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Vol. V Number 1 - Serving Northern Dutchess & Southern Columbia County March 2020

Postal Customer

Dr. Danielle St. Pierre and Sunny Paws

Veterinary Services Offering Pet Hospice Care and In-Home Euthanasia to Cats and Dogs

By Lisa Dudley

It has been a year since licensed veterinarian, Dr. Danielle St. Pierre, DVM, CVA, started her Sunny Paws Veterinary Service – making house calls to sick and aging cats and dogs.

The response has been positive and almost all calls have been from word-of-mouth referrals.

“I was worried, at first, that people would only think of me during their pet’s final hours,” admits Dr. Danielle. “Besides offering in-home euthanasia and pet hospice care, I am trained in acupuncture and Chinese herbal medicine for cats and dogs -- to help ease their pain.”

In one such situation, Steve Scali -- owner of Scali’s Pizza in Hudson – called Dr. Danielle after a friend “referred her to me saying she makes house calls.”

“My dog Logan (an 11-year-old Yellow Lab) does not do well at the vet’s office and I was really



Dr. Danielle St. Pierre & Logan pleased she would come to the house. I was worried he had to be put down. The kids were crying when they went off to school” and the house was in an uproar.

Dr. St Pierre came that same day and explained, “He just needs pain management.”

“Dr. Danielle gave him a shot,” Mr. Scali adds, “and so far, so good. He was up and around and playing in the snow again in just one day.”

Mr. Scali has 4 children. “The kids adore Logan. He is king of the castle. We would never want to watch him suffer. This was too hard a call for us to make ourselves.”

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Meadows at Brookmeade

“Formerly known as The Baptist Home”

Brookmeade Community Expansion

The Brookmeade Community is proud to announce that The Baptist Home at Brookmeade is being renamed Meadows at Brookmeade in an homage to the history of Brookmeade Community’s campus in Rhinebeck.

Brookmeade Community is four entities creating a unique senior living community on one campus, offering complete care for every stage of an individual’s senior years. Meadows is a new name with the same exceptional quality of care for our loved ones. As valued leaders in the healthcare industry, Brookmeade is excited to announce, this name change as part of a strategy targeted at reflecting the strength of their capabilities, their growth, and commitment to serving exceptional care and quality of life for their seniors. The name change coincides with the expansion of The Brookmeade Community

Campus with additional programs and amenities for the public. “The decision to change the name to Meadows at Brookmeade only speaks of the tremendous respect that the facility has for the history of Brookmeade and its surrounding areas. It also reinforces the Brookmeade Community’s approach and reinsures that care is at the forefront of who we are,” administrator Karen Zobel said in a statement. The Brookmeade Community is expanding with the Pavilion, a one story building, to house Meadows Adult Day Healthcare Program - a medical and social model, and a community center. The Brookmeade Community will address the unmet needs of isolated seniors and provide much needed respite to the caregivers of those seniors in their homes. According to the Department of Health in 2015 the needs assessment for an Adult day Health Care Program in Dutchess County and Ulster County are significant and the needs for such a service has increased in 2016 and 2017. (https://www.health.ny.gov/facilities/cons/more_information/2010-06-25_reinstatement_of_application.htm) Our Adult Day Healthcare Program will provide supervision and socialization through therapeutic group activities such as discussion

Continued on page 4

HOLY COW!!!! 10th Annual St Jude “Spooky” Breakfast To Benefit St Jude Children’s Research Hospital

pancakes, sausage, home fries, scrambled egg, juice and coffee. Come join in the fun as we raise awareness and money to help St Jude “SCARE” Cancer away

**Saturday, March 21st
8:00 - 11:00 am**

Red Hook Firehouse

Wear your favorite scary mask or costume

KIDS ACTIVITIES, BOUNCE HOUSE, FACE PAINTING, PHOTO BOOTH

“All are welcome free of charge. Donations accepted at the door”

100% of all monies collected will go directly to St Jude!

Sunday Seafood Buffet and Specials for Lent at Red Barn

The Red Barn at 93 Ten Broeck Avenue in Hudson is continuing their special weekly feature of an all-you-can-eat Seafood Buffet on Sundays from 3 to 8pm. Reservations for the buffet are recommended but not required.

They also will be featuring various special selections for the Lenten season, which began on Ash Wednesday last week and continues for all 40 days of Lent up until Palm Sunday, which this year is the first Sunday in April.

People have been raving about Chef Vanessa Martenson’s fabulous fare since she opened last year. They offer a full variety of fresh and sustainable fish and shellfish every day, and she is always whipping up new fresh fish and seafood dishes. The restaurant is open seven days a week from 10:30 to 8:00, for eat in or take out (or both, since the Red Barn also operates as a market). If you haven’t been able to get to the restaurant yet, don’t wait too much longer, as it’s picking up new customers daily!



For further information on the buffet, or any of their other specials, call (518)796-3976 or see redbarnhudson.com on Facebook, instagram@redbarnhudson.com, or email inquiries to redbarnhudson@gmail.com

O’s Hillsdale Diner: Something for Everyone

By Hilary Hart

The O’s Hillsdale Diner just below the main intersection in Hillsdale (traffic light at Routes 22 and 23) is no ordinary diner, on many counts. The menu, the people, the quality of the food and the service, all contribute to this. It sounds like a contradiction in terms to describe a place as peaceful but full of energy, but that is the feeling one gets. There’s always something going on there, but it’s a relaxing place to be. This is a great place to meet family or friends, easy for everyone, being at a convenient crossroads north/south and east/west, and their customers do come from all directions, near and far.

O’s Hillsdale Diner has an EXTENSIVE menu, even for a diner, and includes some items hardly ever found at a diner. They also have continuous specials and regular specials each day, including homemade soups and homemade desserts such as bread and rice puddings, cheesecake, many pie selections as well as ice cream sundaes. Regular local patrons come in on Mondays for their Meatloaf



Otto Maier

Madness night, on Tuesdays for Terrific Turkey Dinner night (as well as Tuesdays being always Senior Discount night), on Wednesdays for Italian night and Thursdays for Mexican night.

The diner is open at 7am every morning, seven days a week, and serves elaborate breakfast specials, but you can always go in and just enjoy a full but simple eggs and bacon or off the griddle breakfast for a few dollars. It is a wonderful place for families, seniors, business people -- in fact, it would be hard to imagine there being ANYONE who could not find something they wanted to eat there.

Likewise, their lunch menu

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The Ad Shop - “It’s all in a name - Let’s Promote Yours!”

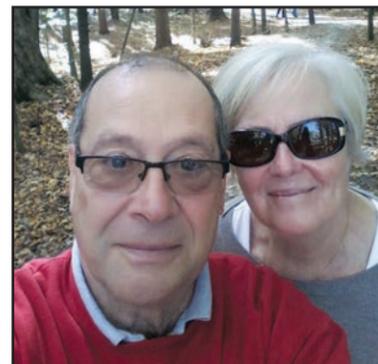
By: Joe Doran

Business owners shouldn’t have to try to master the art of promotion on their own. With expert consulting from Peter and Carol Russo of The Ad Shop, LLC based in Red Hook, there’s no need to go it alone.

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. The Russo’s offer sound advice to help businesses effectively market their brands and services, while keeping costs affordable.

“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. To sum it up, we help businesses grow.”

A Game-Plan For Promotions: Asking The Right Questions
The Ad Shop has the experience to be able to offer specific strategies to help business promotions. The process starts by working with clients, and asking the right questions, says Peter. “What we offer is such a personalized service. Because we don’t just answer the phone and place an order. We ask the client, ‘What are you currently doing?’ ‘What have you done in the



Peter and Carol Russo

past—did it achieve your goals?’ ‘What are you trying to do now?’ ‘Who are you trying to reach?’ ‘What do you want to spend?’”

Helping clients sometimes means dissuading them from preconceptions and advising them based on knowing what works and what doesn’t. “Sometimes you have to tell a client, ‘I don’t think that’s a good idea. I think you would be better off trying this.’ A lot of people just get

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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.

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

ACCORDING TO QUACKERS

Saint Patrick's Day

Saint Patrick's Day, or the Feast of Saint Patrick (Irish: Lá Fhéile Pádraig, "the Day of the Festival of Patrick"), is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. AD 385–461), the foremost patron saint of Ireland. Saint Patrick's Day was made an official Christian feast day in the early 17th century. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish in general. Saint Patrick's Day is celebrated in more countries than any other national festival.

Patrick was a 5th-century Romano-British Christian missionary and bishop in Ireland. It is believed that he was born

in Roman Britain in the fourth century, into a wealthy Romano-British family. His father was a deacon and his grandfather was a priest in the Christian church. According to the Declaration, at the age of sixteen, he was kidnapped by Irish raiders and taken as a slave to Gaelic Ireland. It says that he spent six years there working as a shepherd and that during this time he "found God". The Declaration says that God told Patrick to flee to the coast, where a ship would be waiting to take him home. After making his way home, Patrick went on to become a priest. According to legend, Saint Patrick used the three-leaved shamrock to explain the Holy Trinity to Irish pagans. Tradition holds that he died on 17 March and was buried at Downpatrick. Over the following centuries, many legends grew up around Patrick and he became Ireland's foremost saint.

On St Patrick's Day, it is customary to wear shamrocks, green clothing or green accessories. St Patrick is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pagan Irish. This story first appears in writing in 1726, though it may be older. In pagan Ireland, three was a significant number and the Irish had many triple deities, a fact that may have aided St Patrick in his evangelisation efforts. Patricia Monaghan says there is no evidence that the shamrock was sacred to the pagan Irish. However, Jack Santino speculates that it may have represented the regenerative powers of nature, and was recast in a Christian context—icons of St Patrick often depict the saint "with a cross in one hand and a sprig of shamrocks in the other". Roger Homan writes, "We can perhaps see St Patrick drawing upon the visual concept of the triskele when he uses the shamrock to explain the Trinity".

The color green was further associated with Ireland from the

1640s, when the green harp flag was used by the Irish Catholic Confederation. Green ribbons and shamrocks have been worn on St Patrick's Day since at least the 1680s.

The Ad Shop from page 1

bombarded with phone calls, from sales people, to place orders for magnets or something. But I feel they're kind of wasting their money. Because no one really asks them the right questions. So that's what we do. We try to tailor, and work within a client's budget, find out what their goals are, what their desired end result is, and then offer a suggestion."

Products That Fit With Objectives

A virtual trip to The Ad Shop website (www.TheAdShop.com) reveals a dazzling array of promotional products ranging from practical, to cutting-edge awesome. Broad categories of items include Apparel, Bags, Drinkware, Technology, Fun & Outdoors, Writing, and Office & Awards. Subcategories give a hint of the incredible selection choices. Under Technology, for example, are earbuds, power banks, USB flash drives, speakers, step counters and stylus pens. Fun & Outdoors is filled with camping items, blankets, umbrellas, games, stress toys, stuffed animals, candy and more.

But just listing items doesn't really do justice to what's available. The cool factor of many of the items has to be seen to be appreciated. Want to promote school spirit? There are tumblers and mugs available with stunning colorful artwork of eagles and flags. Restaurants and bars might want to check out shot, drink and beer glasses and cozies of all kinds. There are elegant wine glasses, or perhaps a crystal wine cradle that can be branded for wineries and wine sellers.

Continued on page 3





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The Ad Shop from page 2

Apparel, including t-shirts, caps scarves and gloves make great promotional and gift items for almost any type of business. And there are athletic-oriented items including jerseys, hoodies, windbreakers, sports and bike bottles, crew socks, awards and more.

Businesses will find a lot of promotion potential in the Bags category, which features backpacks, duffel Bags, lunch bags, grocery totes and drawstring bags.

In addition to all this, there are sleek novelties, like a Smartphone Silicone Adhesive I-Wallet, and no shortage of whimsical eye-catchers, such as stackable "Vertebrae Handle" Mugs, perfect for chiropractic practice promotion.

