



# Hudson River View

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Vol. IX Number 1 - Serving Northern Dutchess & Southern Columbia County March 2024

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## Denise VandenShay is Seeds Design, LLC Natural Landscaping and Improved Curb Appeal

By Lisa Dudley

Denise VandenShay is a highly-regarded landscaper focused on planting and maintaining native plants, foliage, flowers, shrubs, and trees that thrive in the Hudson Valley - for both residential and commercial properties.

Testimonials on her website, www.SeedsDesignLLC.com, use phrases like, "a delight to work with, a consummate pro, creative, sustainable, a true designer, and fabulous to work with," among other words of high praise.

As both a natural and formal landscaper, Denise VandenShay and her company, Seeds Design, LLC, are trusted and respected for over 16 years - working with both homeowners and commercial clients, such as Ulster Savings Bank and Rhinebeck Bank.

Denise studied design at FIT in New York City and comes to her trade with an exceptional eye for color and composition as well as a true understanding



Denise VandenShay

of the value of interior design extrapolated to the out-of-doors.

"Our goal is to create a fresh approach to landscaping, one that is tailored to suit the needs of and desires of each client. We create environments that stand out from the rest and stray from cookie-cutter plants and faded designs - willing to care for current plantings or create new installations. We are willing to rip it all out and start anew."

The goals of gardening, plantings and landscaping are many. Real estate agents will tell you it's about enhancing curb appeal and first impressions. They claim a well-manicured property makes a positive statement about the

Continued on page 2

## RECRUITNY

### HILLSIDE FIRE DEPT TO PARTICIPATE IN STATEWIDE "RECRUITNY" OPEN HOUSE WEEKEND APRIL 13 AND 14

As part of the annual RecruitNY statewide initiative, the Hillside Fire Department will open its doors so residents can learn how they can serve their volunteer fire department.

Volunteer fire departments across New York state have been faced with decreased membership and increased call volume. Like most volunteer fire departments, the Hillside Fire Department needs to bolster its ranks so it can continue to provide the optimum level of protection for its residents.

As part of RecruitNY Weekend, the Hillside Fire Department will open its doors on Saturday, April 13, 2024 and Sunday, April 14, 2024 from 11:00 AM to 3:00 PM. The department is located at 11 Fox Hollow Road, Rhinebeck, NY 12572. It will join hundreds of volunteer fire departments across New York to raise public awareness regarding the need for volunteers and to highlight the rewards of being a member of a volunteer fire department.

Throughout the day, the Hillside Fire Department will conduct tours of the station and apparatus, allow visitors to try on gear, demonstrate firefighting activities, provide information, and address questions on becoming a member. These activities give visitors a taste of what it means to be in the fire service. Volunteer firefighters will also be on hand to discuss the requirements and rewards of joining. All are welcome and encouraged to attend, including families with children.

"Hillside has been 100% volunteer since 1931. We have a small, but very dedicated Department and we are in great need of new members. To that end, we welcome the community to join us during RecruitNY Weekend," said Chief, Mark Long. "This is an excellent opportunity for people to meet their local volunteer firefighters and learn more about the fire service. It is our hope that after meeting us, more people will be interested in becoming part of our family." The Firefighters Association of the State of New York (FASNY) is committed to assisting New York's 1,700-plus volunteer departments connect with their communities and have sufficient members to protect them properly. Established in 2011, RecruitNY is an undertaking of FASNY. It is made possible by the continuing support and generosity of Lincoln Financial Group (LFG).

For more information, call us via our non-emergency phone number at 845-249-3746 or email us at [mstrong@cplteam.com](mailto:mstrong@cplteam.com) or [HSFD443@hotmail.com](mailto:HSFD443@hotmail.com)

## Honoring Rhinebeck's Finest: "Good Egg" Award Dinner Celebrates Community Contributions

The Rhinebeck Area Chamber of Commerce is thrilled to announce the upcoming "Good Egg" Award Dinner, an esteemed tradition that recognizes an exceptional individual whose contributions enrich the fabric of the Rhinebeck community. This year, the Chamber proudly honors Carolyn Bernitt for her unwavering dedication and outstanding service to Rhinebeck.

