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Postal Customer

## The Antique Warehouse: Wonderful, Safe and Unique Place to Shop in 2021

By: Hilary Hart

With all the ever-changing restrictions, closings, pandemic rules and regulations, it's hard to know where to shop these days. But here's a tip for you: The Antique Warehouse at 99 So 3<sup>rd</sup> Street in Hudson NY 12184, walking distance from the Amtrak station and easy to access from that direction at the bottom of Warren Street or from south 3<sup>rd</sup> street coming in from the RVW Bridge on 23 or Dutchess County on 9, 31, 9G into Hudson.

Partners Paul Dorman and John Frederick have been operating there at that location for well over fifteen years, since 2004, and before that had The Antique Warehouse in Long Valley, New Jersey, yet even though they have devoted regular patrons, it is amazing how many people still have not discovered them. There is a large parking lot with Doors 21 and 22 well marked, with a handicapped entrance at the right front corner of the building. I keep describing The Antique Warehouse as cavernous, because

that is the only word that comes to mind—except maybe awesome!

And awesome it is. Paul and John have collected items from all over the world, from enormous pieces of furniture to delicate side tables, and everything in between. The inventory changes constantly, of course, but there are artworks, screens, mirrors, and many many unusual items not to be found elsewhere. It is, in fact, the largest independently owned and operated antique store in the northeast. A division of Cottage Treasures, it bills itself as "the most unique place to shop for your cottage or castle."

Because it is so huge, the warehouse lends itself naturally to social distancing and masks are required. Unlike smaller crowded stores or big box stores, it is one of the safest places to browse around and shop at your leisure. There are even bathrooms and a "refreshment area" where you can sit at a table between browsing sessions and get a drink or a snack. All in

Continued on page 9

## Local Businesses That Will Help Make 2021 Brighter

By: Joe Doran

A number of local businesses profiled over the past 12 months offer products and services that are well worth keeping in mind in the new year:

Most students face challenges at one time or another in school. Jane Fallis, of **Natural Outcome Tutoring**, based in Tivoli (upper Red Hook), is a professional who assesses every student's unique circumstances, to implement a tutoring plan that can get them back on track. Certified in Special Education K-12 and in Elementary Education N-6, Jane offers tutoring in elementary, math, reading, writing, science and social studies. She is also an Orton-Gillingham Trained Specialist, qualified in utilizing a systematic, phonics based approach to teach reading and spelling. Jane can be reached at (845) 756-5156.

With expert consulting from Peter and Carol Russo of **The Ad Shop**, based in Red Hook, Business owners don't have to master the

art of promotion on their own..

The Ad Shop has been helping businesses build name and brand recognition for almost 40 years. They not only have an extensive line of quality items companies can distribute to promote themselves.

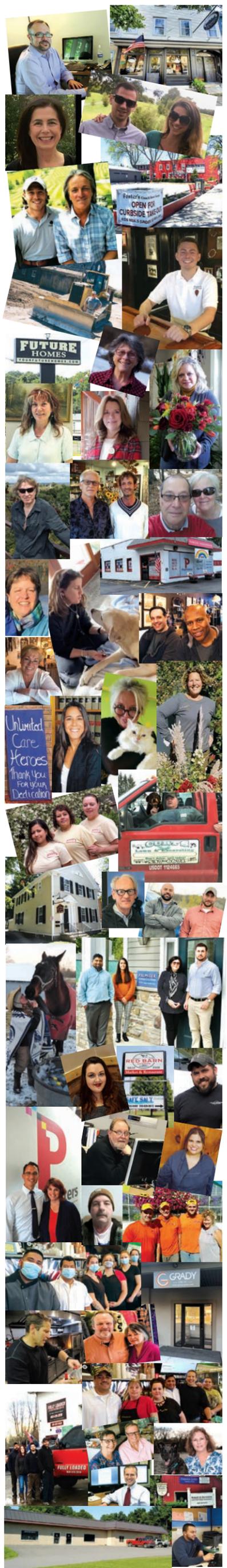
"To put it succinctly, we help business and organizations attract new and more customers," says Peter. "We provide awards for employees, gifts for executive thank you's, and we can promote a business on a variety of items designed to succeed in achieving greater recognition."

Call The Ad Shop at 845-758-2682, or visit their website at [www.TheAdShop.com](http://www.TheAdShop.com)

Searching for full service painting and home improvement? **Stefan's Painting** handles 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.

"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

Continued on page 13



## Trends To Watch for the Mid-Hudson Region and Beyond in 2021

By: Joe Doran

2020 may be over. But whether the new year will feel more like aftermath or Act Two for the mid-Hudson region and beyond is a question on many minds. One of the nation's top trend forecasters, Gerald Celente, who happens to reside in Kingston, spoke with the Hudson River View about what to look out for in 2021.

Gerald has published the *Trends Journal* since 1991. He and his research team synthesize a wide array of information in order to discern emerging opportunities, no matter what the times. He says there are some silver linings right now occurring locally, owing to the political unrest and pandemic-fueled exodus from NYC.

"Well, the positive for the region is that it's going to grow and expand. So in the long term, it's going to be a benefit. And it's not being over-run. It's filling up some of the gaps. And it is a positive, for that aspect of it."

Home real estate prices in places like Rhinebeck, Hudson, Beacon and Newburgh, continue

to surge. According to a November Wall Street Journal article, wealthy buyer demand triggered a 14.8% jump in median home prices versus a year ago, as migration of professional workers from NYC accelerated.

But the negative corollary of the remote working trend is that commercial real estate in urban and suburban hubs is collapsing. Those lost tax revenues, together with small business closures that top the nation, prompted New York governor Andrew Cuomo to warn in December that "tremendous" tax hikes are on the way, even if Washington provides some relief. Previously, in August, Cuomo begged wealthy New Yorkers to return to the city. It's clear now that many have no intentions of doing so.

Gerald says Albany and NYC's mismanagement of political upheaval and overwrought pandemic initiatives will not improve the economic climate in the state. "They're going to raise sales taxes, they'll raise property

Continued on page 3

## Spencertown Academy Presents Memoir Workshop with Elizabeth Diggs

Spencertown Academy Arts Center presents a memoir-writing workshop with Elizabeth Diggs. Due to popular demand, there will be two sections of the workshop. The first cohort will meet on consecutive Sundays from 3:30pm to 5:30pm via Zoom on January 10, 17, 24, and 31. The second cohort will meet on consecutive Sundays from 3:30pm to 5:30pm via Zoom on February 21 and 28 and March 7 and 14. Enrollment is limited to ten participants per section. The cost is \$60 for four sessions. To register, please see [www.spencertownacademy.org](http://www.spencertownacademy.org). "Begin the New Year putting pen to paper, fingers to keyboard, and crafting the memories you've been waiting to tell, with expert tutelage," says Kelly Kynion, Academy board member. "Our region is rich in creative writing talent, and we're delighted to offer these workshops with Liz Diggs, who is a wonderful teacher. She's so popular, the first section is already nearly sold out, so don't delay signing up!" "Writing a memoir is a journey to an unknown destination. The writer may believe that she or he knows the way, but the road will lead to surprising turns and forks that can bring forgotten memories into sharp focus and suddenly 'let the future in,'" says Diggs. "We will hope to open those doors, and step through them to tell the story of where our life has taken us."



Elizabeth Diggs is a playwright whose plays include *Grant and Twain*, *Nightingale*, *Close Ties*, *Goodbye Freddy*, *American Beef*, *Dumping Ground*, *Priceless*, *How to Plant a Rose*, and *Custer's Luck*; produced off-Broadway and at regional theaters. She was Professor of Dramatic Writing at Tisch/NYU. She is the book writer for the

Continued on page 7

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

## ACCORDING TO QUACKERS



The name for January comes from the Roman god, Janus, who is always depicted with two heads. He uses one head to look back on the year before, and the other head to look forward into the New Year!