Quality Can Make Or Break Perceptions

Being in business for almost 40 years has allowed The Ad Shop to develop important relationships with vendors. "There's so many factories and vendors now in this business, you don't really know who you're dealing with, if you don't have that experience," Peter explains. "You could be dealing with some guy in a garage, cranking out these things. We've learned who the reliable suppliers are. We have the big names. We deal with Nike, BIC, Champion, Hanes, Tervis, Cross pens just to name a few. Even more important, we know who not to deal with. And yet we know who the inexpensive pen makers are, that still provide a quality product."

Carol and Peter leverage their

knowledge and relationships to help their clients spend wisely. It's important, because the quality—or lack of quality—of a promotional product, inevitably reflects back on a business. There's an old adage," notes Peter. "It's not good to pay too much. But sometimes it's worse to pay too little, because the thing you spent the money on is worthless. In that case, you lose your whole investment."

"There's a real advantage in being able to talk to me, and say, 'Well I got a quote from another guy, and it's half the price.' Oh yes, but do you know what kind of ink they're using? A lot of times a business will just place an order over the phone. Then they receive a pen that explodes in their pocket, or some other product that does not meet their expectations, and it disappoints them on the promotion business. That's not what we do. We are really a service business. We really service the account."

From Calendars In 1985 To Promotions Consulting in 2020

The Ad Shop has a unique story of their own. "In 1985, I got started with my wife, Carol, who actually owns the business," Peter relates. "I was working full time in the industrial machinery sales field, and a recession was going on at that time. I was selling large-ticket items. So I started working with Carol, selling calendars. Everyone seemed to want to buy calendars. It was a cost-effective way to reach out to prospects. And we were able to pay our mortgage, and feed our 4 kids, until the recession was over."

Peter eventually went back to work in his field, but a number of his industrial clients became clients of The Ad Shop. Carol continued to build her business, with some part-time help from her husband. Many aspects evolved over the years. Technical processes, including the ways designs and logos are created, and the methods of procurement and distribution have all been revolutionized by technology.

"In the old days, people would draw something on a napkin, and we'd have to submit it. We'd have to get drawings professionally made with separation screens—very time consuming. Today, with the internet, that's different. Also, years ago, it was a smaller marketplace, and you had to go to a promotional distributor to get what you wanted. Today we work directly with trusted suppliers via electronic files so the accuracy is spot on."

After retiring, Peter rejoined working "full-time" with Carol. "We've been at it since 1985, so we've got a lot of experience. I'm 70 years old, still working it, and now retired. But I do this with my wife. Part-time, full-time. All small business owners work all the time!"

Fortunately, with a local resource like the Ad Shop, businesses throughout the region can make savvy choices tailored to their goals and budget. They

don't have to worry about mastering the art of promotion on their own, because Carol and Peter have been there and done that, and they're ready to help. The Ad Shop "It's all in a name - Let's Promote Yours!" w w w . T h e A d S h o p . c o m Peter & Carol Russo PO Box 1, Red Hook, NY Call us, we have ideas! tel: 845-758-2682 email: @theAdshop.com

The Public is Cordially Invited to Attend a
Free Children's Easter Party
 (Ages Pre-School through Grade 6)
Saturday, March 28 at 10:00 am
 at Northern Dutchess Bible Church
 59 Fisk Street, Red Hook (aka Community Center)
Prizes, Games, Egg Toss, Easter Egg Hunt, Healthy Snacks and a brief video about the TRUE meaning of Easter
 Contact Info:
 845-876-8009 or ndbiblechurch.org




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| Northern Dutchess Hardwoods - Red Hook | (845) 758-2005 |
| O's Hillsdale Diner - Hillsdale | (518) 325-1150 |
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| Peter & Stella ILANI - Rhinebeck | (845) 876-8803 |
| Platania, Jade - Rhinebeck | (845) 876-0880 |
| Red Hook Curry - Red Hook | (845) 758-2666 |
| Red Hook Veterinary Hospital - Red Hook | (845) 758-2691 |
| Rhinebeck Animal Hospital - Rhinebeck | (845) 876-6008 |
| RLF Tax - Rhinebeck | (845) 430-6760 |
| Santamarena, Peggy - Rhinebeck | (845) 876-8886 |
| Sausbier's Awning Shop - Hudson | (518) 828-3748 |
| Staley Real Estate - Rhinebeck | (845) 876-3196 |
| Stefan's Painting - Red Hook | (845) 235-4678 |
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| Xanadu - Rhinebeck | (845) 876-0409 |

Meadows at Brookmeade from page 1 groups, arts and crafts, games and dancing, and services such as memory stimulation exercises. Delicious and nutritious lunches prepared by our Culinary Institute trained chefs will be offered and transportation to and from

the program will be provided. In addition, seniors with medical problems (including dementia), will receive services including monitoring, nursing care, social work, occupational & physical therapy nutritional counseling, or recreational therapy, in

addition to socialization. This "Medical Model" will serve seniors and will be the first of its kind in the Hudson Valley. As part of The Brookmeade Community, located 1 mile east of the traffic light in the village of Rhinebeck, the Pavilion will include: a Cafe, where seniors - including their health challenged friends and partners - can gather for a cup of coffee or a bite to eat; a Community Room which can host everything from senior art exhibits to guest speakers to yoga classes; and an Adult Day Center, where seniors facing mental and physical challenges can receive services and socialization. Our Day Program will offer award-winning, innovative programming and services and,

our Community Room will offer excellence, and affordability. If you want to be part of this exciting time by supplementing our programs with your services for the Pavilion or would like to learn more information you may email info@brookmeadecommunity.org. We look forward to hearing from you.

Youth Chess

At Morton, Mondays @ 5:30pm. Join the award-winning Rockin' Rooks Chess Club every Monday from 5:30-7:00 with D. Suris and Cathy Young! Students in grades K - 12 are welcome to join for fun, learning, and tournament competition. To sign your child up, or for more information, contact: D. Suris 845-876-5810 or email [racersplace\[at\]hotmail.com](mailto:racersplace[at]hotmail.com).

You are Cordially Invited

to an artist reception/open house on Sunday, March 8th from 2m-4pm. The Gallery is honoring Roz Tobias who passed away on December 13th following a brief illness. There will be a special exhibition of Roz's work in the gallery between March 6th and April 5th. Roz studied art at a number of prestigious institutions including Radcliffe, Academie de la Grande Chaumiere (Paris) and the Art Students League (NY). Roz explored landscapes, abstraction and expressionism but always returned to the human figure. ART GALLERY 71, 71 East Market Street #5, Rhinebeck, NY 12572 www.artgallery71.com 8 4 5 - 5 1 6 - 4 8 7 8

LAST CALL!
Summer Stuff... Taking it out soon? Be Ready for Spring! Bring it in for a fresh, new look...



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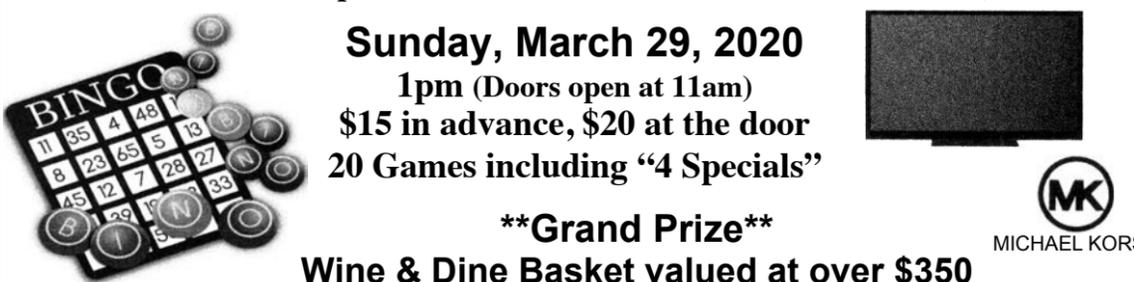
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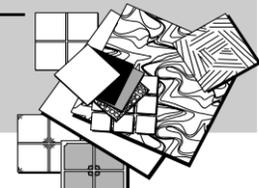
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ACROSS
 1 Certain prelates: abbr.
 6 Move furtively
 11 Twirled
 15 Edging
 19 Vowel string
 20 Capital of song
 21 Chukker sport
 22 Actress Raines
 23 Escritoire surface
 25 Extinguishing of legal rights
 27 NYC summer zone
 28 Rioter's prize
 29 Certain gowns
 31 Aft
 32 Result of a Vitamin D deficiency
 34 Sparks and Buntline
 36 Scuttles
 37 Skin disorder
 40 Knot again
 42 Rotten
 44 Stimulates
 46 Sudden disappearance

DOWN
 1 Gave existence
 2 Bird feeder morsel
 3 Meat
 4 Korean soldier
 5 Opposite of ridiculous
 6 Spy, slangily
 7 Second of two
 8 Gotham subway: abbr.
 9 Must
 10 Actress Russell
 11 Bowling score
 12 '45 conference site
 13 Last mo.
 14 Hurricane-tracking org.
 15 Kind of bean
 16 Pilgrim John
 17 Judge's assistant
 18 Deserves
 24 Neighborhood residents
 26 Publisher

1 sound
 47 Kind of pittance
 48 The boy
 51 Alto, California
 52 Dhaka dress
 54 Nintendo console
 56 Flying expense
 58 Intelligent
 60 Breaches of etiquette
 63 "___ Around"
 64 Mannerism
 66 Like neon and argon
 67 Pacific
 69 Unhook
 73 Key or knob
 75 Persian Gulf ensemble
 76 "Iron Mike" of football
 78 Of a column style
 79 Take-action type
 80 Depictions
 83 Victor
 87 Counting calories
 89 Over there
 90 Lecherous look
 92 "Would ___ to you?"

93 Pt. of the Mideast
 94 Concorde et al.
 96 Admin.
 98 "Give me a single example!"

100 Dvorak or Bruckner
 101 Water nymph
 103 Tennis star Patrick
 104 Curt
 107 XL, e.g.
 109 Uninvited ones
 111 Melancholy
 113 Controversial publisher Larry
 115 Singer Jenny
 116 EPCOT st.
 119 Romantic partner
 121 Changing tacks, in sailing
 124 "___ Woman in Your Life"
 125 "Ignore my correction"
 126 Due to be paid
 127 Ground: Fr.
 128 Baby blues
 129 John Major's party

130 Hang-ups
 131 All gone from the plate

30 1963 hit by The Chiffons
 32 Measuring stick of a sort
 33 Moderately warm
 35 Imprecate
 37 Omar of "In Too Deep"
 38 Prepare for finals
 39 Runner Budd
 41 Dubuque resident
 43 Shudder of emotion
 45 Vaccine doctor
 48 Actress Uta
 49 Peace goddess
 50 Ticker in a Checker
 53 For mature audiences
 55 Japanese box set
 57 Stationhouse honchos
 59 Walked (over)
 61 Running mate for Paul Ryan
 62 Star: Fr.
 65 Metrical foot
 68 Magnificent
 69 Pedestal parts
 70 Left-handed humor
 71 Daub
 72 Metropolis
 74 AI of the Indians
 77 A.A. Milne character
 81 German kings
 82 Sacrifice table
 84 Many
 85 Dig for ore
 86 Look searchingly
 88 Say it ___!
 91 ___ to go (eager)
 95 Brandy glass
 97 Region between 34th and 59th in Manhattan
 99 Order
 100 Odors
 102 Mating (out)
 104 Grin
 105 Mead ingredient
 106 Tell the crowd
 108 Polish coin
 110 Radar noises
 112 Once, of old
 114 Sgts.
 116 Stronghold
 117 Worm alternative
 118 "... o'clock scholar"
 120 ___ Z (the gamut)
 122 Actress Dillon
 123 Actress Lillie

Solution on Page 7

WHERE YOU CAN FIND US IN COLUMBIA COUNTY

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| Germantown Xtra-Mart | Church Street Deli Copake | Claverack Xtra-Mart | ShopRite | Hudson Brewery |
| Germantown Gulf Station | Copake Front Porch Market | Claverack Post Office | 66 Food Mart | Speedway Gas Station |
| Bank of Green County - Germantown | Bank of Greene County - Copake | Red Kapp Route 9H & 66 | 66 Fine Wine & Spirits | Hudson Polish Deli |
| Otto's Market | Dad's Copake Diner | Cobble Pond Farms Route 9H & 66 | Pit Stop | Salvation Army |
| Upstate Auto | O's Hillside Diner | Hudson Subway Mobil Station | Columbia Memorial Hospital | Goodwill Industries Store |
| Mrs. Sew & Sew | Hillsdale 4 Brother's Pizza | Wash & Dry Fairview Ave | Cavell Center | Walgreens |
| Fully Loaded | Hillsdale Cobble Pond Farms | Plaza Diner | Hudson Library | A Cut Beyond |
| Blue Stores Xtra-Mart | Hillsdale IGA | Bank of Greene County - Hudson | Mountain View Animal Hospital | Hudson Red Barn |
| Livingston Post Office | Craryville Ameri-Stop | Fairview Books | Trustco Bank - Hudson | Morabito's |
| Livingston Hills | Craryville Xtra-Mart | George's Restaurant | The Antique Warehouse | Restore |
| Bell's Pond Xtra-Mart | Philmont Pine Haven | Fairview Wine & Spirits | Vintage Soul4Door 15 at The Warehouse | From Europe to You |
| West Taghkanic Citgo | Philmont Cumberland Farms | Wash Rite | | |

Sunny Paws from page 1

After discussing with Dr. St. Pierre, "It was the exact opposite. She came right away and looked him over. We were preparing for the inevitable and she gave us more time."

