Park Rd. Each year, the club puts together a series of meetings, field trips, and events that revolve around a theme. This year's theme is "The Birds, the Bees, the Flowers, and the Trees". Our programs for 2023 will encompass all the ways we as gardeners can attract pollinators into our home gardens and how we can make sure our gardens support a healthy ecosystem. At this meeting, the club will discuss the programs for 2023. Come find out what garden clubs

are all about, meet other gardeners from our area, and enjoy some



refreshments. Please join us, our meetings are always open to the public. For more information, please call Fran Bufi, 518-537-4868. The Germantown Garden Club is a member of the Federated Garden Clubs of NYS, Inc. and National Garden Clubs, Inc.



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**Red Hook:**  
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**6.8 Acres in Rhinebeck**  
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# A New Year, A "New to You" Thank You

Submitted by Pat Owens  
The "New to You" Thrift Shop at St. Christopher's Church Parish Center on Benner Road in Red Hook has been open since June and we must thank everyone who has contributed to our success. We

are hopeless shoppers ourselves and have tried to make our shop as welcome as we can so patrons can enjoy their experience and find some bargains as well. If you wish, we're happy to offer advice while you're trying on that perfect blouse or dress. But fear not, we are not just for womenfolk. Men come in to

peruse books and chefs may find that perfect pan. Lots of paintings and frames line our walls and are updated regularly. An empty spot fills right up with another interesting item. One thing we can say is that we have made new friends and welcomed old friends and we always have a good time. Is it time to rearrange that closet? Or organize your kitchen? How about those unwanted gifts? (We won't breathe a word!) The "New to You" Thrift Shop at St. Christopher's Parish Center is available to take your nearly new donations every Saturday. We take women's clothing, tchotchkes, housewares, books, lamps but NO MUGS. I'm serious, nobody wants them and we don't either! HA We are open on Thursdays from 11 to 4 and Saturdays from 10 to 2. We would love to see you. Gina McGrudden, Pat Owens, Harriet Rossi

**Rob Ickes and Trey Hensley**, a powerhouse acoustic duo that has electrified the acoustic music scene. Known for their white-hot picking, stone country vocals with soul and world class live musicianship, Ickes and Hensley meld together blues, bluegrass, country, rock, and other string band music of all kinds to form a signature blend of music that defies restrictions

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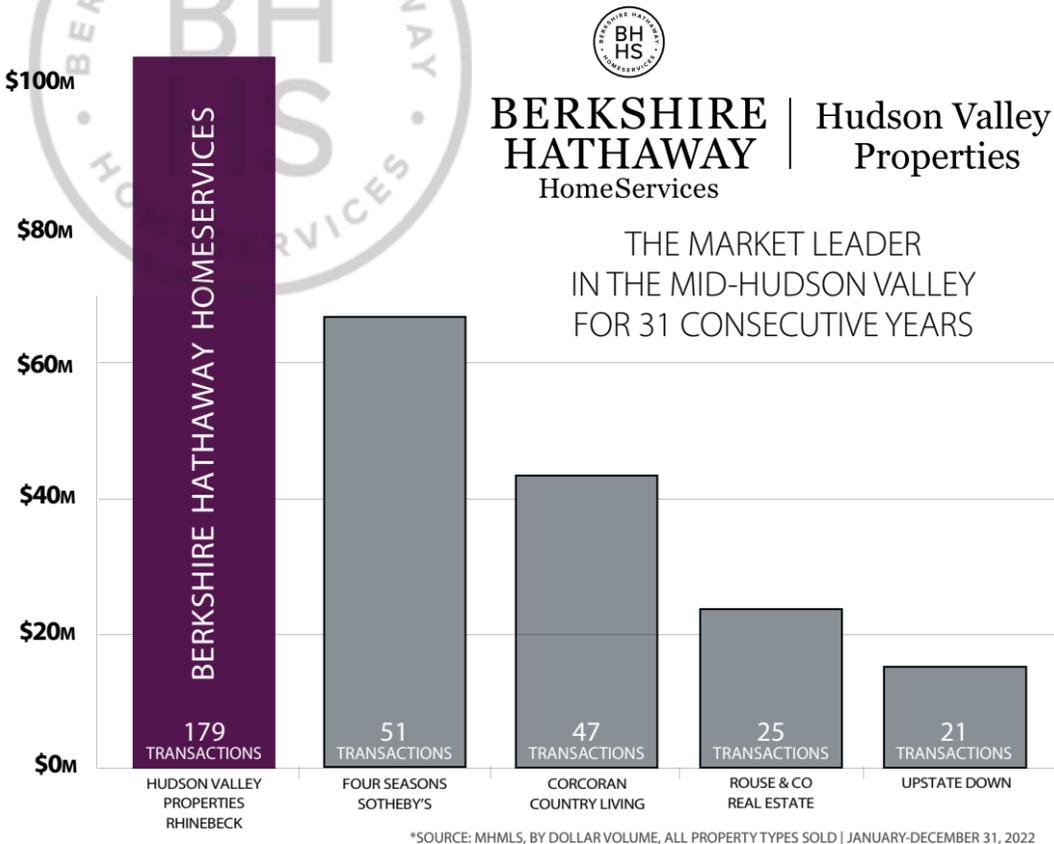


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