## Call for Art

Morton is partnering with Rhinebeck Responds, Staatsburg and Starr Libraries and the Pollinator Patrol. This is a call for youth and adults to submit artwork that reflects a message of hope, interdependence, and community engagement. It is an opportunity to think critically about collective experiences with the pandemic, and how we might spark joy and motivation to care for our neighbors. Artists' creative expression will light up the lives of local nursing home residents

through the long winter months. Details in [link!](#) Deadline: February 5th. Winners announced February 12th. Art drop off at the Morton and Staatsburg Libraries during curbside hours

## Online Writing Help for BMS and RHS Students

With the school year in swing, Morton would like to help students with their writing assignments. Lawrence Miller ('Mr. Miller' to the kids!), the longest-serving (16 years) substitute teacher in the District - and Morton's Saturday librarian - is happy to offer this service to your child/ren. Assistance with editing/proofreading written work, in situations where family/teachers might not be available. This will also be offered to students taking French. If interested, please contact Lawrence at: [livingsimply2@hotmail.com](mailto:livingsimply2@hotmail.com)

## STAATSBURGH STATE HISTORIC SITE // 845.889-8851

Saturday, January 16, at

**10:00AM - "When Ice Came from the River: Ice Harvesting in the Gilded Age:"** A century ago, the village of Staatsburg was one of the leading sites for ice harvesting in the Hudson Valley. Join staff outdoors as they explore the local history of this once thriving industry through the Mills' country estate, Staatsburgh. Local businesses, including the Mills family, employed thousands of workers and harvested hundreds of thousands of tons of ice each year. *Snow date - January 17 (Sunday)*. Reservations are required via [www.staatsburgh.eventbrite.com](http://www.staatsburgh.eventbrite.com) **Cost: free**

**Saturday, January 23, at 10:00AM - "Staatsburgh in Winter:"** The winter months were a unique time for Staatsburgh during the Gilded Age. Follow staff on a guided walk, completing a scavenger hunt activity along the way, and discussing the winter-time fun from the turn of the century. The Mills

family enjoyed several outdoor activities along the Hudson River, from ice boating to sleigh rides, and they even rang in New Years at Staatsburgh. *Snow date - January 24 (Sunday)*. Reservations are required via [www.staatsburgh.eventbrite.com](http://www.staatsburgh.eventbrite.com) **Cost: free**

**Saturday, January 30, at 10:00AM - "When Ice Came from the River: Ice Harvesting in the Gilded Age:"** A century ago, the village of Staatsburg was one of the leading sites for ice harvesting in the Hudson Valley. Join staff outdoors as they explore the local history of this once thriving industry through the Mills' country estate, Staatsburgh. Local businesses, including the Mills family, employed thousands of workers and harvested hundreds of thousands of tons of ice each year. *Snow date - January 31 (Sunday)*. Reservations are required via [www.staatsburgh.eventbrite.com](http://www.staatsburgh.eventbrite.com) **Cost: free**

**HAPPY and SAFE 2021 to all**

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# Have You Ever Been More Ready for a New Year?

## You've popped the cork, however...

We don't want to pop your bubble, but are you aware of what 2021 tax laws may bring? The Coronavirus has impacted numerous tax issues – for example, **Teleworking, Payroll Tax, Home Office Deduction, Refund of 529 Funds** – and you should be informed, so you can deal with the ones that affect you.

Things won't magically change just because the calendar rolls over. We're here to help you navigate these waters, and be as prepared as possible for what the new year has in store.

Change can be good – perhaps it's time to consider moving over to the accountable firm. Call us today for a **free consultation**, and let us guide you through 2021 confidently, with a healthy financial outlook.

– John A. Grady CPA  
M.S. in Taxation



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**Trends to Watch from page 1**  
 taxes, they'll raise school taxes. They'll raise taxes on gasoline. They'll raise taxes any way they can. And then they'll throw out a bone, and they'll pretend like they're going after the bigs."  
**Paralyzed or Galvanized: Two Options**  
 Small businesses continue to be in an existential fight. According to data from the review site Yelp, 60% of businesses that shut down due to Covid have permanently closed. Former battles for market share with big box stores like Costco and online powerhouses like Amazon now look like skirmishes in what has metastasized into a one-sided bloodbath. While some estimates point to eight million more Americans

now living in poverty compared to pre-2020 numbers, CEO's that happen to head "essential" megacorps have profited. According to a September CNN article:

- Amazon stock was up more than 60% in 2020. As a result, CEO Jeff Bezos, already the world's wealthiest person, saw his net worth increase by \$55.2 billion since February 8
- The combined net worth of Alice, Jim and Rob Walton, whose family founded Walmart, grew by more than \$60 billion since February, as the retail giant's profit increased nearly 80% year over year to \$6.4 billion in the second quarter of 2020.
- Google co-founder Larry Page's assets have grown by more than \$18 billion

since February, while Tesla CEO Elon Musk's fortune increased by about \$70 billion. A tone-deaf Walmart ad playing during Christmas-time rubbed it in the face of "non-essential" workers, picturing odes to their employees set to the old Motown hit "You're All I Need". Some business owners are no longer taking it lying down. They're enduring fines and even jail time for opening and vocalizing their frustration with hypocritical politicians and their near-Kafkaesque edicts. Locally, Gerald Celente was ahead of that curve, organizing summer protests in Kingston. He believes the new lockdowns may well be baking in what he's calling "The Greatest Depression", which unfortunately, happens to be one of his top 10 predicted trends for 2021. He notes that the holiday season has been the latest hit sustained by main street. "The streets are empty. People are living in fear. And as everyone knows, for small business owners, it's a struggle in good times. Particularly in the restaurant business." He says if small businesses don't act together on behalf of their own

interests, they shouldn't expect saving from politicians and adversaries who have cut them out of the "essential" equation. "Right now? The opposition is not organized enough. It's not urgent enough. It's not knowledgeable enough. I was the number two guy running a major trade association in the 1970's, in Chicago. And I found that the people that run trade associations mostly would rather have been politicians, but they couldn't make it. These

Continued on page 6

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**ACROSS**

- Goes from snow to slush
- Make a contract official
- Mass garments
- Priest's leave
- Doing nothing
- Numbered circle
- Used the black credit card
- Start to give in
- Olympics participant
- "Nevermore" speaker
- Jeter of baseball fame
- Basic impulse
- "Not to mention ..."
- Levy anew
- Type of columnist
- Certain homey dwelling
- Like the Milky Way
- Catholic prayer
- spumante (sparkling wine)
- Irksome insect
- Flowery writing
- Cardiff-born
- Pakistani neighbor
- County, in Louisiana
- Is evenhanded
- Soon-to-be adult
- Sound of an active blender
- British cleric
- Poker pay-in
- Beginner or apprentice
- Cousin of a gazelle

**DOWN**

- Untidy situation
- World's Fair, for one
- New thing to turn over?
- Lemony, e.g.
- Have the helm
- Violate a commandment
- Awaited words at a wedding
- Learns little by little
- At the front of the line
- British pop sensation
- Ocean vessel
- Keep the turkey moist
- Glossy
- Modern evidence type, briefly
- High degree
- Bouquet holder
- Take to another level?
- Major ("Big Bear" constellation)
- Agents, briefly
- Decorated with gold
- Kuwaiti VIP
- Leer over
- Sch. support group
- podrida (spicy stew)
- A little resistance?
- Cleansing bar
- Certain
- Wife of Osiris
- Boggy matter
- Opposite of good
- Like nets around Stephen Curry?
- Serving in an Italian restaurant
- Much more than occasionally
- White-plumed wading bird
- "Rise and \_\_\_!"
- Talk, talk, talk
- Place for mud baths
- Bisect
- Little salamander
- Amtrak transportation
- Andean civilization
- Check out groceries, perhaps
- Bovine bunch
- Tire filler
- Sib of sis

**BOWL-A-RAMA** By Timothy E. Parker

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## The Impact of COVID 19 on Veterinary Care

by Dr. Louis Tumolo, Jr.

As with most things in our life, the process of obtaining veterinary care for our pets has dramatically changed. In the past, veterinary clients would be present throughout the examination process and communicate face-to-face with the veterinarian involved in caring for their pet. Since the pandemic, in most veterinary practices, close contact between the doctor and the client is no longer possible.

Out of necessity, the once standard client and doctor exam relationship and communication has become more distanced and less personal. Clients are asked to remain outside the hospital while their pets are brought in for examinations. Pre-examination communication is generally between the client and a trained veterinary assistant. Subsequent to the examination by the doctor, the client is called on the telephone and the findings, suggested diagnostic work, medication, and treatment are discussed. Following

completion of the agreed upon treatment protocol, the pet is returned to the client with any medication and instructions.

This is far from what any veterinarian would desire in a client-doctor relationship. This protocol is time consuming, labor intensive, and less than efficient, but it is absolutely necessary considering the pandemic environment that we are facing. Some pet owners are quite uncomfortable with the separation during the examination of their pet, but the potential risk for them and for our staff is far too great.

In March of this year, prior to implementing this procedure, we received a call from the Health Department that an asymptomatic client tested positive for COVID. Thankfully, none of our staff contracted the disease, but it required us to quarantine almost one fourth of our staff, including one doctor, for 14 days. This had a major impact on our clients and the number of patients we were able to see during that time. Recently, one of the largest animal hospitals in northern New Jersey had several staff members test positive for COVID. This resulted in the complete closing of the Internal Medicine and Surgical departments and severe restrictions in access to their Oncology, Dental, Cardiology, and Neurology departments. Additionally, their ER department could not accept any patients. The impact on veterinary care in the surrounding northern New Jersey area was significant and unfortunately resulted in a lack of necessary care to pets in the area.

Our hospital, along with other area veterinary hospitals, is taking this risk seriously. The cumbersome COVID protocol already limits the number of patients that can be seen in a day, and as with human hospitals, it has caused major stress on veterinary staff. Most veterinarians in the area are doing everything possible to keep their staff COVID free. We trust that pet owners throughout our area understand the risk and will take proper precautions to help prevent the spread of this pandemic.