Logan is a territorial watchdog who barks. "He is a grouchy old man. He's not vicious but he will protect us," Mr. Scali insists. "As soon as she came to the door Logan stopped barking. He let her pet him and give a full exam. She really is a female dog-whisperer!"

"Besides helping the dog," he continues, "this calmed my daughter down. It comforted the whole family."

Dr. St. Pierre wasn't there to replace Logan's regular veterinarian but, in this

circumstance, he was in too much pain to be moved. Logan was unable to rise from a mattress situated near the door and walk outside to relieve himself. A house call made all the difference.

Many veterinarians are referring Dr. St. Pierre's house-call service.

Sali Wohlbach recently used Dr. St. Pierre for the first time. "She was referred to me by my veterinarian," she states. "I had an 18-year-old Maine Coon cat named Ginger going through liver failure. She had stopped eating. I did not want to put Ginger through the stress of putting her in the car and driving half-an-hour to the vet's office where dogs were barking."

"I was so pleased to find Dr. Danielle. She was so comforting.

I was extremely emotional. After 18 years [with Ginger] she was my family. I was going through this alone. I wanted it to be a nice day and a nice memory. We sat out on the deck. Ginger was sleeping and I wrapped her in a blanket. There was no noise like at the vet's office. No bright lights. It was a moving experience.

"Dr. Danielle took Ginger for cremation and personally returned the ashes. She was gentle and didn't rush me. She is an incredibly warm woman. Soothing. I'm happy I did it this way. I would not have wanted to drive home from the vet's office crying."

Sali says she "equates this with my husband passing in the noise and lights of the hospital" versus when "my brother passed in peace at home. It's a totally different feeling. I have better memories."

She also says, "It was money well spent for my own peace of mind. [With euthanasia] it's hard to play God. When is it time? Dr. Danielle brought a blanket with clouds. She brought me flowers from her garden. She's a lovely woman."

Dr. St. Pierre gives her clients the choice of burying their pet at home, individual cremation with her returning the ashes or selecting group cremation.

While Sali chose a quiet goodbye with her beloved Ginger, Lorraine Donn chose a circle of friends to say goodbye to her popular German Shepherd, Gretta, who lived to an astonishing 14.5 years old.

"Dr. Danielle made the experience so peaceful," she declares. "We had all our family together and the children's

friends came too. Gretta has impacted so many people as if she was everyone's dog.

"It was easier on everyone to do this at home. It was a beautiful experience. Everyone surrounded Gretta and touched her. It was very quick and very peaceful. We had the grave dug already. My husband and his best friend sat with Gretta longer -- and when they were

ready, they laid her in a blanket with her favorite toy. They positioned her in a grave next to another dog's grave, back to back -- and we made a garden."

Mrs. Donn says she highly recommends using Dr. St. Pierre. "She will tell you if it's the right time. She will also tell you if this dog is not ready. It's priceless peace of mind knowing what

Continued on page 6



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MORE INVENTORY AVAILABLE

Sunny Paws from page 5

you are doing is right. When you take on a pet you take on the responsibility of making sure there is no suffering."

Gretta the German Shepherd was named after Lorraine's mother, Loretta. "When I lost Gretta it was like losing my mother all over again. I felt like I lost a part of me. Dr. Danielle was such a comfort."

Dr. St. Pierre covers in-home veterinary visits to pets in the Dutchess County, Ulster County

and Columbia County areas including but not limited to Kingston, Hudson, Red Hook, Rhinebeck, Tivoli, Hyde Park, and Poughkeepsie. Visits farther than 20 miles can be arranged on an individual basis for an additional fee. Payment arrangements must be made prior to services. For more information about Dr. Danielle St. Pierre and her Sunny Paws Veterinarian Services, call (845) 597-6976 or email sunnypawsvet@gmail.com. Like them on Facebook

@SunnyPawsVet or visit their website www.SunnyPawsVet.com for a list of options, prices and links to pet loss support groups. Please remember, grief for a lost pet is very real. "If there are no dogs in Heaven, then when I die, I want to go where they went." – *Will Rogers*

Old Dutch Village Garden Club –

Jumpin' Jahosafats!

The subject was "Jumping Worms" at the most recent meeting of the ODVGC. We were visited by Joyce deVries Tomaselli from Cornell Cooperative Extension of Dutchess County. She is a "Community Horticulture" Resource Educator. She speaks to local gardening groups bringing them up to date on what's happening in our home garden world. I wasn't even sure I wanted to hear about them, but it was indeed enlightening. Ms. Tomaselli came to tell us about these worms who are invading our soil at an alarming rate. Unfortunately, there are not currently many solutions for eradicating them. We have been told for years that worms are good for the soil; they aerate, they open channels for root growth and their microbial activity is beneficial. Darwin himself wrote that worms are good. Our area was at the edge of the Laurentide ice sheet and there were no worms here. Early colonists brought earthworms. Years later jumping worms were introduced from Asia.

While earthworms dig a vertical tunnel, jumpers stay close to the surface horizontally. They are contributing to the rapid decay of forest leaf litter and organic mulches. They leave small piles on the surface that look like well-done hamburger meat. They are literally eating our earth. When disturbed, they burst forth in a wriggly fashion (hence jumping). They are big and ugly. They leave cocoons that stay in the soil to hatch. For this reason, it is important that any potted plant that you introduce in your garden be in sterilized soil and commercial composts be sterilized as well. If you lift a plant, inspect the contents and rinse the roots and repot in sterilized soil. Otherwise, you may be bringing these beasts into your garden. If you see them, you can pick them and put them in a plastic bag to be left in the sun to "solarize", to put it kindly. After this interesting talk, we helped ourselves to goodies and

tried not to think of jumping worms! On the other hand, I am very glad I learned how to recognize and deal with them. We meet on the second Thursday of each month, except for August, at St. John's Reformed Church in Upper Red Hook at 12:30. New members and visitors are always welcome. Please contact Linda Lawson at 845-758-5653 for additional information.

Needed Culinary Talents

March 6 @ 6:00pm. We have most of the performances lined up for your enjoyment at the Morton Community Talent Show, and the visual art will be delivered shortly. However, we are still looking for culinary talents . . . if you can create an edible masterpiece, we can most certainly promise a truly appreciative audience. Please contact Sandy at [sandy\[at\]mortonrhinecliff.org](mailto:sandy[at]mortonrhinecliff.org) if you are interested in bringing in a savory or sweet treat to share.

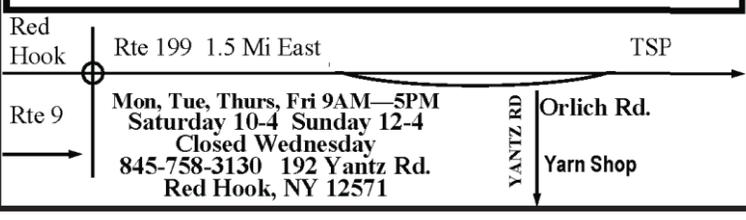


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Do you have a green thumb or is it a little pale? These classes will make a grower out of you or will help you up your growing skills. So, please join us in learning how to grow fresh, organic veggies right in your own backyard, containers or other small spaces. Cornell Cooperative Extension Dutchess County Master Gardener Volunteers will be teaching the following classes: **Learn It, Grow It, Eat It!**

Vegetable Gardening for Beginners

Want to grow fresh, organic veggies right outside your kitchen door? Learn how to get started with this class. You will learn how to choose your location and prepare your site, select what to plant, when and how, how to mulch, fertilize, water and when to harvest. Students will receive some seeds and plants to take home.

Dates and Time: Tuesday evenings, March 17 - April 14 (no class April 7) - 6:30-8:30 pm
Location: Arlington High School, 1157 Route 55, LaGrangeville NY 12540
Cost: \$40 for the 4

classes for supplies Register through Arlington Central School District at <https://arlingtonschools.revtrak.net/Course#5237> For questions call Nancy at CCEDC, (845) 677-8223 ext. 115

Getting Started with Urban Vegetable Gardening

Want to grow fresh, organic veggies in an urban environment? As a city-dweller, do you have access to a city garden plot or just a balcony for containers? This class content is similar to the Learn It, Eat It! Vegetable Gardening for Beginners class above, but is geared to Urban locations. You will learn how to choose your location and prepare your site; select what, when and how to plant; how to mulch, fertilize and water; and when to harvest. Students will receive some seeds and plants to take home.

Dates and Time: Thursday evenings, April 2 - 23, 6:30-8:30 pm
Location: Adriance Library, 93 Market Street, Poughkeepsie NY, 12601
Cost: None
 Registration opens at the end of March. Register by contacting Administration, (845) 485-3445 x3707, kmiller@poklib.org
 For questions call Nancy at

CCEDC, (845) 677-8223 ext. 115 Advanced Vegetable Gardening: Take your gardening to the next level

Do you want more control over your food supply? Would you like to eat organic, locally raised vegetables, harvested at the peak of nutrition and flavor without breaking the family budget? Start or expand your vegetable garden! In five sessions taught by Dutchess County's Master Gardener Volunteer Mary Nisley, you will learn advanced techniques for growing vegetables, from selecting varieties and planting seeds and transplants, to growing and harvesting. We will look at how to protect your garden from pests both big and tiny and cover techniques such as growing beds, mulching, watering, crop rotation and garden design. This information will help experienced gardeners take their garden to the next level. This class is offered in partnership with the Arlington High School Continuing Education Program.

Dates and Time: Monday evenings, March 2-30, 6:30-8:45 pm
Location: Arlington High School, 1157 Route 55, LaGrangeville NY 12540, Room #1119
Cost: \$50 for the 5 classes
 Register through Arlington Central School District at <https://arlingtonschools.revtrak.net/Course#5131>
 For questions call Nancy at CCEDC, (845) 677-8223 ext. 115

Hudson Area Library and the City of Hudson Senior Center

are offering an 8-week session of *Creative Writing with Maureen McNeil*, on **Thursdays 2:30 - 4pm, from March 5 until April 30 (no class March 26)**. Maureen McNeil, author, artist,



educator, and social activist, has created writing programs for NYC public school students, US prisoners, seniors, veterans, and families of 9/11 victims. She believes that everyone's story is needed to help solve the problems of the world. Maureen is also the author of *Dear Red: The Lost Diary of Marilyn Monroe* and *Red Hook Stories*. The class focuses on discovering the power of the inner self through the practice of daily writing. Students explore memories, sensory observation, dreams, autobiography, fiction, and poetry and share a selection

of their work. A zine is created with student writing at the conclusion of the series. All levels of writers are welcome. The class is free and open to the public of all ages and is wheelchair accessible. Registration is limited, and is on a first come/first serve basis. To register, please visit the front desk at the Hudson Area Library, call 518.828.1792 x101, or email programs@hudsonarealibrary.org. This program is made possible, in part, with support from the Friends of the Hudson Area Library. The Hudson Area Library is located at 51 North Fifth Street in Hudson, NY. The mission of the library is to enrich the quality of life by providing free and equal access to programs, services and resources, and by creating opportunities for all members of our community to connect, create, learn, and grow. For more information visit hudsonarealibrary.org. The City of Hudson Senior Center is located on the 2nd floor of 51 North Fifth Street in Hudson, NY. There are county and city services at the center, including meals for seniors; yoga, aerobics and painting classes. For more information call: (518) 828-3200.



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A Weekend of Spirited Vaudeville and Ghostly Mayhem

The Beekman Arms, America's oldest inn, and Murder Café, a locally-owned theater company in it's 22nd year, present a three-day event, *Murder by Magic: A Weekend of Spirited Vaudeville*

and Ghostly Mayhem. Guests will arrive on Friday, March 13th and be treated to an original murder mystery, meals and hotel accommodations until Sunday, March 15th. The historic mystery, broken into four scenes, will be performed in and around a cocktail party with hors d'oeuvres on Friday, lunch and a three-course dinner on Saturday and a sumptuous brunch on Sunday. Actors in costume will play out scenes as guests keep track of clues and engage in a game of "whodunit"

on Sunday. Prizes will be available to those who correctly guess the murderer's identity. The festivities on Friday night will include the first scene of the murder mystery and a Speakeasy themed party. Miss Maybell and the Jazz Age Artistes, a New York City based band, will provide live music from the 1920s. Murder Café owner and operator, Frank Marquette, summarizes the mystery as follows, *"The year is 1927 and veteran entertainer Phineas Phibes is emceeding the Masters of Magic and Merriment Vaudeville Show. See the world's master magician, major medium, charming clown, kiddie crooner and top thespian; they'll astound you with their amazing acts. Beware, The Great Merlini, the evening's headliner, is murdered by one of his own tricks - or was he? Whodunit and who will bring Merlini back from the spirit world so he can solve the mystery of his own death?"* Weekend rates for **Murder at the Inn** start at \$999 per couple and include tax and gratuities, two night's luxury accommodations, gourmet meals and access to historic Rhinebeck. For information and reservations call 845-876-1766 ext. 384. Photos and interviews are available upon request. Please contact Frank Marquette at murdercafe.ny@gmail.com or 845-475-7973. **About Murder Cafe** 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. 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.

About Frank Marquette Frank has been involved with hundreds of interactive comedy plays since 1994. Performing since the age of 17, he has appeared with theatre groups in New York, Nevada and New Mexico. As an actor and director, Frank recently collaborated with the Manhattan Repertory Company in New York City. He has produced, written and emceed variety shows for many charitable causes. Frank's on camera work has included national commercials for Konica, *Unsolved Mysteries, The Marvelous Mrs. Maisel* and dozens of local and regional commercials.

The Germantown Garden Club

will hold its next meeting on **Saturday, March 21, 9:30 a.m.**, at the Hover Room at the Germantown Library, 31 Palatine Park Rd., Germantown. This month's program will feature a presentation on how to "Prepare,

Respond, Recover: What to do When Disaster Strikes." Speaker John Vale, Disaster Program Manager, American Red Cross of the Mid-Hudson Valley, will speak about this Red Cross free emergency preparedness program. He will give a comprehensive overview on how to prepare for natural and man-made disasters and how to respond to and recover from them. John will also provide information on types of common disasters, ways to prepare as an individual, family, and a community member, what to do when disaster strikes and what actions we can take afterwards to aid in our recovery. Questions and answers will follow. Refreshments will be served. The meeting is 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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What Is Happening to the Health of Our Children?

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

What is happening to our children's health? We hear very little about the following three subjects: 1.) Homelessness, 2.) Healthcare sharing ministries, and 3. Resignation Syndrome.

1. Homelessness: Over 2.5 million children are homeless in America, with 1.5 million of these children being in public schools (<https://www.nytimes.com/2020/02/03/us/Homeless-students-public-schools.html>). In addition to parents with drug addiction and mental health problems, children are fleeing child abuse and neglect, which often results in homelessness. Many children are now becoming homeless due to climate change disasters such as floods, fires, or hurricanes. Parents are also losing jobs or experiencing income inequality, resulting in the inability to afford shelter, and they are turning to the streets – literally. **Perhaps our stock market is doing well and unemployment rates are low, but we have to ask ourselves: Are people living better in America?** These homeless young Americans are not only entering shelters, but many are “existing” in abandoned buildings or cars and then heading off to school. **Of course, the effect of homelessness results in multiple, and sometimes complex, health issues.** In addition to a lack of routine care and vaccinations, these children are suffering from respiratory diseases (as simple as bronchitis or as complex as TB), malnutrition, wound and skin infections, mental health problems, substance abuse issues, delayed development, and anxiety and trauma-related conditions (<https://medlineplus.gov/homelesshealthconcerns.html>).

2. Healthcare Sharing Ministries: With many people

unable to afford traditional health insurance, families are seeking alternative coverage. **Nonprofit Christian organizations have started programs called healthcare sharing ministries.** The members come together and agree to pay a set monthly fee and share the cost of the group's medical bills. They are popular among many Christians since the “cost sharing” fees are much less than health insurance premiums and members have the support (emotional, spiritual and sometimes, financial) of fellow church members. **This approach might be beneficial for the healthy young adults, who share the organization's belief system and are comfortable with a noninsurance solution; but for others, often children, there are glitches with the system** (<https://www.healthmarkets.com/resources/supplemental-health-insurance/christian-healthcare/>). In the U.S., many families are simply desperate, and they assume that a Christian organization would be reputable, especially when they see such advertising as, “Just trust God.” The coverage varies depending on the health-sharing ministry. **In some cases people have been misled or did not understand how little coverage they would receive, especially a member with a catastrophic illness** (https://www.nytimes.com/2020/01/02/health/christian-health-care-insurance.html?nl=todaysheadlines&emc=edit_th_200103?campaign_id=2&instance_id=14881&segment_id=20009&user_id=2881cad8f09d5d04d1ada80303b1628d®i_id=913205490103https://www.google.com). Since these organizations have a tax-exempt status, they cannot be classified as insurance companies. **This means the state governments and insurance commissions do not regulate them. The ministries can develop their own guidelines for coverage,** which typically includes restrictions for preexisting conditions (even with common conditions such as diabetes, heart disease, or cancer), and there is cap on the overall coverage. **A major drawback is that the ministries are not legally obligated to pay medical claims.** Members must also partake in the religious aspects of the organization and accept the denial of services such as sterilization, contraception, genetic testing and abortions.

Although these religious organizations are pro-life, **they are not always willing to pay the bill to save a life, and this is happening with children.** One Christian family in Illinois joined a healthcare sharing ministry since they could not afford traditional health insurance. **They adopted two healthy children from Ethiopia, and as part of a well visit, the pediatrician recommended routine lab work for international adoptees.** All results were within normal limits. However, the family discovered that this Christian-based ministry **does not share in costs for “any physical condition, which the adopted child has prior to the adopted parent being legally responsible for the child's expenses.” Basically, this translates to all conditions of an adopted child are considered pre-existing** (<https://www.buzzfeednews.com/article/lauraturner/christian-health-care>). Fortunately the parents turned to the Medicaid program in Illinois to get health coverage, which ended up costing them a reasonable fee of \$70 per month (an income-based tier). Although this approach was in opposition to the family's typical religious philosophy, they were financially desperate and accepted this solution. **In another case, an eight-year old boy suffered a brain aneurysm and was hospitalized for two months.** The boy survived and is doing well, but his hospital bill far exceeded the \$250,000 cap set by the healthcare sharing ministry, and the medical bill was not covered. **Once again, the family turned to the plans offered with the Affordable Care Act (ACA) and fortunately this case qualified for Medicaid (the state-federal insurance program), which covered the boy's entire medical bill** (https://www.nytimes.com/2020/01/02/health/christian-health-care-insurance.html?nl=todaysheadlines&emc=edit_th_200103?campaign_id=2&instance_id=14881&segment_id=20009&user_id=2881cad8f09d5d04d1ada80303b1628d®i_id=913205490103https://www.google.com).

3. Resignation Syndrome – also known as traumatic withdrawal syndrome – is a dissociative syndrome, which includes a catatonic state that occurs with children, who have been traumatized as a result of a migration process (<https://www.bbc.com/news/magazine-41748485>). It was first identified in Sweden in the 1990s with the children of asylum-seekers, when they experienced complete withdrawal – ceasing to walk or talk, or open their eyes. **They require life-sustaining treatment such as feeding tubes. Basically the care is much like a person in a comatose state.** Typically they recover, but it often takes six months or more – some cases have lasted for years. The recovery starts once the child and family are in safe settings. **Thus the treatment is ironically**

simple: find a safe haven and resolve the resettlement issues. The etiology is not well understood, particularly since no research is available and the children, as refugees, are not followed after their recovery. Even more strange is that it appears to effect children from certain geographical and cultural areas: USSR, Balkans, Roma and Razidi (<https://www.bbc.com/news/magazine-41748485>). Unfortunately, there is a current case in Sweden with a little girl – a refugee from the USSR – who is still in a catatonic state after 20 months. **In addition to this hardship of caring for an essentially comatose child, the family is facing deportation.** Like other countries, Sweden is experiencing the resurgence of right-wing politics, which includes the anti-immigration sentiment.

There is a book called “The Way Back.” This tells the story of *Solsidan*, a home for all kinds of troubled children, and their recovery. **There are also short documentaries called “Life Overtakes Me” that can be viewed on Netflix – the stories of three families and their experiences with their children having resignation syndrome** (<https://deadline.com/2019/12/life-overtakes-me-directors-kristine-samuelson-john-haptas-netflix-documentary-interview-1202814965/>). One doctor describes the resignation syndrome of one young girl: “Your child is laying here like Snow White because everything is so terrible around her that this is a way of protection. She is just waiting for the situation to be better” (<https://deadline.com/2019/12/life-overtakes-me-directors-kristine-samuelson-john-haptas-netflix-documentary-interview-1202814965/>). **Sadly these children have experienced dark and traumatic times, much like what we read about in scary fairy tales, but this is real life.** The children require extensive medical care – totally dependent because of their comatose-like state. **Although previously only seen in Sweden, now resignation syndrome is being witnessed elsewhere, including Australia.** Who knows where else we will discover this syndrome?

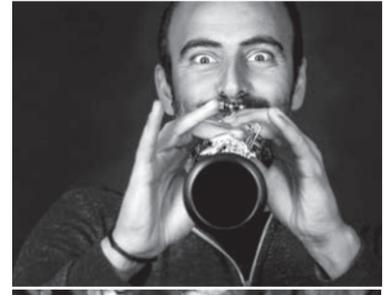
All three of these situations have a tremendous impact

on our children's health. As a society we have a moral imperative to re-examine our current policies in order to make changes and protect our children. **NOTE:** A big thank you goes out to a friend who shared the story about resignation syndrome.

Charlotte Michos is a clinical nurse specialist who serves as a Healthcare Consultant in helping others make informed decisions about their health. For more information, products, and to view previous articles visit www.besthealthconsultant.com or email charlottemichos@icloud.com.

Announcing the RCMS Spring Season

The Rhinebeck Chamber Music Society (RCMS) has for many years presented chamber music concerts at the Church of the Messiah. At the present time the Church cannot host concerts as it is undergoing renovation. During this time RCMS has decided to explore new venues for our concerts. We are presenting a series of unique concerts and expanding the types of music on our programs.



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My Pet Is Coughing; What Do I Do?

By Julianne Porter, DVM

Hearing someone cough can put us on alert, as it is often associated with a contagious culprit. But what about when our pets cough? Just as in people, there are more causes than just infections. Coughing is an important part of the defense mechanisms of our respiratory systems. It typically occurs to attempt to eliminate secretions, infectious agents, irritants and other foreign material. A true cough is triggered by receptors in the airways, but gagging, regurgitating, vomiting

and retching can all be mistaken for a cough. That's why a full history, physical exam, and often diagnostics such as radiographs are imperative to sort out coughing from other sounds. There are three main locations in the body that will cause your pet to cough: the upper respiratory system (nasal passageways and pharynx), the lower respiratory system (bronchi/bronchioles and alveoli) and the heart. While the trachea is technically part of the lower airways, we often include it in the list of upper airway conditions.