### WINTER-PROOFING YOUR DOG

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

The holiday season has come and gone and now we look forward to the slower pace and tranquility of the winter months. During this colder season, we need to take special precautions to protect our canine friends from the cold. While it's easy to think that dogs are immune to cold because of their fur, the fact is that more dogs perish due to stress in the winter than at any other time of year. The following are some basic safety tips that will help ensure your dog remains healthy throughout the winter. WATCH FOR SIGNS OF FROSTBITE OR HYPOTHERMIA Puppies, smaller dogs, older dogs and those with short coats

should not be left out doors below 40°F. With proper shelter, other dogs can be safe down to 20°. However, be alert to signs of frostbite or hypothermia. Dogs' ears, paws and tail are especially susceptible. If you suspect frostbite, bring your dog into a warm location and soak the affected area with warm water for about 20 minutes. In the meantime, contact your veterinarian. Always wipe your dogs' feet after a walk in the snow to remove ice balls and salt deposits from the road. Signs of hypothermia are shivering, lethargy, low heart rate and unresponsiveness. If you notice any of these signs, bring your dog into a warm area, place a light blanket over him, and call your veterinarian. Short hair dogs such as Chihuahuas, greyhounds and even Pit Bulls might need a sweater or other protective gear. Leaving the warm temperature of the house to go outside can result in immediate chilling for these dogs. PROVIDE A PROTECTIVE SHELTER

If your dog stays outside much of the time in the winter, make absolutely certain that the doghouse meets certain minimum criteria. First, it needs to be raised a couple of inches off the frozen ground or concrete. The inside needs to have a blanket, cedar shavings or straw. Add a flap to the door and face the dog house away from the wind and weather. Place the dog house under an overhang or other shelter to keep snow off its roof. The size of the dog house should be large enough so your dog can sit and stand, but small enough so his body heat will be retained in the house. Provide water frequently and in plastic dishes to ensure the dog's tongue does not get stuck to cold metal. KEEP OLDER, ARTHRITIC DOGS INSIDE Older, possibly infirm or arthritic dogs should not be left outside under any circumstances! Escort the older dog outside for toileting and use a leash if the ground is covered with ice or snow. Older dogs can

Continued on page 5



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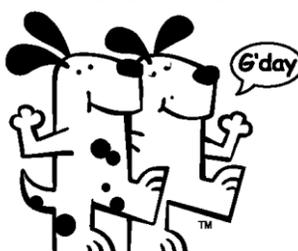
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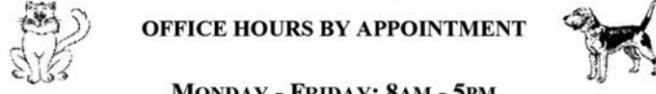
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**Barkbusters from page 4**  
 easily fall and seriously injured himself. Keep your dog safe!  
**YOUR DOG MAY NEED SOME ADDED NUTRITION**  
 Dogs will use more calories in the winter if they remain active. This will require the amount of food to be increased by approximately 10%. However, many dogs become less active in the winter because their owners don't walk them as frequently or they are not outside as often. If that is the case, do not increase the amount of food. Like many of us who are less active during the winter, less active dogs may be inclined to add on a few extra pounds during winter months, which should, of course, be avoided. The bottom line is, pay attention to your dog's appetite. If he seems hungrier, give him a little more food. If he is a couch potato in the winter, cut back a bit or give him healthier treats.

**ELIMINATE THE POSSIBILITY OF POISONING**  
 After a walk, be sure to clean your dog's paws. Salt that is spread on roads and sidewalks can be toxic to pets. Please don't use any products unless the packaging specifies that it is "pet friendly" and be sure to wipe your dog's feet if he has been walking in areas where you don't know what may be on the ground. Many dogs become very sick

or even lose their life from drinking antifreeze. Dogs like the sweet taste of antifreeze. When left in the garage, dogs may seek out a plastic antifreeze container that was inadvertently left on the floor and may try to open it. Make certain that all antifreeze containers are well out of reach of your dog.  
**TRAIN YOUR DOG DURING THE WINTER MONTHS**  
 Dogs that spend less time outside during the winter can become lethargic or, in some cases, may become hyperactive. The best way to keep your dog active or to use his excess energy is to engage him in activities that require him to use his brain and to think. Providing 10 to 15 minutes of daily training on basics such as sit, stay, come, and walking on leash energize the lethargic dog and cause a hyper dog to be more tired out. Providing a few minutes of activity twice a day is even better. Engaging your dog, keeping him active and getting him to use his brain is a great way to strengthen the bond between you and your dog too. When you play something as simple as a game of fetch (using lots of commands), the activity becomes a reminder to the dog that you are in charge and telling him what to do which easily puts you in the leadership role. Winter months can be just as

hazardous has the "dog days" of summer. By taking the right precautions and using good ole common sense, you can help protect your dog from the dangers of the harsh winter climate. And the results? Happy Dogs = Happy Families  
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 Barbara Sweeney Fassett is the Owner of Bark Busters Home Dog Training, Dutchess County. As such, she has done business in the mid-Hudson Valley for the past 12+ years. On the eastern side of the Hudson River, her territory includes all of Dutchess County and on the western side of the Hudson her territory

extends from Saugerties on the north to Newburgh on the south and Kerhonkson on the west.  
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**Trends to Watch from page 3**  
 are not the most formidable groups to pressure politicians to do what they want. The National Restaurant Association, for example, I was just reading yesterday...what did it say, 10,000 businesses are gone already? They're not fighting enough. "But it's not only them. There's no fight coming out of too many people. People are

believing everything they're being told. They're living in fear. They're paralyzed. They're not thinking for themselves." The inaction is precipitating self-destruction. In a November poll by business website Alignable of 9,201 small business owners, 48% said they could shut down permanently before year's end. A core advantage of small businesses,

that can't be duplicated by online behemoths, are the local social human interactions that make their experiences more than just transactional commerce. But that face-to-face social activity is precisely what's being suppressed and even outlawed. **Crackdowns of the Privileged Class**

Perhaps anyone proffering "but people are dying" justifications for it all might agree that politicians should be the first to be stripped of their jobs and thrown in jail for flouting their own restrictions, instead of small business owners. There is certainly no lack of high profile pols and celebs who continue to be outed on that score.

Beyond the first wave of hypocritical transgressions, the winter holiday season saw fresh affronts. Austin Mayor Steve Adler advised residents not to travel on Thanksgiving in a video post...from his vacation timeshare in Cabo San Lucas. Brooklyn Borough President Eric Adams held a crowded fundraiser indoors even as the state encouraged New Yorkers to limit indoor gatherings. Gavin Newsom enjoyed a posh party at a locale entitled "The French Laundry". After pictures surfaced, he pronounced that he should have "stood up, instead of sitting down", as though a campaign-style slogan would redeem him. Los Angeles County Supervisor Sheila Kuehl was seen eating outdoors in Santa Monica mere hours after voting to ban outdoor dining in Los Angeles County.

Then there was New York's Governor, planning to host his daughters and his 89-old mother for Thanksgiving, after advising New Yorkers to stay home and not hold gatherings. He altered his plans after being found out, then later organized a star-studded virtual fundraiser while siccing inspectors on businesses trying to stay afloat. After video-conferencing in on the first vaccination in the country (the one he'd previously railed against as rushed and potentially unsafe), he gave a dire warning that everything state-wide would probably have to be shut down again. The blizzard of new activity grabbed headlines, whitening-out a former aide's bombshell allegations of sexual harassment.

The true level of personal concern of many powerful politicians has been revealed much louder by their actions than by their news conference narratives. Gerald makes no bones that he saw something suspiciously familiar in the dire way the pandemic was framed, right from the outset. He likens the Covid saga to another variation on "endless war", that in one form or another has consumed and drained the nation for the better part of 60 years.

"When this began—and we wrote about it as it happened—our January 28th 2020 cover of the Trends Journal was 'Coronavirus: 106 dead in China.' And our next line was, '104 billion still alive.' Politicians and the media have called this the

Covid War. And why did they frame it that way? Because it's so easy to take people off to war." The confluence of Covid and cash is becoming easier to distinguish. Big business is winning, from tech with tracing apps and remote networking and commerce platforms, to the fast-food chains that were always geared to pick-up, to big pharma banking on the government's warpspeed race to vaccines. In December, video surfaced

of infectious expert in chief Dr. Anthony Fauci telling a doozy of a "jest" during his keynote speech at Harvard Global Health Institute's 2018 Outbreak Week: "Immunology grew out of infectious diseases, and I always joke with my co-institute directors that probably, sooner or later, every disease is going to turn out to be related to an infectious disease. Just kidding — that's just me wanting more money."