Upper respiratory problems can include infectious agents

(viruses, bacteria, fungi, and parasites), tracheal collapse, laryngeal paralysis, foreign object obstruction/irritation, and tumors. The lower airways can also have infections, foreign objects, and tumors, as well as pulmonary infiltrates associated with allergies and fibrosis. If the heart is enlarged, it will press on the main stem bronchus (the first branch after the trachea) and stimulate the cough receptors. If heart failure is present, fluid will spill into the airways and stimulate the cough receptors as well.

As is often the case in veterinary medicine, it is important to point out that cats are often different than dogs when it comes to coughing. Cats do cough, but not nearly as often as dogs do. Retching and gagging are often confused with coughing; however, cats can retch after a cough, making it very tricky to differentiate! While dogs with heart disease will often cough, cats with heart disease don't typically cough. Instead, most coughs in cats are due to lower respiratory conditions.

Trying to determine why our pets are coughing can be an involved process. It requires asking for a detailed history, including the onset and duration of the cough, the timing or pattern, if the cough is productive, if the pet has been in contact with other animals and if the pet is otherwise sick. Those answers, along with the age of the pet and a physical exam, can often point us to the problem. If not, diagnostics such as radiographs, bronchoscopy, CT scan and even sampling of the airways can help out. Then, treatments are based on the underlying cause. Coughing in our pets can be scary, but it is important to know that there are many reasons for our dogs and cats to cough and that there are steps to take to sort out the issues and get the necessary treatment.

Managing a multi-dog household

Presented by Barbara Sweeney Fassett and

Bark Busters Home Dog Training Dutchess County

My Golden Retriever, Dakota, came to live with us when she was just eight weeks old. At that time, we had a second, older dog, Toby, that has since passed leaving Dakota alone when I am out of the house. Now that Dakota has had time to develop and mature (she turned two years old last June), the time seems right to add another dog to our pack and provide Dakota with some canine companionship. The fact that dogs on TV frequently catch her attention and set her wagging tail in motion, convince me that she would be happy to have a friend. In anticipation of this event, it occurs to me that perhaps it would be useful to share some tips to help others manage their multi-dog households.

While the joy of dog ownership grows with each new "family member" you add, the challenges of managing the household can also increase. If you want to get a companion for your single dog

- potentially a good idea if you are gone for much of the day - this can work well if your dog is well behaved. However, if his behavior is less than exemplary, you are likely to simply end up with two naughty dogs!

Selecting Your Second Dog Temperament - Select a breed and temperament (personality) that will complement your resident dog. Remember, temperament has nothing to do with the dog's size, breed or upbringing. Temperament is something innate in the dog. If you have an energetic dog, choose a second dog that is also energetic, so the two can keep up with each other. If you have an older or laid-back dog, avoid getting an exuberant puppy or a very active breed.

Gender - selecting the right gender can make a big difference in ensuring household harmony. Generally, dogs of the opposite sex make the best pairing for pets. Depending upon the individual dogs, two male dogs will generally get along. However, two females is the most likely combination to result in disharmony. Whatever the agenda, spay/neuter your dogs. A desexed dog is generally more easy-going with both humans and other dogs.

Managing the New Dog in Your Home

- Establish boundaries. Use baby gates and close off rooms while all the pets acclimate to the new situation and

get used to one another. Allow the resident dog to roam the house as he did before the new dog came along, while confining the new dog behind a barrier at first.

- Never leave new dogs unattended. When dogs are getting acquainted, the situation can change suddenly.
- Create separate areas for each dog's feeding/sleeping activities. This helps keep the resident dog from feeling his territory has been threatened. Keep the dogs confined in separate areas of your home any time you can't watch them.
- Supervise doggy playtime to prevent the dogs from getting over excited. If one dog begins to bully or growl at the other, interrupt their fight and separate them for a few minutes. Praise them when they play well together.
- If you are walking your two dogs at the same time, walk both dogs on one side, with the more confident one on the outside. This puts the other dog in the middle, a natural position for the less influential dog to be protected by the leaders.

Continued on page 15



Rocky is a knockout - a sweet grey tiger kitty complete with trademark white "gloves". As plain as the adorable tiny brown nose on his face, this little guy (a rarity to find at this time of year!) has a personality that sparkles. Rocky hasn't had the pleasure of meeting any canine buddies yet, but he is definitely a fan of fellow felines and at just four months old, his youth will work in his favor, charming new siblings, to find his place in a forever home. Little Rocky's intelligence shines as he works out the way the world works, observing his foster mother with those big grey eyes as she goes about her day. His curiosity keeps him active and playful - a real crackup to watch. While this easygoing kitty loves his toys (and entertaining himself by turning most objects into toys) what he truly hopes for most is love and attention from a forever family. Little Rocky is a lover, not a fighter - but he's eagerly waiting to knock your socks off with what a wonderful addition he'd make to some lucky home. He is fully vetted, neutered, negative for Leukemia and Feline AIDS, vaccinations are up to date, dewormed. Complete the online application at www.pant.org under "Adoption Center". If you would like more information, you can send an email to info@PANT.org or call (845) 486-7075.

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God's Corner

God Doesn't Choose Righteous People

By, Naomi Fata

When I read the Bible, I am amazed at the people God uses. King David was called a man after God's own heart, yet he ordered a man be killed in battle so that he would marry that man's wife (2 Samuel 11-12). The great patriarch Abraham lied several times to the rulers of the counties he passed through. He told the rulers that his wife was his sister, just because of his own fear of what these rulers would do to him if they knew the truth (Genesis 20). Samson, a man of strength, whom God used to relieve some of the Philistine oppression of the Israelites, chased after adulterous women (Judges 13-16). All these examples prove that God uses flawed people. Yet how many of you have experienced judgment from a friend or family member? Maybe you were told that you weren't righteous enough for God, or that you needed to be a better person before you could be part of church. These words spoken over you formed your concept of God and what He requires of you. Even Jesus welcomed those who were not perfect in the eyes of the law. He spent his time in the company of sinners, rather than among the 'righteous' teachers of Scripture. When the Pharisees (the religious leaders of that day) asked why He spent time

with these people Jesus replied, "Healthy people don't need a doctor—sick people do..... For I have come to call not those who think they are righteous, but those who know they are sinners." (Matthew 9:12-13, NLT) Do you feel like you aren't good enough for God?

It reminds me of children. Some children have no problem sitting still and doing exactly as they are told. Other children try as hard as they can to be good, but somehow just have that bit of mischief inside that gets them in trouble. I think of Anne Shirley, from Anne of Green Gables, or Tom Sawyer. They always seemed to get in a bit of trouble.

Maybe you've been one of who was never able to conform to the 'good' image that religion seems to tell you that you should be.

Don't let what you think you should be, or what other people tell you that you should be, keep you from having a relationship with Jesus. You don't have to be perfect in order to come to Jesus. He loves you so much he just wants you. Relationship starts by just talking to Him like this:

Jesus, I know I'm not perfect, I receive the forgiveness you offer for the bad things I've done. I want to know you.

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

JESUS IS THE LIGHT OF THE WORLD AND HIS FOLLOWERS ARE TO SHINE OUT FOR HIM!

The Lord Jesus said, "I am the light of the world: he that followeth me shall not walk in darkness but, shall have the light of life" (John 8:12). Jesus also said, "Ye are the light of the world. A city that is set on a hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and giveth light to all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven" (Matthew 5:14-16).

The amount of light is increasing every day and it will continue to do so until June 21. Also, Day Light Saving Time begins on March 08. We set our Clocks ahead one hour which will give us more light in the Evening. I personally enjoy the greater amount of light each day. I have found the study of light to be a very interesting subject. While we appreciate the physical light, we should be especially thankful for the Spiritual Light that we receive from God. The Lord Jesus Christ said, "I Am the light of the world" (John 8:12). When a person turns to the Lord Jesus by Faith; believing on Him and receiving Him as Savior and Lord they will be Saved and have Eternal Life. The Holy Spirit will open the eyes of their heart so that they will be able to see the blessings from God and learn many wonderful lessons about Spiritual Light from the Word of God.

The Bible talks a lot about Spiritual Light. Since the Lord Jesus is the Light of the World, we can be assured that we will receive His Light in our lives when we trust Him as our Personal Lord and Savior. There is no darkness in Jesus at all. He is Perfect Light. "This then is the message which we have heard of him, and

declare unto you, that God is light, and in him is no darkness at all" (1 John 1:5). The Lord Jesus Christ is Perfect God-Perfect Man. He never sinned and therefore could pay the price in full for our sins on the Cross. He Rose Victoriously over death and the grave. When a person comes to know Jesus, they will receive the Light of Life and will be Walking in the Light which He provides for them in the journey through life. "Thy word is a lamp unto my feet, and a light unto my path" (Psalm 119:105).

While we are not the Light, we are to bear witness of the Light. Just like the Moon is to reflect the light of the Sun. The Lord Jesus said that we are to let our light so shine before men! We are not to hid it, but to let it shine out brightly. When the Light of Jesus is shining though our lives, people will see the Good Works that we do and will Glorify

the Father which is in Heaven. As we walk in the Light we will have Fellowship with God and with One Another. I trust that you are enjoying Fellowship with God and with One Another. "If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth. But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin" (1 John 1:6,7).

If you would like to know more about the Light of Jesus and how you can show forth His Light as you live your Life on the Earth, please Email us at cdcfirone@aol.com or Phone us at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is located at Route 9 and Route 9G, 1/4 Mile North on Route 9 in Rhinebeck, N.Y. Pastor Frank L. Cirone.

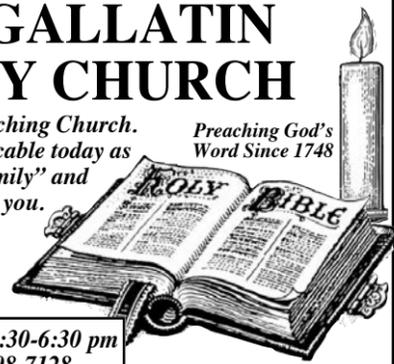
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11:00 am – St. Paul's, 7412 So. Broadway, Red Hook

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Rev. James Miller, Pastor



Rev. John Schroeder

New Beginnings Assembly of God

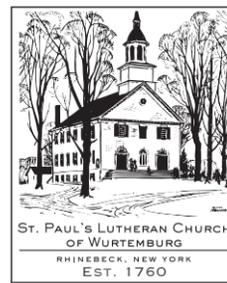
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| Sunday Worship 11:00 am | Sunday School 10:00 am for all ages | Ladies Bible Study, Wednesdays 11:00 am | Men's Bible Study, Tuesdays 7:00 pm | Prayer Every Wednesday Night 7:00 pm |
|-----------------------------------|--|--|--|--|

3rd Saturday of the Month - Men's Breakfast at the Red Hook Diner, across from Dunkin Donuts, at 9:00 am

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- Sunday Service time 10:00 am
- Saturday Evening Service 5:00 pm
- Pastor-led Bible Study, Mondays, 1:00 pm
- Palm Sunday Service:
- Sunday, April 5, 10:00 am
- Maundy Thursday Service:
- Thursday, April 9, 2020, 7:30 pm
- Good Friday Service:
- Friday, April 10, 2020, 7:30 pm
- Holy Saturday Service:
- Saturday, April 11, 2020, 7:30 pm
- Easter Sunday Service:
- Sunday, April 12, 10:00 am

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1 Timothy 6:19b reads "...so that they may take hold of the life that is truly life." Which life will you live - that life that is "truly life" or one that is not? The Bible says much of that decision is our responsibility - then goes on to offer godly, decision-making advice.

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Wednesday, March 4 - Ecumenical Lenten Taizé
Prayer 7:00 p.m.

Join us for Holy Week and Easter Day

Sunday, April 5 - Palm Sunday Service 10:00 a.m.
Thursday, April 9 - Maundy Thursday Service 7:00 p.m.
Friday, April 10 - Good Friday Service Noon and 7:00 p.m.
Saturday, April 11 - Great Vigil of Easter Eve 7:00 p.m. (reception following)
Sunday, April 12 - Festive Easter Day Service 10:00 a.m.