Continued on page 10

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**Zucchini Pizza Casserole**



**Ingredients**

- 4 cups shredded unpeeled zucchini
- 1/2 teaspoon salt
- 2 large eggs
- 1/2 cup grated Parmesan cheese
- 2 cups shredded part-skim mozzarella cheese, divided
- 1 cup shredded cheddar cheese, divided
- 1 pound ground beef
- 1/2 cup chopped onion
- 1 can (15 ounces) Italian tomato sauce
- 1 medium green or sweet red pepper, chopped

**Directions**

Preheat oven to 400°. Place zucchini in colander; sprinkle with salt. Let stand 10 minutes, then squeeze out moisture. Combine zucchini with eggs, Parmesan and half the mozzarella and cheddar cheeses. Press into a greased 13x9-in. or 3-qt. baking dish. Bake 20 minutes. Meanwhile, in a large saucepan, cook beef and onion over medium heat until meat is no longer pink, breaking meat into crumbles; drain. Add tomato sauce; spoon over zucchini mixture. Sprinkle with remaining cheeses; add green pepper. Bake until heated through, about 20 minutes longer. Freeze option: Cool baked casserole; cover and freeze. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Unwrap casserole; reheat on a lower oven rack until heated through and a thermometer inserted in center reads 165°.



## The Loss of Our Veterans is Here in America

by Charlotte Michos, RN, MS, CNS, CLNC

We lose close to 18 veterans to suicide on a daily basis. Veteran Andrew “Andy” Marckesano was born in Phoenix, Arizona on October 22, 1986; and just three days after taking a job with the Pentagon in 2020, he took his own life in our nation’s capital. The suicide rate of veterans goes up to 20 suicides daily if active-duty troop members are included (<https://www.militarytimes.com/news/pentagon-congress/2020/11/12/suicide-rate-among-veterans-up-again-slightly-despite-focus-on-prevention-efforts/>). Despite the numerous programs and ongoing research of the Veterans Health Administration (VHA), suicide is still a complex problem with too many unknowns that leaves our veterans at high risk.

“Andy” Marckesano graduated as a Green Beret in 2015. As a Special Forces Weapons Sergeant in the 2nd Battalion – 7<sup>th</sup> Special Forces Group (Airborne)– Andy was once again deployed to Afghanistan in 2017. Despite his history of multiple deployments, it was the one back in 2009, as part of the 82nd Airborne and 75th Ranger Regiment to the Arghandab Valley, that hit him the hardest, according to family and friends. Many of those close to him said he became a “changed man.” Andy, like the story of many veterans, continued taking on redeployments – perhaps feeling disconnected to the “real world.” He was an accomplished soldier, having been recognized with many accommodations including the Silver Star. At the time Andy committed suicide his loved ones recall that there was no notable downward shift or spiral. As with many suicides it was not foreseeable (<https://www.wearethemighty.com/mighty-culture/andy-marckesano/>).

Mental health service in our country is a weak link in the

chain of our healthcare system. We know the value of early interventions in many areas of mental health, yet we have failed miserably in putting measures in place. With all Americans, we need “coordinated efforts at the local, regional, and national levels to implement public health approaches to end suicide” (<https://www.mentalhealth.va.gov/docs/data-sheets/2020/2020-National-Veteran-Suicide-Prevention-Annual-Report-11-2020-508.pdf>). According to the 2020 National Veteran Suicide Prevention Annual Report, there has been an unfortunate increase in overall suicidal rates with veterans (after a slight decline from 2016–2018). In contrast and more hopeful, there is a decrease in suicides among those veterans utilizing mental health services.

Where do we begin with resolving this crisis? Suicide has no singular cause or pathway, which means the solutions cannot follow a single path. For example, there is a complex interaction of factors (at various levels) that can contribute to an individual’s suicide:

1. **International level** with examples being wars or pandemics
2. **National level** to include economic or healthcare disparities
3. **Community level** involving employment rates, availability and access to mental health services
4. **Familial and Relational levels**, which entail quality of support systems or relationship problems
5. **Individual level**, which addresses the individual’s health issues and suicide risk (<https://www.mentalhealth.va.gov/docs/data-sheets/2020/2020-National-Veteran-Suicide-Prevention-Annual-Report-11-2020-508.pdf>).

In trying to understand the suicide of veterans, we must also examine the many contributing details of cultural and socioeconomic context:

1. **Economic Disparity:** The transition from military to civilian life can be difficult. Vets are less likely to be employed and have lower incomes than the general population. Of course, unemployment and poverty are correlated with homelessness.
2. **Race, Ethnicity, LGBT Disparities:** American Indians and Alaska Native populations have the highest rates of suicide. Discrimination impacts access to care, as well as quality of care.
3. **Homelessness** contributes to higher suicide rates.
4. **Social Connection:** Vets tend to have an increase in divorce rates, are widowed more, and experience social

isolation. With COVID, social isolation is even more of an issue with depression and suicide.

5. **Health and Well-Being:** Vets who die from suicide are more likely to have had sleep disorders, substance abuse issues, traumatic brain injury, pain disorders, and personality and/or anxiety disorders. {The research is extensive in the above-noted areas. Here are a few sample studies utilized for this article:

- Turecki, G., Brent, D.A. (2016) Suicide and suicidal behavior. *Lancet*. 387: 12271, 227–39.
- McCarthy, J.F., et al (2015) Predictive Modeling and Concentration of the Risk of Suicide: Implications for Preventive Interventions in the US Department of Veterans Affairs. *American Journal of Public Health*. 105(9):1935–42.
- Cochran, B.N., et al. (2013). Mental Health Characteristics of Sexual Minority Veterans. *Journal of Homosexuality*, 60(2–3), 419–435.

The key to any health issue is prevention; the Suicide Prevention (SP) Now Initiative is a nationally-backed program that focuses on: **Healthy, empowered veterans with family and community support:** paid medical plans, increased outreach and state-of-the-art services – including telehealth hubs. **Lethal Means Safety (LMS)**, which addresses the training of police forces, emergency department staff, and healthcare providers. “Research shows that approximately 70% of military suicides involve firearms, compared with around 50% of suicides in the U.S. general population” (<https://www.apa.org/monitor/2020/01/ce-corner-suicide>).

In one study done on firearm storage practices, “they found that nearly 36% of participants reported having a firearm in or around their homes, but less than a third of those with firearms said their weapons were safely stored, and nearly half indicated their firearms were either loaded and unlocked or not safely stored” (<https://www.apa.org/monitor/2020/01/ce-corner-suicide>). This past November in the US bill for bettering the VA’s suicide prevention efforts, the portion of the bill to promote the safeguard storage of firearms among veterans was unfortunately not accepted into the bill. **Clinical and Community Prevention Services** with improved risk screenings, enhanced services for high-risk vets, and outreach programs to homeless vets. Educational materials in key locations and the promotion of media campaigns. For example, Dr. Philip Smith at the University of South Alabama is looking at opportunities for prevention before a veteran enters a crisis situation. His **Operation Deep Dive** is really “trying to understand not so much the specific mental health concerns of veterans but is looking instead at where in the community might there be prevention points where we can divert an individual who

is on the trajectory to death by suicide to a different path” (<https://www.apa.org/monitor/2020/01/ce-corner-suicide>). **Treatment, Recovery and Support Systems:** Evidence-based modalities with a focus on same-day mental health screenings and treatments, expansion of the Veteran’s Crisis Lines, as well as developing measures to engage more vets in VA service. **Suicide rates dropped between 2-6% from 2005 to 2018** with certain conditions (anxiety, depression and substance abuse) **for those veterans under VHA care** (<https://www.mentalhealth.va.gov/docs/data-sheets/2020/2020-National-Veteran-Suicide-Prevention-Annual-Report-11-2020-508.pdf>). **Surveillance, Research, and Evaluation:** Evaluate which evidence-based modalities are effective, utilize data & technology for early warning surveillance and enhance the REACH VET program, (<https://www.mentalhealth.va.gov/docs/data-sheets/2020/2020-National-Veteran-Suicide-Prevention-Annual-Report-11-2020-508.pdf>). **The REACH VET program is a computer-based statistical risk program that flags veterans and identifies mental health problems early on – e.g., before suicidal thoughts occur** (<https://www.apa.org/monitor/2020/01/ce-corner-suicide>). The roadmap that addresses how to change the culture surrounding mental health and suicide prevention is called **PREVENTS or the President’s Roadmap to Empower Veterans and End a National Tragedy of Suicide** (<https://www.va.gov/PREVENTS/EO-13861.asp>). As with the subjects addressed in this article, the outcomes focus on implementing strategies to effectively lower the rate of suicide and analyze opportunities for collaboration within

federal, state, local, tribal, and nongovernment entities. (<https://www.apa.org/monitor/2020/01/ce-corner-suicide>). This visionary roadmap of **PREVENTS** outlines three major missions: to end military suicide, to provide legislation and funding, and to carry out research. We lose too many veterans in combat; we need to end the loss at home. *This article is dedicated to my daughter’s friend, who is a Green Beret.* To find out more about The Green Beret Foundation, visit <https://greenberetfoundation.org/msg-marckesano-suicide-prevention-fund/> 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](http://www.besthealthconsultant.com) or email [charlottemichos@icloud.com](mailto:charlottemichos@icloud.com).

### Spencertown from page 1

musical *Mirette*, with Tom Jones and Harvey Schmidt, and wrote for the TV drama *St. Elsewhere*. Her honors and awards include a Guggenheim, NEA, Los Angeles DramaLogue award, the CBS / FDG prize, Kennedy Center grant for new American plays the Edgerton Foundation grant and runner-up for the Susan Smith Blackburn prize. She is now working on a memoir called *My Oklahoma* about growing up in Tulsa. This program is made possible with support from Rochelle Bartolo Beach and Bartolo Realtors. 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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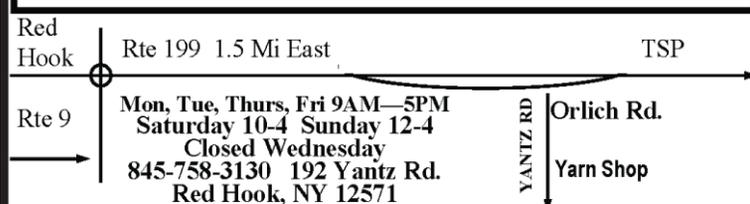
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# God's Corner

## Will 2021 be better than 2020?

By Naomi Fata

With the dawn of the new year this seems to be the looming question on many people's minds. Will 2021 be better than 2020? That might sound like a good question. After all who wouldn't want a world that is brighter than a global pandemic? However, a brief review of history reminds me that every generation has its fair share of challenges. In the twentieth century alone, there was the World War I, the Spanish Flu of 1918, World War II, the Great Depression, the Cold War, the Vietnam War, the Korean War, the Women's Liberation Movement, the Civil Rights Movement, and probably a long list of other historical events that I haven't listed. History is a cycle of challenges. There are times of relative "peace on earth" and there are times of great hardship. You cannot live long without experiencing both joy and sorrow. The desire to have 2021 be a better year is because we all want to run from the pain 2020 has brought us. It has cut away all that was comfortable and broken us in ways we never imagined. In her book, *The Broken Way*, Ann Voskamp

encourages us to embrace the breaking, writing "Wounds can be openings to the beauty in us. And our weaknesses can be a container for God's glory." If you learn one thing from history, learn this: You can never escape pain. It is part of life here on earth. Instead, we could look at pain as something that shapes us. The great Psalmist penned the words, "My suffering was good for me, for it taught me to pay attention to your decrees." (Psalm 119:71 NLT) Even though 2020 was hard, were there ways in which it was good for you? For some of us, it may have caused us to reach out for God in ways we never had before. As we step into this new year the circumstances of our lives are uncertain. Rather than looking for a "better year" that is defined by our own terms of ease and prosperity, we can choose what to make of 2021. Choose to be like the Psalmist and use the hard times to draw near to God. Choose to let Him birth in you a beauty of compassion, empathy, and Christ-like character. If we choose this path 2021 will be better because we will become more like Him. Naomi Fata is the President of Christian Resource Ministry Inc. (CRM) [www.christianresourceministry.com](http://www.christianresourceministry.com)

## LOOKING TO THE LORD FOR HIS DIRECTION AND GUIDANCE IN 2021.

"Trust in the LORD with thine whole heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil" (Proverbs 3:5-7).

We have come through a very difficult year in 2020 with the Pandemic, unrest in the Country and the things that each one of us have faced in our lives. As Christians we are Thankful for the Presence and Power of the LORD who has enabled us and provided for us in 2020. As we enter into 2021 we can be assured that He will continue to Direct and Guide every step of the way. While that is true, we need to continue to follow the directions that God's Word instructs us in Proverbs 3:5-7.

We need to Trust in the LORD with our whole heart. The LORD is always Trustworthy. The things of this world change, but God never changes. He is and will remain the same forever. "I am the LORD, I change not." (Malachi 3:6a). Jesus Christ the same yesterday, and today, and forever" (Hebrews 13:8).

We are not to lean unto our own understanding. So often people have an understanding about someone or something, but many times they do not have the proper understanding about what they see or hear. It is important that we don't jump to conclusions about things until we seek God's wisdom and direction. We are to seek God's will and understanding about all things.

We are to acknowledge the LORD in all of our ways. That means we should go to the LORD in Prayer to seek His wisdom and will in whatever matter we face in life. "If any of you lack wisdom, let him ask of God, that giveth to all men

liberally, and upbraideth not; and it shall be given him" (James 1:5).

The LORD'S Promise is that He will direct our paths. We all need His Direction and Guidance in 2021. "I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye" (Psalm 32:8).

In all ways of Life in 2021 we must not be wise in our own eyes, but we are to Fear the LORD, which means to Reverence and Respect for Him. We are to depart from evil and walk in Obedience to His Will by the Grace of God and in the Power of the Holy Spirit.

If you have never trusted the Lord Jesus Christ as your Personal Savior and Lord, now is a perfect time to turn your life over to Him. He died on the Cross for your Sins and Rose from the grave on the Third Day to guarantee Eternal Life to whosoever calls upon His name to be Saved. "For whosoever shall call upon the name of the Lord shall be saved" (Romans 10:13).

If you would like to know more about the LORD'S Direction and Guidance in 2021 and/or about being a Christian, please contact us by Email us at [cdcfirone@aol.com](mailto:cdcfirone@aol.com), or by phone at (845) 876-2122 or 876-6923. Grace Bible Fellowship Church is located at the intersection of Route 9 and Route 9G intersection, 1/4 Mile North on Route 9 in Rhinebeck, NY. Pastor Frank L. Cirone

Nuvance Health's Thompson House – also known as the Northern Dutchess Residential Health Care Facility – earned Best Nursing Homes status by achieving the highest possible rating of "High Performing" for short-term rehabilitation care. "We're proud to be recognized as a premier location, specifically to help patients rehab quickly and safely return back home," Thompson House Administrator Steve Reynolds said. Now in its 11th year, the U.S. News Best Nursing Homes ratings and profiles offer comprehensive information about care, safety, health inspections, staffing and more for most of the nation's 15,000-plus nursing homes. U.S. News gives the designation of Best Nursing Home only to facilities that satisfy its assessment of key services and consistent performance in quality measures. The Best Nursing Homes ratings reflect U.S. News' analysis of publicly available data using a methodology that evaluates factors it has determined most greatly impact patient and resident care, safety and outcomes. This information reflects the survey results from the Centers for Medicare and Medicaid Services (CMS), which has given The Thompson House a Five Star overall rating, the best possible from CMS. For more information, visit U.S. News Best Nursing Homes.

## U.S. News names Thompson House a 'Best Nursing Home' for rehabilitation

U.S. News & World Report recently named The Thompson House a 2020-21 Best Nursing Home. The skilled nursing facility on the campus of Northern Dutchess Hospital is among the 21 percent of nursing centers in the country that have been recognized as a Best Nursing Home for 2020-21, the Washington, D.C.-based media company announced.

## Call for Seeds

The Morton Seed Library is planning a virtual seed swap for Saturday, January 30th (National Seed Swap Day). To help us facilitate this event, we are asking for your assistance. Did "your garden grow"? Did you save seeds? Would you like to share? Please contact [sandy\[at\]mortonrhinecliff.org](mailto:sandy[at]mortonrhinecliff.org) with your inventory by January 15th and we will add it to our master list. We will all be able to view/share/choose and then start planning our gardens on the 30th. Thank you!!

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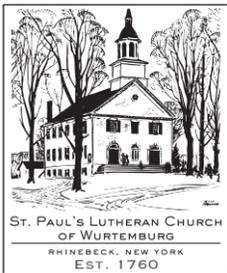


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**Antique Warehouse from page 1**  
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HOUSEHUDSONNY.COM, which is an additional source of information. They can also be reached by email at COT-TAGETR@AOL.COM or by call or text to (908) 399-9445. During this stressful time, we all want to support our local businesses. Think about take out ordering from our local restaurants, who are really hurting. Don't just order from Amazon - find a local retail store that will take orders for curbside pick-up. There are many and they need our support or they will not be around for us when the major ordeal of the pandemic is behind us. There are lots of good business people offering new take-out items and pandemic sales, in both upper Dutchess and southern Columbia counties. Support them!! Let's try to help

our local folks as best we can. And speaking of sales, you will notice in the holiday ad right here in this paper, probably on this very page, that The Antique Warehouse is still in the holiday spirit. They are offering fifteen per cent off any purchase if you mention their ad and this will hold true for the entire month of January!! So discover The Antique Warehouse for yourselves and spend some time out of the cold weather in an inside, safe place to shop. There are even other operations going on in the rear section behind them, plenty to see and explore. It's a place you can spend an hour or an entire day.  
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**Trends to Watch from page 6**

Fauci's National Institute of Allergy and Infectious Diseases has since received \$1.5 billion in Covid-19 funding, making it tops in funding that Congress has given to the NIH in three pandemic-related spending bills,

according to Science Magazine. Other matters are more widely known. Medical facilities recoup more money when they can attribute deaths to Covid. Testing kits, no matter how faulty, are covered on the public dime. And Gerald points out that the pandemic even managed to resuscitate morbid media outlets like CNN.