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March 2020 Ongoing Programs for Adults

Co-Working Hours

10 AM - 5 PM, Mondays,

March 2, 9, 16, 23 & 30

10 AM - 1 PM, Tuesdays,

March 3, 10, 17, 24 & 31

Working from home and looking for a change of scene (with Wi-Fi)? Bring your laptop, check out our 3rd floor Community Room and have a cup of free Keurig coffee. Call the library for more information.

Community Resource

Navigator

10 AM - 12 PM, Mondays,

March 2, 9, 16, 23 & 30

Meet with a representative from Community Partnership for Dutchess County to discuss your needs. They can help you find financial assistance, apply for benefits, or obtain on-going support. Call 845-452-5104 ext. 102 for an appointment or stop by. Every Monday.

Spinning Yarns Knitters

4PM - 6PM, Tuesdays, March 3, 10, 17, 24 & 31

Bring your knitting, crochet, embroidery, or other hand-work to our friendly stitching group every Tuesday.

La Tavola Rotonda

3PM, Wednesdays, March 4, 11, 18 & 25

The library's favorite native Italian speaker, Patrizia, invites you for an hour of conversation in Italian. There is no formal class structure; come to practice conversational Italian. This is a free program for adults.

Shakespeare Discussion Group

11 AM - 12 PM,

Friday, March 6

Join us for a discussion of Shakespeare's *Romeo & Juliet*. There is no registration required for this free program.

Afternoon Book Group

2:30 PM - 3:30 PM,

Tuesday, March 10

This month's discussion will be *A Fairly Honorable Defeat* by Iris Murdoch. There is no registration

required for this free program.

Adult Artists' Group

5:30 - 7 pm, Thursdays, March 12 & 26

Making art can be a solitary pursuit. Whether you're a professional or hobby artist, enjoy some friendly company at this meetup. Bring supplies for your medium of choice so you can write, draw, or paint while getting to know members of the local creative community. On the 2nd and 4th Thursdays of the month. No registration is required for this free program that is open to adults 16+.

Evening Book Club

6:45 PM, Monday, March 16

This month's discussion will be *First: Sandra Day O'Connor, an American Life* by Evan Thomas. There is no registration required for this free program.

Healthcare Navigator

10 AM - 6:30 PM,

Tuesday, March 17

Do you have questions about health insurance? Need some assistance with the NYS Marketplace? Get free, professional advice from a NYSOH certified Healthcare Navigator from MiSN. Call 845-561-3575 to make an appointment to meet at RHPL, or come as a walk-in between 4 and 6:30.

ADDITIONAL INFORMATION Red Hook Public Library has been serving the community of Red Hook and its need for lifelong learning since 1898. It has been designated a five-star library by *Library Journal* each year since 2013. The library was chosen as a finalist for the Best Small Library in America award, given by *Library Journal* and the Bill and Melinda Gates Foundation, in 2015.

FOR MORE

INFORMATION: Call the Red Hook Public Library, 845-758-3241, email director@redhooklibrary.org, or visit www.redhooklibrary.org.

Tivoli Artists

Gallery presents TRANQUILITY

show, for a peaceful experience

"Tranquility: *Calm, Minimal, Zen*" to focus on less-is-more expressions Tivoli Artists Gallery presents its February show spotlighting art that creates a soothing, calming and mindful experience. TRANQUILITY: CALM, MINIMAL, ZEN runs Feb. 14 - March 15, 2020 with an artists opening reception on Sat., Feb. 15 from 5pm - 7pm at the gallery, a chance to mix and mingle with artists and the local community; free of charge. The exhibit will feature a diverse mix of selections from many of TAG's members - with the call to present works that are soothing in color, contemplative or minimal in style, and featuring realism, impressionistic interpretations or the abstract. According to show curator and TAG steering committee member Gilbert Rios, "Art can be transformative. Peaceful expressions of art can be a soothing way to step away

from the cold and chaos, and the twenty-four hour news cycle, and take in beauty and thoughtful ideas." In its serene and light filled gallery space, the TRANQUILITY show fits right in. "There is always something so easy and intimate about our gallery anyway. It's like stepping into another world. This show is perfectly aligned with our whole approach, to absorb art in a meaningful way," he adds. The February show is well suited to explore some of the celebrated restaurants in the village, too. With the show's kick-off date of Valentine's Day, it can be a special way to celebrate with some art and fine dining. Of note, Santa Fe, The Corner at Hotel Tivoli and Rojo Tapas and Wine are ideal choices to make a night of it. "We hope folks will be love-struck by our Zen exhibit, and then relax with a glass of wine and romantic dinner to make their evening complete" chimes in Marie Cole, of TAG's steering committee. Tivoli has become a destination for the arts in the Hudson Valley

and TAG, now in its 27th year, has been a mainstay for artists and arts enthusiasts from all over the region. All artwork on display is also for sale. The Tivoli Artists Gallery TRANQUILITY: CALM, MINIMAL, ZEN, Feb. 14 - March 15, 2020 @ Tivoli Artists Gallery. Opening reception Sat. Feb. 15, 5pm - 7pm. tivoliartistsgallery.com Tivoli Artists Gallery: Nestled in the heart of Tivoli, New York, TAG is a community-based organization dedicated to the artistic growth of 40+ Hudson Valley artists. Rotating monthly exhibits present diversity both in medium and subject matter. Winter hours: Fri. 5pm-8:30pm; Sat. 1pm-8:30pm; Sun. 1pm-5pm; or by appointment.



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Slow-Cooker Corned Beef and Cabbage

Ingredients

2 tablespoons whole peppercorns
1 tablespoon whole coriander seeds
1 tablespoon whole mustard seeds
4 cloves garlic, smashed
3 bay leaves
One 3- to 4-pound flat-cut corned beef, rinsed
1 tablespoon dark brown sugar
6 orange or rainbow carrots, peeled and halved
6 medium red potatoes, halved
1 head green cabbage, cored and cut into 12 pieces
2 tablespoons rice wine vinegar
Homemade or prepared horseradish mustard, for serving, recipe follows
2 tablespoons minced fresh chives

Horseradish Mustard:

1/2 cup Dijon mustard
3 tablespoons prepared horseradish, plus more if desired
1 teaspoon brown sugar

Directions

Special equipment:
cheesecloth and butcher's twine
Put the peppercorns, coriander seeds, mustard seeds, garlic and bay leaves in a piece of cheesecloth and tie tightly with butcher's twine to make a sachet. Put the corned beef in a slow cooker and pour enough water over it until just submerged, 2 to 3 quarts. Add the sachet and brown sugar and cook until the meat is just tender, 8 hours on low or 4 hours on high.
Two hours on low or 1 hour on high before the corned beef is done, add the carrots, potatoes and cabbage on top of the meat, making sure the veggies are submerged. Continue to cook until the vegetables are tender; if the beef is fork-tender and fully cooked but the vegetables still need time, remove the beef and tent, then continue to cook the veggies until tender.
Transfer the veggies to a bowl using a spider or slotted spoon and immediately toss with the rice wine vinegar.
Slice the corned beef and plate with an assortment of the veggies and some horseradish mustard. Garnish with minced chives.

Horseradish Mustard:

Combine the mustard, horseradish and brown sugar in a medium bowl and mix together until blended. Add more horseradish for extra burn

O's Hillsdale Diner from page 1 ranges from classic burger and sandwich offerings (MANY varieties) to hot open sandwiches and cold plates, to salads and sides. They make a classic Reuben that is delicious. They have Paninis and Wraps to die for, including Turkey Brie and Ranch, The Balboa (Roast Beef and Swiss with Russian dressing), Chicken Parmesan, and a Veggie Panini with Portobello Mushrooms, Red Peppers and Pesto Sauce. And by the way, being health and environmental conscious is foremost on Otto's mind, so before it was as widespread as it is today, his diners always had vegetarian options, and gluten free baked goods available, and dietary special needs in mind (egg white omelettes and the like), so every person coming to the diner has food that will fit their needs. In addition to their regular specials, they are well-known for putting on fabulous spreads for every holiday. Their special St.

Patrick's Day Menu is going to be available starting the weekend before St. Patrick's Day all the way through to the 17th itself, and is featuring Corned Beef and Cabbage, Irish Lamb Stew, and Otto's special Irish Potatoes (twice baked potatoes stuffed with corned beef and cheddar cheese). They just last month served their annual Valentine's Day 4-course meal special, which included Soup or Salad choices, Appetizer choices, Entrée choices (like Prime Rib, NY Steak, Twin Lobster Tails, Surf and Turf, Chicken Madeira, Shrimp Scampi and others), and finishing off with complementary Chocolate Mousse and Chocolate Covered Strawberries. Not exactly usual fare for a diner, even on a holiday. And they will be having Easter and Passover specials as well.

Chef and Owner Otto Maier is a Culinary Arts Institute graduate and a totally hands-on person. Passionate about the food, the service, and everything about

the diner, he is flying around everywhere, from preparing and cooking in the kitchen to greeting guests and following up with them to make sure they are enjoying themselves. He has a vast amount of experience in the field and also has catered huge events. He and his staff of roughly fifteen experienced people are just as much a part of the attraction to the diner as the excellent food itself. All are friendly and professional. Pedro

is that many, many folks who used to frequent the northern diner travel all the way to the southern establishment now to enjoy the same quality of food and service. The neighborhoods both north and south were incredibly supportive during that difficult period just over a year ago, and Otto appreciates that very much.

Otto himself loves to do things in and for the communities he serves, and always has. Hillsdale has been growing and he has loved being a part of that growth. He



Otto (second from right) with main crew from left: Pedro, Deb, Crystal, Alberto & William (aka "Fluffy")

has three sons in their twenties now who have grown up around the food service business, and Otto has sponsored and supported many sports and community events for the last more than fifteen years. Now he also has a six-year-old

Continued on page 14

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is his main man in the kitchen and has been with him the longest (also Earl, who comes in part time to make the homemade soups!) Crystal and then Deb are the most managing on the floor, but he also mentions Samantha, Taylor, Brianna, Sierra, Katie and Brittany as waitstaff and Alberto, Julio, Mindy, and William (aka "Fluffy") behind the scenes. The place is so busy some may have been left out of the count!

When he first opened O's Hillsdale Diner in 2013, it was to be the southern counterpart to his first diner in the area, the already popular O's Eatery at the Rigor Hill Road exit off the Taconic State Parkway, which had been serving travelers, visitors and locals roughly twenty miles north since 2004. Both diners became increasingly popular over the next five years, from 2013 through 2018 until a massive fire destroyed O's Eatery in December of 2018. This was a devastating blow and huge loss. It is a testament, however, to how deservedly well-loved the place was and O's Hillsdale Diner still

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O's Hillsdale Diner from page 13 step daughter Mia with Andrea, so a whole new generation of O's people may be coming up!! It seems that wherever he serves his delicious food and spreads around his classic welcoming grin, people follow him and return.

O's Hillsdale Diner is spacious and comfortable, with booths and tables as well as a counter, and a great parking lot and deck with handicapped accessible ramp for easy entrance. They are open until 8pm Sunday, Monday and Tuesday, and until 9pm Wednesday, Thursday, Friday and Saturday. They can be reached at (518)325-1150 if you want more information about specials (posted on large screen above the counter daily) or have any other questions. If you haven't yet visited the diner, stop in and see for yourselves what you have been missing (9276 Route 22, Hillsdale, NY 12529 for you GPS drivers). It really is no ordinary diner and an excellent destination for anybody.

Meditation Group

Join our new meditation group at Morton every **Sunday afternoon at 5:00 PM (new time)**. We start promptly at 5:00 so please arrive a few minutes before to get settled. If you are new to meditation or would like support for your already established practice, please call Susan Ray at 845-876-7788 or 845-518-7700 to arrange to meet at the library at 4:30 PM before the Sunday sit. We can provide chairs or some cushions. If you're accustomed to a certain meditation cushion, best to bring it with you. The heat will be on but, as the body temperature often drops during meditation, you may want to bring a shawl. All are welcome!