"When you go back to January of 2020, and you look at the ratings of CNN, MSNBC, all of them, they were terrible. A couple of hundred thousand people were tuning in to Anderson Cooper. And then we quoted Jeff Zucker from CNN telling his staff to stay on the Coronavirus. And it boosted ratings, the last time we wrote about it, by

120 percent. The greater the fear, the higher the ratings." Gerald said he was struck by a recent comment of Belinda Gates, where the billionaire benefactress admitted that she and other self-appointed pandemic 'experts' didn't really think through the economic impacts. "They never do," Gerald points out. "This is what I'm trying to say. When they start these 'wars', they never have an exit strategy. Go back and listen to any one of them. Name the war. Vietnam. The Korean War. The Iraq War. One after another. We're going on 20 years in Afghanistan? And it's the same with this. They've had no exit strategy when they close down everything.

"What Gates said, and it's very important to the businesses: because the politicians are making these decisions without exit strategies. They don't have to worry about that. They don't have to worry about their business going broke. They get their money, in the name of taxpayers paying them. So they can make these decisions, like Cuomo just closed down restaurants again in NYC. Where is the revolt?"

**Trends That May Mark Regional Opportunities**

For local entrepreneurs who want to take a practical approach to making something positive out of events, the *Trends Journal* highlights

Continued on page 12



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fight the COVID-19 pandemic! For parents trying to keep their young students academically engaged, and prevent 'back-sliding' in educational development, there is a unit in Universal Class that includes classes for school-aged learners. All classes are broken into units of video instruction followed by simple multiple-choice question quizzes to test learning outcomes. This format is helpful for taking single units and returning over several days or study sessions.

**2021 Virtual Annual Meeting**

The Board of Directors of Arts Mid-Hudson cordially invites all to attend the 2021 Virtual Annual Meeting on **Monday, January 25 at 5:00 p.m.** Join us as we present our 2020 Annual Report and the 2021 Board of Directors. *This event is free and open to the public*




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**Trends to Watch from page 10** several interesting avenues that might be profitable in 2021. One is Survivalism. Remember a few years ago, when Preppers were castigated as a variant of Jesus-freak loons? It seems they must've known something, because we're all preppers now. And suddenly, the idea of owning a gun for personal protection is back in vogue. So are things like learning new skills to be more self-sufficient in times of crises. Gerald says anyone who can find a niche that responds to the desire of people to be able to better fend for themselves in a time of uncertainty and crisis, might do well in the current climate. In the mid-Hudson region, new home buyers as well as longtime residents will probably be beefing up home security systems, looking for water purification systems, off-grid type power back-up and augmentation, food gardening, and much else besides. Physical fitness, and probably home equipment

Another trend Gerald predicts is a "roaring 2021" of youth rebellion against the lockdown ethos. He notes that underground hangouts reminiscent of prohibition era "speakeasies" are definitely a thing. He suggests that fashion, entertainment, and product developers who target the millennial and younger demographic with an appropriate message, sound and style will reap rewards.

Gerald, who owns three stone buildings on the renowned "Four Corners" of Crown St & John St in Kingston, is recognized as an innovator in trends forecasting. His 40-year track record includes predicting the 1987 Stock Market crash, the late 90's Dot com bust, "Gold Bull Run," the "Panic of '08," the rise of organic foods, and the popularity of gourmet coffee (before Starbucks was a household name). A self-proclaimed political atheist, he says his mission has been to observe and analyze current events forming future trends for what they are - not for

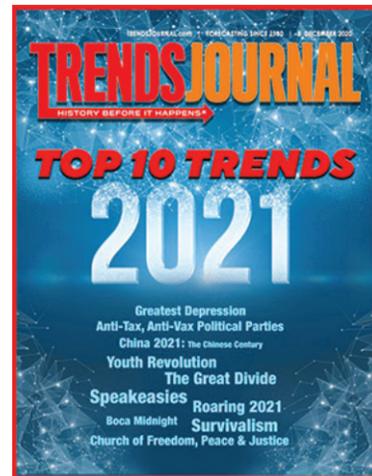
how he wants them to be. "At this point, I don't care what happened in 2020. I care about what's happening in 2021. Seeing what's ahead is what I do."



In that regard, Gerald has advice for small businesses who want to be around in the future. "They need to stand up and get it into politician's heads that they're there to serve the people. I would say that if small business owners do not unite and fight for what they believe, rather than having politicians telling them what to do, there are going to be a lot less small businesses. Those wishing to check out or subscribe to the Trends Journal can visit trendsresearch.com.



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**Local Businesses from page 1**

home exteriors.” Contact Stefan Tybus at 845-235-4678, or go to [www.stefanspainting.com](http://www.stefanspainting.com)

There’s no one in the area with a better reputation for reliable, professional home cleaning than **Jenny’s Cleaning Service**. Jenny Hernandez Romero has been in business for over 25 years in the Rhinebeck area.

And there’s good news for anyone looking to tidy up before the summer really starts sweltering. Jenny has recently expanded to different locales from Red Hook to Poughkeepsie, and points north into Columbia County as well.

“People are moving to Rhinebeck a lot, and Red Hook, and Jenny’s Cleaning Service would like to be welcomed into your home, in order to welcome you into our community,” says Jenny. “We are ready to serve them as they need it.”

Contact Jenny at 914-466-4336 (good references available).

Local pastor Rev. Dr. Robert L. Gram has written a book of meditations written with his congregation in mind, but applicable to anyone searching for solace in a troubled age. It’s called **Christ and Covid 19: Meditations for Peace in Times of Turmoil**.

“The Coronavirus really exploded here in March, and I couldn’t do what ministers normally do,” the part-time minister at the Red Hook Reformed Church explains. I couldn’t visit people at home, in hospitals or nursing homes. The Meditations ensued. I write about how God helps us deal with the stressors of Covid-19. And how ironically the pandemic may help us to grow in character, and strength.”

*Christ and Covid 19: Meditations for Peace in Times of Turmoil* is available locally at Oblong Books in Rhinebeck. It can also be found on the web at Amazon, Barnes & Noble, Indiebound and Bookshop.

Country life has never looked better to many former city dwellers in the tri-state area. And **Future Homes**, based in Cairo NY, is uniquely positioned to help transition people into beautiful customized manufactured homes in the Catskills and surrounding locales.

Future Homes President Lucille Bertone says the trend of downstaters looking to escape NYC and other urban environs has only gotten stronger over the past year. In business for close to half a century, there are few other players as well-positioned

as Future Homes to guide clients efficiently every step of the way into planning, purchasing and moving into an affordable new home. For more info, call 518-622-8200, or visit <https://www.yourfuturehomes.com>

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provides a wide range of services throughout the Hudson Valley. For potential patients, all it takes is a phone call to start the process of securing care.

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The so-called “Open Enrollment Period(OEP)”, is in effect right now, from Jan 1st, thru March 31st. During this period, plan changes are available to

**Continued on page 15**

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**RED HOOK**

Exceptional log home on 7.5 pastoral acres. 3 BR, 3 bath, 2400 SF, vaulted ceiling, wood flrs and stone FPL in great room. Wonderful hickory kitchen cabinets, granite counters. Upstairs loft area. Large back porch overlooks breathtaking back yard and small pond. 3 car detached garage/studio and large machinery shed. **EXTREME PRIVACY & QUIET.** A one of a kind property. Offered at **\$775,000.** None nicer.



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**Historic Clermont**

4000 SF, 2 family, 5 BR, 4 bath Grand Estate Home. First time on market in 50 years. A grand home with all of the original detail retained. Currently used as multi family, but could easily be restored to its former statue on 3.7 acres. Also has an in-ground pool and unattached barn/studio. Set back from road gives the home an estate like feel. Great B&B potential located halfway between Hudson and Rhinebeck. A must see home offered at **\$699,000.**



**1 Hook Road, Rhinebeck**

A wonderful 9600 ft industrial building. There isn’t a nicer industrial building available in Northern Dutchess County. Approximately 1800 ft of office, remainder industrial space. Concrete floor that can handle fork lifts, high ceilings, 3 phase power, 2 loading docks and tractor trailer turn around. Clean site easy to find, 6 miles to NY Thruway, 1 mile to bridge, .9600 sf total. Largest building for sale in Northern Dutchess. **\$995,000**



**983 County Rte 6, Germantown**

Nice mini farm in quiet country location. Nice 3 BR home with 40+ acres currently in agriculture. Good well drained soil, small pond on property and mostly cleared. Nice package ALSO has a mobile home pad that pays \$450 per month. **\$499,000**

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**TIVOLI**

Immaculate one of a kind colonial. Features a Key West style front porch, inviting floor plan, arched entryways, 4-Season sun room overlooking the heated inground pool. Private backyard also features a cabana w/cedar sauna and shower. 2 sheds, attached 2 car heated garage plus additional Amish built 2 car garage w/unfinished upstairs. Great for home office or studio. Downstairs bonus room could easily convert to MBR. All roofs new. All bathrooms updated. Great family neighborhood, walking distance to restaurants, parks, river and Kaatsbaan. Close to Red Hook, Rhinebeck, Kingston and Bard. Red Hook Schools.



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**Germantown:**  
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overlooking your own private pond. Garden, play, fish or just relax... you can have it all. Great natural lighting w hw floors throughout. Spacious MBR w/FB. Great lower level FR w/FB for extra space, walks out to gorgeous backyard area. Updates include hot water heater, exterior & interior paint, rear sundeck, split rail fence & a whole house generator. Located in a convenient location minutes to Hudson, Red Hook, Tivoli & just 90 minutes to NYC. Supreme country living! **\$389,900**



**Tivoli:** Privately set down meandering driveway this Cape home has so much to offer. Open LR & DR. Custom Kit w/breakfast

bar, PR & MBR on Main Level. Upstairs features two generous guest BR's w/access to FB. BSMT w potential for more living space & utilities are high energy efficient w geothermal heat. Pvt 5 acre park, landscaped w amazing trees & shrubs. Grow organic veggies & flowers in your own fenced raised bed garden. 18x24 Barn invites creativity & hobbyist. Enjoy listening to the peepers at night from the tadpole pond or the rushing sounds from your pvt stream frontage. Walk to Village for dining & drinks or just relax in your own beautiful back yard without a neighbor in sight. **\$469,900**



**Red Hook Village:**  
Well cared for split level home, located on corner lot & walkable to all. Step into large

LA w/new floors & bay window. Renovated Kit w gorgeous counter tops & energy efficient appliances. Covered deck off Kit for al fresco dining in huge backyard w/pvt basketball court. Renovated bth, 3 good size BR's & walk up attic w/ endless storage. WO FR w half bth could easily be converted into pvt quarters. Bsmt w/laundry room & more room for storage, office/gym. Space is not lacking here. Owners have meticulously cared for this home, updates include furnace, water heater, roof, doors, windows, gutters/guards, digital thermostat & generator hookup. Nothing to do but move in & enjoy. **\$325,000**



**Rhinecliff:** Charming country getaway begging for someone to come & make this their very own. Home sits on 15 acres of

level, lovely open land w/mature trees throughout, nestled on a back road w the kind of peace & quiet one can only dream of. Walkable to the story book village of Rhinecliff, train station & Hudson River. Sunroom w/a stone FP for spending evenings by the fire listening to the sounds of the forest. Country eat in Kit w/cabinets & features that give this home it's cozy character. LR w/beamed ceilings & large windows that let the sunlight pour through & frame the peaceful meadow like views. The possibilities are truly endless w this property; subdivide, build another home while you live here, or expand the current house. A must see in a priceless area. New Roof, well & furnace; move in & dream up the possibilities. **\$825,000**



**Livingston:** Country charmer w/lake rights! Not your average one story Ranch. MBR suite w/garden tub & shower, plus 2 other BR's & FB. Open concept LR, DR, lovely Kit w/white cabinetry & stainless steel appliances. Vaulted ceilings, glistening cherry flooring, upgrades throughout. Finished WO lower level makes huge rec/media room w/add'l space for extra Bth. 5 minutes to lake front park, great weekender, first time or retiree. **\$239,000**

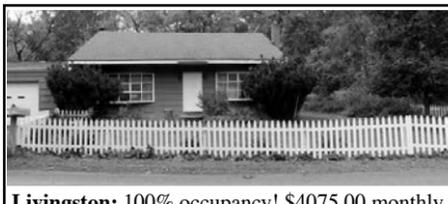


**Red Hook:** Located in quiet park, 5 minutes to town this brand new 2020 2 BR/ 1 FB home has lovely features. Flooded w light, beautiful engineered flooring throughout, tasteful fixtures & great closet space. Kit w breakfast nook & dining area opens to LR. Energy efficient & easy maintenance. **\$90,000**



**Rhinebeck:** Circa 1920. Distinctive 5 unit building is fully occupied & located on the outskirts of Rhinebeck Village. Built like a

fortress, this building sits on 5+ acres of flat usable land comprised of lawn & woods. Wonderfully maintained over the years & non-spoiled, the current owner has kept it in very good condition. A solid investment in many ways whether you convert the lower level into one large apt & have the upper units pay your mortgage or just keep as is & collect the income every month. Location is very convenient to all. **\$429,000**



**Livingston:** 100% occupancy! \$4075.00 monthly gross income. Main House - TWO 2 BR units and TWO 1 BR units. Barn/apt (2 story) has 1 BR, Mobile home has 3 BRs. Great investment or extended family opportunity. 6 units total, all rented & located off a dead end street in the quiet hamlet of Livingston. Well maintained & loved over the years by the same family. Great opportunity & solid investment. **\$325,000**



**Red Hook:** Mother/daughter or Father/son opportunity, 5 mins to schools & town! Located on almost 2 acres of private, lush land. Open fp w/3 large BR's, refurbished bathroom. double sided fireplace in LR & DR, country Kit w/plenty of cabinetry & great pantry! Front deck is perfect for BBQs or just relaxing w/a book. The lower level features a 1 BR apt w/full bath, open fp & walk out to a private backyard. Unique opportunity!! **\$379,000**



**Gallatin:** Legal two family in excellent condition offers many options. Live on one side & rent out

the other. Ideal Mother/daughter situation. Great investment return at \$21,900 annual (gross). Low operating costs. Tenants pay all utilities, snow & lawn removal. Full bsmt offers finishing potential. Private 2+ acres. Improvements include: Carpets & floors, bathrooms, 2 HW heaters, furnace, oil tank, Chimney sleeve, Humidex system, & water expansion tank. **\$275,000**



**Commercial Space Pine Plains:**  
Opportunity knocks at the door of this well maintained building set in the heart of

bustling Pine Plains. Formally leased as a thriving diner but lends itself to many uses. Owner has updated the 3 bathrooms as well as windows, electric & septic. There is seating for 53 including bar & table sets. Outside awning allows for additional seating. This is charming place to realize your dream. **\$184,000**



**Livingston:** Located off Pretty Country Road in the Historic Town Of Livingston this 10 acre parcel is perfect for building your homestead to cultivate and commune w nature. Short distance to Twin Lakes and within 15 minutes to Red Hook and Hudson. **\$175,000**

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40 Tee Lane  
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532 Route 199  
Echo Valley Road  
77 Williams Road  
434 Spring Lake Road

### Milan:

149 Battenfeld Road  
894 Academy Hill Road

### Stanfordville:

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### Tivoli:

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### Pine Plains:

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**Local Businesses from page 13**

people who have a "Medicare Advantage" type plan. The Open Enrollment Period is great for people who have a Medicare Advantage plan, who may have missed the AEP," says Colleen Palmiter. "They might be traveling, or hospitalized. Or they might have enrolled in a different plan, and then decide, in say February, that they want to make a change. "Coverages can change based on current trends, where a medication isn't covered anymore, or a doctor's not in-network or the premium changes up or down and sometimes entire plans are eliminated. And that's where we shop the market, and check and look for a more suited plan." Call 1-845-773-9164 for more info, or go to <http://palmiterbusinesssolutions.com>

**Adorn-A-Door Competition Features 37 Doors**

Each year the Germantown Garden Club holds a holiday inspired 'decoration' competition for the seniors at the Germantown senior residence Palatine Manor. This year 2020 it was feared that the club would not be able to judge because of Covid19. After consultation with the director at the residence it was deemed safe for our judges. There has been

no Covid cases reported at the residence. The judging is usually done with no one in the halls and the two club members wore masks and distanced to be safe.



1st Door 201 Geraldine Fulling



2nd Door 202 Gloria Vasquez

The Adorn-A-Door competition is on of the club's Senior Citizens outreach projects. Monetary prizes are given based on the following criteria; creative

choice of decorations, creative use of decorations and creative use of space. The senior citizens who reside at the Manor are very enthusiastic about the holiday-spirited competition. This year 37 apartment doors were decorated and judged. This year's first place winner was Geraldine Fulling. Second place went to Gloria Vasquez, third place to Peggy Miller and the fourth place winner was Sharon Sheridan. Committee Chairman Elke Crane and fellow committee member Joyce Vale (club treasurer) stated that once again the competition was very close. The Germantown Garden Club is a member of Third District, Federated Garden Clubs of New York State, Inc., Central Atlantic Region and National Garden Clubs.