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Barkbusters from page 10

o Eye contact can be a preamble for more aggressive action. If one dog begins to stare at the other, command the staring dog to sit or lie down, to break his concentrated gaze.

Feeding Time

Sharing is not a canine trait and food guarding is instinctive. Take extra care to be wary around your dogs at feeding time, as bad feeding habits can lead to fights.

- o Do not allow the dogs to steal from one another's bowls, and pick up the food bowls after the dogs have eaten.
- o To avoid mealtime issues, feed the dogs in separate areas or in their crates. Feeding separately also discourages the dogs from gulping food down too quickly.
- o Old and ailing dogs in particular should be allowed to eat in peace.

Toys and Other High-Value Items

Being fair-minded and treating all dogs equally will go a long way toward ensuring a harmonious household.

- o Have duplicate toys - including brain stimulating puzzle toys like (Bark Busters Game Changer and some KONG Products) dog beds, food dishes, etc., to decrease occurrences of the resource guarding behavior.
- o Give high-value toys, ones the dogs really

covet, such as bones or squeaky toys, only when the dogs are alone, such as in their crates.

Crates

A crate provides a natural safe haven for a dog, no matter how many are in your household.

- o Use separate crates in the same area or room. Be sure each dog has his own crate and bedding.
- o If you need to set boundaries, direct the dogs to go into their crates, even if it is only one dog that is acting naughty or anxious.

Avoiding Sibling Rivalry

Sibling rivalry can be sporadic or extreme. Problems usually occur between two dogs of the same sex, between litter mates or between dogs of similar strength and temperament.

Sibling rivalry often starts because the owner has not shown the dogs enough leadership in the canine way. The dogs think they need to compete for top position in the pack.

Make the dogs feel cared for individually so that they will not want to compete with each other. Be sure each dog gets equal helpings of love, affection, exercise and training.

Remember to devote ample time to each dog individually both for training and play. If one dog is much older or less energetic than the other, be sure you give him time and space to himself. If your older dog never gets to retrieve the ball because the younger dog gets there first, be sure to spend some time playing

with the older dog by himself. Be mindful of your dogs' body language. Staring, in particular, can be a trigger that will start a fight. Diffuse the situation by sending both dogs to their crates.

The bottom line is that we have dogs because we enjoy their antics and companionship. But if the dogs don't get along, this creates tension, disharmony and safety concerns. It is well worth your efforts to learn to manage your multiple dogs' behaviors when they live under one roof. And the results?

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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

and Kerhonkson on the west. For more information about Bark Busters, please visit our website at www.BarkBusters.com where you can take a free 20 question quiz to rate your dog's behavior. You can also contact Barbara directly by phone at 845-489-0764 and join in the fun by "liking" us on Facebook at <https://www.facebook.com/>



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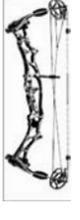
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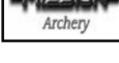
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Northern Dutchess Hospital to offer cardiac catheterization this spring

To provide more efficient cardiac care locally, Northern Dutchess Hospital is investing in a cardiac catheterization laboratory. The hospital plans to start catheter-based cardiology

procedures by the late spring, adding to its healthcare services to prevent and detect heart disease. "We've been doing cardiac testing and rehab for decades, but this allows us to pursue more advanced diagnosing problems, including coronary artery disease – the most common type of heart disease and the leading cause of death in the United States," said

Denise George, hospital president. The stage was set for a cardiac catheterization laboratory in 2018, when the hospital opened a \$3 million state-of-the-art interventional radiology suite equipped with advanced imaging equipment. The hospital has also put together a multidisciplinary team required for complex cases, from interventional physicians to specially trained technologists and nurses. The final step was state Department of Health approval, which came earlier this year. In the cardiac catheterization laboratory, cardiologists check for narrow or blocked arteries, see how well the heart muscle is working and decide what further treatments are needed, such as nonsurgical procedures, mainly stents, to open clogged arteries. "The 'cath lab' at Northern Dutchess Hospital will give us

a clearer picture of the patient's needs and enable us to decide the best procedure plan," said Dr. Louis Kantaros, a cardiologist with The Heart Center on the medical staff of the hospital. Threaded through an artery until it reaches the heart, the catheter allows the doctor to look at the chambers, view the coronary arteries and determine if treatment is needed. "Catheterization is regularly used to rule out a heart issues rather than find one," Kantaros said. "In these cases, the outcome gives a patient confidence the heart is healthy and regular activities can be resumed without incident." Most cardiac catheterization is outpatient-based. "The majority of patients can go back to work or normal activities after only a day or two," said Dr.

Ali Hammoud, a cardiologist with The Heart Center and on the hospital medical staff. "If the tests discover an issue, the downtime is related to the secondary procedure performed to correct the coronary arteries and/or any valve issue." Northern Dutchess Hospital provides cardiac services, including diagnostic testing, preventive cardiology and cardiac rehabilitation. "We are proud to offer this state-of-the-art technology that matches medical centers in the country," George said. For more about Northern Dutchess Hospital, visit www.healthquest.org/ndh. For more about The Heart Center, a division of Hudson Valley Cardiovascular Practice, P.C., visit www.healthquest.org/heartcenter.

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The Dutchess County Fairgrounds announces today that up to ten \$1,000 scholarships may be awarded to current New York State high school seniors and, also students enrolled in college. The New York State Association of Agricultural Fairs and the New York State Showpeople's Association sponsor the scholarships. The qualifying students must be active at the Dutchess County Fair or with the New York State Showpeople's Association. All applicants from Dutchess County must submit their applications through the Dutchess County Fair no later than Friday, April 10, 2020. Information is available at the Dutchess County Fair's website www.dutchessfair.com, through Cornell Cooperative Extension of Dutchess County and from local high school offices. Applications must be printed and completed from the web at www.nyfairs.org. If you would like more information

about this topic, please contact Vicki at 845-876-4000 or email vimperati@dutchessfair.com

Apply Now to Win \$8,000

The Dutchess County Fairgrounds announces today one \$8,000 scholarship will be awarded to a Dutchess County high school senior or a student enrolled in college. The Dutchess County Agricultural Association Inc. sponsors this scholarship. The qualifying student must be a Dutchess County resident and or participate in the programs operated by the agricultural society. The recipient must seek an undergraduate degree in agriculture, horticulture or human ecology or a career related to agriculture or horticulture. All applicants must submit their applications by May 11, 2020. Information is available at the Dutchess County Fair's website www.dutchessfair.com, through Cornell Cooperative Extension of Dutchess County and from local high school offices. Applications can be printed from the web

at www.dutchessfair.com. If you would like more information about this topic, please contact Vicki Imperati at 845-876-4000 or email info@dutchessfair.com

Morton's 2020 Celebration of Community Talent Show

Friday, March 6, 2020 Show begins at 6:30 pm. Doors open at 6:00 pm
This is an evening to celebrate the talents of our community, our friends and family. What a show we have for you! Visual art, MC Richard, performances including, but not limited to: singing, dancing, piano players, performers with guitars, performers with saxophones, and, fingers crossed, jokes! **We are starting a half hour earlier because of all of the amazing acts.** So, come one, come all to the greatest show around! Refreshments courtesy of our culinarily talented friends! **Suggested: \$5 donation.** For more info, contact Sandy at [sandy\[at\]mortonrhinecliff.org](mailto:sandy[at]mortonrhinecliff.org) Morton Memorial Library & Community House, 82 Kelly Street, Rhinecliff, NY 12574, 845-876-2903.

Garden Club of Kinderhook

Cynthia Bogardus and Camille McComb of the Garden Club of Kinderhook delivered food donations to the student food pantry at Columbia-Greene

Community College on behalf of the club. Accepting the donations are college staffers Nancy Leonard and Dawn Bucci, who are instrumental in stocking and maintaining this essential nutritional program. The goal is to provide healthy breakfast, lunch and snack items for students throughout the school day, as well as evening class and study hours. Healthy meal items are also available for the students to take and cook at home. The student pantry food drive is an annual event for the garden

club, as part of its commitment to community outreach. The club also collected and delivered items to the student pantry at Ichabod Crane High School. For information about the various programs and events of the Garden Club of Kinderhook, contact sweet12106@hotmail.com.



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New construction in Red Hook

Brand new three bedroom colonial on 1.76 acres. Perched up high it enjoys seasonal Catskills views. The home offers an open floorplan, a kitchen with granite countertops and stainless appliances. There is much natural lighting due to the many windows throughout the space. Convenient to Bard, the town park and village. \$439,000.



Livingston Colonial with lake access

Beautiful five year old home with a first floor master suite. It offers access to Twin Lakes where you can swim, fish or kayak. Features include 9 foot ceiling, a kitchen with custom cabinets and a center island. The walkout basement comes with two doors and a regular window, a great space to finish. The oversized deck is perfect for casual entertainment. \$350,000.

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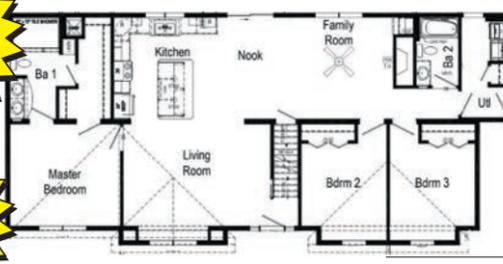
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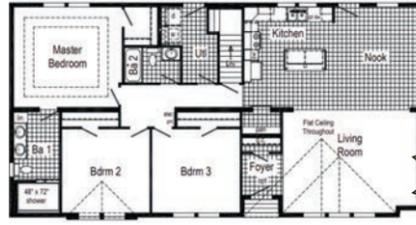


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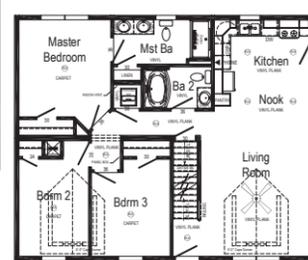
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Red Hook Village: If these walls could talk, the tales they would tell of the happy memories made by the same loving family that cherished this home for 80+ years. Spacious LR/DR w/sparkling HW floors & built in china cabinet. You can imagine the smell of apple pie baking in the vintage Betty Crocker KIT & dream sweetly in the 2 gracious BR's w/nooks & crannies. Lovely Sunroom to enjoy warm summers days after a swim in the pool w/Cabana. One car att GAR plus 2 car det GAR. Well sought after location off quiet street. **\$319,000**



Livingston: This country homestead features an original 1800's Farmhouse w converted 2 BR barn. Needs work but worth every effort. Original details include: doors & hardware, beautiful hw floors & staircase, exposed beams, pocket fireplaces & so much more. Sits back off the banks of the famous Ro Jan Kill w/100's of feet of private stream frontage, surrounded by farmland. Unique opportunity w/so much potential! Come take a look & bring your imagination. **\$399,000**



Red Hook: Classic 4 BR, 2 1/2 bath colonial is set back on 3 private acres, just minutes to the village of Red Hook. Large formal rooms are flooded w/light affording great space for those who like to entertain or appreciate having space to roam. The lovely screened porch is a serene place to sit & watch nature. Gleaming wide board floors run throughout the house. The finished lower level is perfect for a game of pool, ping pong or just a home office. Owner is ready to sell & looking for the next owner to make it their own! **\$385,000**



Red Hook: Enjoy direct Spring Lake living w/this vintage Arts & Crafts style home. Open FP, HW floors & flooded w/light. Comfortable LR w/classic

woodwork, EIK w/lake views, laundry room w/pantry & updated full bath. 3 season porch w/wood stove can easily be converted to full time living space. 3 BR's & den on upper level w/additional water view from Master. Great back yard rolls right up to private waterfront. One car garage plus storage shed for your tools & toys. This is the perfect weekend or full-time home. 5 minutes to village of Red Hook. **\$249,900**



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Gallatin: 7 Acres: Pretty Parcel w/mature growth. Excellent opportunity to build a mini farm. In same family for generations. Possible subdivide w frontage on both Beaver & Jackson Corners. Three miles to TSP. **\$110,000**



Red Hook: Located off well desired, quiet country road, 5 mins from Village. This lovely 4+ acre BOHA lot offers westerly views of the majestic Catskill mountains, pretty rock outcrops and is lightly wooded. Open farmland bordering the west. This is a very special sight to create your dream home. **\$170,000**

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Classic post & beam barn with studio apartment on upper level, center section is studio work shop and lower level is garage area. Situated on 2.25 acres in quiet country location, living space can easily be expanded to 3 bedroom. Nice set back and small pond on property. First time to market. Asking **\$435,000**.