3rd Door 109 Peggy Miller



4th Door 103 Sharon Sheridan



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Springbrook Plaza is located on the north side of the Rhinebeck Village across the street from the DC Fairgrounds on the busy Route 9 corridor. High traffic counts, plenty of parking and surrounding business's offer ample exposure for any retail business or professional offices. At current there are several first floor and second units available for rent in a variety of sizes. Call today for more info (845) 876-3196.

**RED HOOK COLONIAL**

Circa 1830, 3210 s.f. residence on 1.34 acres is minutes to Village and Bard. Has spacious LR w/fpl. EIK w/ laundry and butler's pantry/office. Rear addition would be ideal for first floor master. Second floor has 4BRs/2BAs. Has CA. Det. 3-car garage with 2nd floor apt. or could be office. Walk to Red Hook Golf Course. \$449,000.



Over 22 years of dedicated commitment to my clients in the selling & purchasing of full-time residences, weekend properties and acreage in No. Dutchess, So. Columbia & Ulster Counties.



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Jennifer@jfivehomes.com  
www.jfivehomes.com

**Jennifer Fivelsdal and Lindsay Schultz**

**Want to Thank**

Home sellers and buyers as well as others who supported our business in 2020.

The pandemic made it a challenging year for everyone, and we hope things will improve in 2021.

If you are considering buying or selling a home in the new year it is not too early to start planning.

**Call or text 845-594-9947 to get started.**

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**WE HAVE MANY RENTALS AVAILABLE**

**Poughkeepsie Colonial**



1930's Center Hall Colonial located directly across the street from Vassar College in the Town of Poughkeepsie. This property is currently being used as professional offices and it is waiting to be brought back to its original glory. At current there is no kitchen but one can be easily added. The third floor is finished and has a bath with a tub and 2 nice sized rooms....Asking **\$299,900**

**Rhinebeck 90 Acre Farm**



Located just a short drive from the Historic Rhinebeck Village is this 91 Acre Farm w/Barn Complex and 3 BR, 2 bath Colonial. Property currently a Christmas Tree Farm & CrossFit Gym. Proudly offered at **\$1,290,000**

**Rhinebeck Cottage**



Located 2 miles south of the Rhinebeck Village is this 2 bedrooms, 2 baths cottage with hardwood floors, gas fireplace, updated kitchen, 2 floor loft, central air, one car detached garage and storage shed. All located on a park-like 3.4 acres....Asking **\$439,000**

**The Veranda House**



Opportunities abound with this Rhinebeck Village 6 BR, 6 bath historic 1840 Federal Colonial known as the Veranda House. This former Bed & Breakfast is Located just 3 blocks from the Village Center and offers many Opportunities...Asking **\$1,475,000**

**Red Hook Ranch**



Located within a short drive to the Red Rock Village is this large 3 BR Ranch that boasts 3 nice sized BRs, 2 full baths, 2 half baths, large LR w/pellet stove, adirondack rm w/vaulted ceiling & woodstove, partial finished basement w/custom bar & fitness rm, CA, EIK plus much more. Asking **\$489,000**.

**Tower House**



Located at the base of the Catskill Mountain's in the Woodstock area is this one of a kind, hand built masterpiece. This home was the work

of Artist John Kahn and was constructed with the finest materials including walnut, copper, and bamboo. Connect with us today to find out more about this spiritual retreat where the vibe is positive and the mood is chill...Asking **\$750,000**

**104 Acres W/Spring**



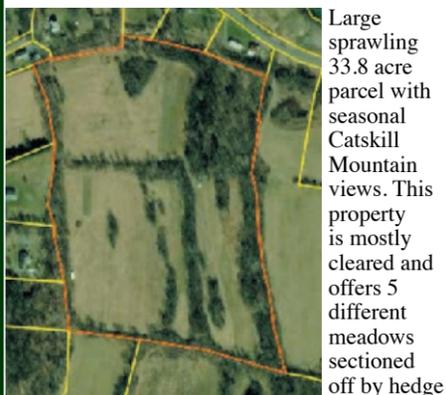
This 104 acre property is located in the Town of Standforville and consist of a single family ranch house, a 2 family Colonial, a 2000 sqft building, a 1500 sq ft shed, a 5000 sqft watering plant. This property is also home to a spring that produces 3000 to 5000 gallons per minute....Asking **\$1,600,000**

**Estate-Like Ranch**



located in the town of Red Hook a top of a grassy knoll is this 4 bedroom, 2.5 bathroom ranch with sunk in living room, fireplace, hardwood floors, full unfinished basement, attached 2 car garage, detached 3 car garage with electric and is located on a 3.02 park-like acres within a short drive to Bard College, Tivoli and both the Red Hook/Rhinebeck Villages....asking **\$429,000**

**Elizaville 33.8 Acres**



Large sprawling 33.8 acre parcel with seasonal Catskill Mountain views. This property is mostly cleared and offers 5 different meadows sectioned off by hedge rows. This would make a great farm, estate or horse property...Asking **\$379,000**

**Red Hook Village Lot**



Red Hook Village .62 acre lot located in the Neighborhood Mixed Use Zoning District (NMU). This property offers a variety of permitted uses such as Residential, Single-Family, Two-Family, Multifamily, plus much more...Asking **\$119,000**



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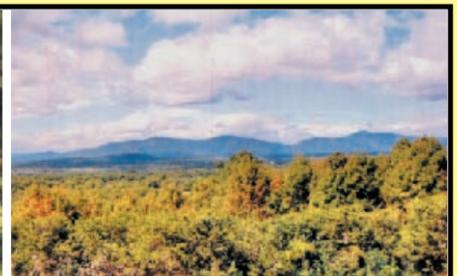
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**JUST LISTED.** Moving to RED HOOK? This absolutely immaculate colonial home has it all: 2.5 acres, CA, a MBR suite, FPL, lovely K w/an island, breakfast & dining rooms, an office, attached oversized garage, & a full basement w/9 ft. ceilings & its own entrance. There are two decks, a covered porch, & beautiful lawns around the home. Close to BARD, the Kingston Bridge, & off a cul-de-sac., this is the perfect place for your family. **\$429,900.**



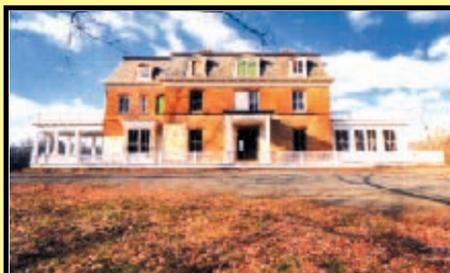
**INCREDIBLE VIEWS OF THE CATSKILLS & HUDSON** make this Contemporary home one of a kind. High end amenities include CA, a huge chef's K w/a walk in pantry, vaulted ceilings, walls of glass, 4 ensuite bedrooms, a DR, FR, & sunroom. There's a 60 ft. walled veranda, gardens, & 2 balconies. Live in a world of your own here surrounded by 3.9 private acres at the end of a dead-end street. So special & nice! **\$965,000**



**TOTALLY REDONE**, this 5 BR, 2.5 bath Red Hook colonial shines! There are polished oak floors, a fabulous new K w/new stainless appliances, new baths w/beautiful tile. CA, & a new boiler. There's DR, FR w/fireplace, & three season room w/walls of glass perfect for your hot tub. There's a covered porch, deck, & a shaded lot perfect for outdoor activities Close to BARD, Red Hook V, & the fabulous recreation park, this is one stunning home. **\$489,900.**



**A ONE STORY HOME** is easy to manage & this 3 BR, 1.5 bath one story in Rhinebeck has a lovely EIK, large LR w/stove, oak floors, thermopane windows, & CA. The back yard is fenced, perfect for children, pets, or entertaining. There's a large patio there perfect for outdoor dining. Within 1 mile of AMTRAK & walkable to Rhinebeck Village this is the perfect full time, weekend, or investment property. **\$379,000**



**ELEANOR ROOSEVELT'S** childhood home. Oak Terrace is a 10,000 SF Second Empire Mansion w/one-of-a-kind views of the Hudson River & Catskill Mts. This grand & elegant home has a 700 SF great room w/16 ft. ceilings, 6 ensuite BRs, a grand stairway 38 ft. up to a dome topped w/skylights, & 20 x 35 light filled kitchen. New mechanicals include heat & individual AC in every room. Interior finishing remains for the astute buyer. **\$5,250,000.**



**THIS GEORGIAN FARMHOUSE** is privately sited back on 2.66 acres, has a heated inground pool, oversized 3 car garage, & a fabulous high end interior w/9 & 10 ft. ceilings, radiant heat, CA, a FPL, wood & ceramic floors, quartz countertops, & a dream K w/the best appliances including a subzero. There's a huge FR & office, covered porch, 2 decks, a fenced yard & level lawns. If you are looking for impeccable, here it is! **\$799,000**