First time on the market in 50 years Mar-Jan Farms - sale included 5 parcels 180 acre working farm. 80% cleared hay fields, 20% wooded, spectacular Catskill views from the property. Barns need some TLC but house is in wonderful condition with spectacular wood work and floors. House has a nice set back from road. Incl. is another home on 41 acres that has 3 BRs and 2 baths was built for a 2 family, but was converted to one. Additionally there is a mobile home pad that rents for \$450 monthly. **\$1,595,000**.

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Green Pastures Farm
196 acres privacy plus about 80 acres is cleared and in agriculture. Stream goes through property and there is a nice pond, also soil is sand and gravel and current owner had purchased it for a mining operation before the zoning changed. Remainder of property that is not cleared can be cleared easily, it is all small scrub. Soil is well drained, great for crops or animals. Property is subdividable and in a nice quiet area yet only 10 minutes or so from town. This is a gem of a property and it is getting hard to find this large a parcel in one piece. Call Tom for a look. The western portion has wonderful CATSKILL VIEWS - you will need a SUV to drive the land. **\$1,799,000**



Red Hook
Charming period bungalow. 4 BR, 2 bath, large yard. Great condition w/wood floors, much original detail retained. Master on 1st floor and oversized unattached garage. Close to village and schools. Great front porch to watch the world go by. All new windows. **\$274,000**

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The PINE PLAINS GARDEN CLUB

is sponsoring a master gardener lecture, 12 Easy Herbs to Add to your Garden or Patio, on Saturday, March 21, 1 p.m. at the Pine Plains Community Room, above the Pine Plains Library, 7775 South Main Street (Route 82) Pine Plains. No registration required. Chris Ferrero, Master gardener volunteer at the Cornell Cooperative Extension Dutchess County, is the presenter. Chris states, "Herbs are great multitaskers for all kinds of gardens! Their culinary and ornamental value make them candidates for kitchen gardens, perennial borders, vegetable plots, and all

sizes and types of containers." For questions contact Vicky LoBrutto at pineplainsgardenclub@gmail.com

Morton's 2020 Celebration of Community Talent Show

Friday, March 6, 2020
Show begins at 6:30 pm. Doors open at 6:00 pm

This is an evening to celebrate the talents of our community, our friends and family. What a show we have for you! Visual art, MC Richard, performances including, but not limited to: singing, dancing, piano players, performers with guitars, performers with saxophones, and,

fingers crossed, jokes! We are starting a half hour earlier because of all of the amazing acts. So, come one, come all to the greatest show around! Refreshments courtesy of our culinarily talented friends! **Suggested: \$5 donation.** For more info, contact Sandy at [sandy\[at\]mortonrhinecliff.org](mailto:sandy[at]mortonrhinecliff.org) Morton Memorial Library & Community House, 82 Kelly Street, Rhinecliff, NY 12574, 845-876-2903.



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ENJOY LAKESIDE FUN,



swimming, boating, kayaking, & fishing at this 2171 SF Contemporary home in Clinton w/a fabulous 3 rm, full floor MBR suite, LR w/FPL, den, office, DR & large EIK. Huge screened porch, auto generator, 1.9 private acres. **\$399,000.**

RHINEBECK VILLAGE LIVING



is so convenient w/parks, schools, restaurants & shops all a short walk away. This 3 BR, 2 bath colonial has a great EIK, DR, 23 ft. LR, FR, oak floors, screened porch, & a wonderful high setting on a dead-end street. **\$399,000.**

IN A PRESTIGE AREA,



this 4 BR, 2.5 bath, 2352 SF Rhinebeck colonial is the perfect home for your family. There's a private 3 acre setting, huge deck, walk out basement & oversized garage. Also, FR w/FPL, DR, MBR suite, & EIK. Priced to sell at **\$359,900.**

A WONDERFUL INVESTMENT PROPERTY!



Here are two move-in ready homes w/a total of 4663 SF. Home 1 is a charming 4 BR SEARS home w/oak floors up & down, home 2 is a 3 BR w/an open great room. 2 driveways, 2 car garage, level useable yard. **\$339,900.**

W/ACCESS TO A DEEP GLACIAL LAKE



just steps away, this 3 BR, 2 bath, 2200 SF Contemporary home is a very special retreat. There is a glorious new K, vaulted LR w/FPL & a wall of glass, 1st floor BR & bath, a screened porch, CA, & 2 stone patios. **\$379,000**

STARTING OUT?



Why rent when you can purchase this BRAND NEW energy efficient & light filled manufactured home w/2 MBR suites & an open K/DR/LR? The setting here is beautiful w/pastoral views & the park is walkable to Rhinebeck Village. **\$69,900.**

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WE HAVE MANY RENTALS AVAILABLE

Rhinecliff 2 Bedroom Colonial



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

Rhinebeck 97 Acre Farm



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

Bowling Alley



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

Rhinebeck Village



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

Rhinebeck - 3 BR Colonial



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

Double Wide On 2 Acres



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

180 DEGREES OF CATSKILL VIEWS



are breathtaking & make this 3866 SF Red Hook Contemporary a very special home. Here the floor plan is open, there are walls of glass, 800 feet of decking, a studio, FR, den, office, & huge MBR suite. 3.86 private acres. **\$719,000.**

32.55 PRIVATE ACRES W/TRAILS



surround this magnificent Colonial. Here there are lovely wide board floors, 2 fireplaces, a new K, FR & media room, views of a waterfall, a covered porch + a 2 car garage w/loft, workshop & studio. Close to the TSP. **\$599,900.**

IN RHINEBECK VILLAGE,



on a gigantic 2.2 acre lot w/stone walls, huge shade trees, & level, useable lawns, this 3952 SF Colonial is charming, light filled, & beautifully proportioned. There are 5 BRs, 4 baths, a granite K, MBR suite, & wood floors w/inlays. **\$1,125,000.**

INCREDIBLY SPECIAL,



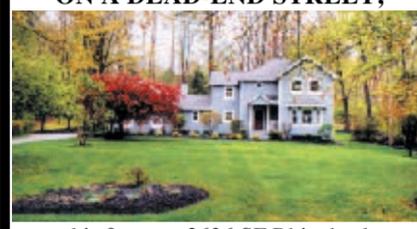
this lavish luxury home is sited back on 30 acres for total privacy yet AMTRAK is walkable. There's a separate guest house, gigantic salt water swimming pool, travertine decks, a 900 SF MBR suite, wine cellar, & spectacular chef's K. **\$1,690,000.**

CLOSE TO RHINEBECK



on a quiet side road, this 1 acre level & open BOHA parcel is ready for you to build. **\$69,900.** In Red Hook, this 6 acre country parcel, also BOHA, is totally private, has Catskill views, a driveway & beautiful trees. **\$179,900.**

ON A DEAD-END STREET,



this 9 room, 2636 SF Rhinebeck Contemporary is light filled, has oak floors up and down, & is move-in ready. Here there's an open K, separate FR, MBR suite w/2 walk-in closets, CA, a 3 car garage, & beautiful plantings. **\$499,000.**

TOUR COMPARES STAATSBURGH TO DOWNTON ABBEY

On March 7 at 2:00 p.m., fans of the popular PBS television series can attend a special tour at Staatsburgh State Historic Site, a real-life American version of *Downton Abbey*. The tour, entitled "America's Elite in the *Downton Abbey* Era," compares the fictional *Downton Abbey* to Staatsburgh, a 79-room Gilded Age mansion on the Hudson River. *Downton Abbey* followed the adventures of the aristocratic Crawley family in early 20th century England. The series not only illustrated the lifestyle of the British elite, but gave equal time to the dramas that unfolded in the lives of the Crawley's servants. Just as viewers saw on *Downton Abbey*, Staatsburgh's house parties featured lavish meals and entertainment, with a household staff of uniformed servants that catered to every need of the family and their guests.

Led by a costumed guide, the "America's Elite" tour will explain how Staatsburgh functioned during a busy weekend, comparing the entertainments of the rich and the labors of the servants to what viewers saw on *Downton Abbey*. Even the fictionalized romances of *Downton Abbey* had their historical counterparts at Staatsburgh: *Downton's* American heiress Cora married the fictional Earl of Grantham; Staatsburgh's Beatrice Mills married the real Earl of Granard.

Admission for "America's Elite in the *Downton Abbey* Era" is \$10; \$8 for seniors and students; and free for children aged 12 and younger. Reservations are required and can be made by calling (845) 889-8851, extension 300.

Staatsburgh State Historic Site and the Ogden Mills & Ruth Livingston Mills Memorial State Park are located on Old Post Road in Staatsburgh, 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 [website](#), [Facebook](#), or [Blogger](#). <http://www.nysparks.com>

The New York State Office of Parks, Recreation and Historic Preservation oversees 180 state parks and 35 historic sites, which are visited by 77 million people annually. A recent study found that New York State Parks generates \$1.9 billion in economic activity annually and supports 20,000 jobs. For more information on any of these recreation areas, call 518-474-0456 or visit www.nysparks.com, connect on Facebook, or follow on Twitter.

The Town of Hyde Park Historical Society

is currently accepting reservations for our annual "Eleanor Roosevelt Knit-In"

on Sunday, May 3, 2020 from 1:00 - 4:00 p.m. at the Henry A. Wallace Visitors' Center, 4079 Albany Post Road, Hyde Park, NY 12538.

This is a fund raiser for the Town of Hyde Park Historical Society, the fee to attend is \$20/person. Attendees knit or crochet 4-ply acrylic yarn blocks, any color & any design, 7" x 9", to be assembled into afghans and distributed to nursing homes/rehab facilities, VA hospitals, shelters for those in need, etc. You will learn more about our friend and neighbor, Anna Eleanor Roosevelt, see a film about her, enjoy nice refreshments, and get a free pass to the

FDR Library & Museum the day of the event. You will receive a pass to the FDR Library & Museum the day of the event. Forms for reservations and sponsors are on our website: www.townofhydeparkny-historicalsociety.org. You

don't have to knit or crochet to attend, but you must make a reservation in advance and send your check. Call 845-229-2559 for information that you don't see on our website. We hope to see you there!

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RED HOOK HOMES



IMMACULATE TIMBER FRAME

Custom 4BR/3BA home with Catskill and pastoral views is on 1 acre. Has open layout with EIK/DR/LR and stone fireplace. First floor MBR, open loft/office and wraparound deck. Walk-out lower level, 2-car garage. **\$489,000.**



VILLAGE RANCH

Well-maintained starter or retirement home has 3BR/1BA, kitchen w/sky-light, dining and living rooms. HW floors and CA. Lower level w/ laundry, storage and workshop. Attached 1-car garage and fenced yard. **\$247,000.**



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CLASSY COUNTRY

This colonial offers casual elegance in a premier location, just 6 minutes to the village & 15 to Rhinebeck. The idyllic 5 acre setting provides woody privacy & wonderful outdoor spaces, a stream, stone patio & pergola! Red Hook **\$549,900**



SIMPLE & SWEET

Everything you need on one floor! The open floor plan features a kitchen w/ breakfast counter, separate dining room, laundry room, and a attached garage. Located in a 55+ community w/lawn care & plowing included. Stuyvesant **\$145,000**



SO MUCH SPACE

3036 sqft, on just under an acre, bordered by 436 acres of protected land! 5BD, 2BA, multiple decks, and a large eat-in kitchen w/new appliances. Living room features a fireplace & a pellet stove that heat the entire home. Catskill **\$250,000**



CREEKSIDE CONDO

Live in a historic landmark on the Fallkill Creek! You'll enjoy the exposed brick walls, soaring ceilings, oversized windows, & a creekside balcony. 1 block to restaurants, Metro North, & the Walkway Over The Hudson. Poughkeepsie **\$385,000**

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