The evening, scheduled for Wednesday, March 13th, 2024, at the Pavilion at Brookmeade, promises to be an unforgettable celebration of Rhinebeck's finest. Kicking off with a cocktail social hour, attendees will have the opportunity to mingle with local business leaders, community members, and our distinguished honoree.

What sets this year's event apart is the highly anticipated collaboration between two of Rhinebeck's renowned



Carolyn Bernitt

restaurants, Market ST. and Terrapin Restaurant & Bistro, who will unite to craft a sumptuous buffet-style meal to honor Carolyn Bernitt's remarkable contributions.

"Please consider yourself invited to the "Good Egg" Award Dinner as we celebrate as a community, the remarkable contributions Carolyn has made to help Rhinebeck flourish, especially during the covid years. Also, enjoy this one-time union of Market St & Terrapin to present a fabulous meal in Carolyn's honor" stated Rhinebeck Chamber President David Tellerday.

Continued on page 3

## Spencertown Academy Presents Johnny Irion Folk-Rock Concert

Spencertown Academy Roots & Shoots Concerts Series presents folk-rocker Johnny Irion on Saturday, March 30 at 8:00pm at the Academy's Blanche Grubin Auditorium. General admission tickets (advance purchase: \$25 public, \$20 Academy members; at the door: \$30 public, \$25 Academy members) are available via [www.spencertownacademy.org](http://www.spencertownacademy.org).

"Troubadour Johnny Irion is an American original. We are thrilled to present him at the Academy where he'll be putting his unique spin on old classics and originals," says Michele Quigley, member of the Academy Music Committee. "We're looking forward to a fun evening of folk, rock, roots, and everything in between."

Irion comes by his American roots bona fides honestly. He



Johnny Irion  
Photo Credit : Brian Barnicle

has performed and collaborated with Pete Seeger, Arlo Guthrie, Jeff Bridges and John Goodwin (Crazy Heart), Superchunk, The Jayhawks, Wilco, Glen Phillips, and Ramblin Jack Elliot and been seen on stages around the world, such as Royal Albert Hall, Carnegie Hall, Newport Folk Festival, Winnipeg Folk Festival, Royce Hall, and Byron Bay Blues Festival. Born in Columbia, South Carolina, Irion grew up in the restaurant business hearing the sweet songs of his grandfather, a singer-pizzaiolo and first-generation American who crooned as he cooked. As a teen, he cut his teeth on bass in a punk group with Zeke Hutchins (Sharon Van Etten, Leon Bridges) before going on to develop a unique voice all his own. He has a new album coming out early summer featuring Jeff Bridges, Chatham Rabbits, and members of REM and Wilco.

Roots & Shoots Concerts is an ongoing Academy series that showcases artists who reach back

Continued on page 3

## ART OMI PRESENTS Olalekan Jeyifous: Even in Arcadia... On View March 16-June 2, 2024

Amid evolving environmental and cultural shifts, there emerges a space for thoughtful yet whimsical reflections on an increasingly challenging reality.



Solar and Salvage-Punk Create Glimpses of a Retro-Futurist Urban Protopia in the Hudson Valley

The tensions between our natural and built world—amplified by intensifying climate conditions—form the backdrop for *Olalekan Jeyifous: Even in Arcadia...* Drawing inspiration from the Arcadian myth, the exhibition juxtaposes picturesque portrayals of idyllic pastoral life with glimpses of a retro-futurist urban protopia set within the Hudson Valley. In leveraging both the artistic and literary motifs of Arcadia, the exhibition engages us in considering the possibilities and challenges posed by an inventive world-making process that is simultaneously shaped by the polished echoes of historical ideals, contemporary socio-political anxieties, and the uncertainty of our future aspirations.

Arcadia, historically regarded as an emblem of bucolic tranquility and unspoiled wilderness, is creatively reinterpreted in the eclectic assemblage of photomontages, an experimental video, and small-scale

sculptures on view. The works artfully weave the promising ideals of solar and salvage-punk—themes of renewable energy, environmental sustainability, the imaginative repurposing of post-industrial detritus, and the transformative re-wilding of [ex]urban spaces—into an irreverently evocative fever dream. Jeyifous' pluralistic relationship to futurity is informed by a protopian growth model. Rejecting the fixed paradigms of utopian thought,

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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.

Hudsonriverview.net

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

# ACCORDING TO QUACKERS



## Song Of March

Patricia L. Cisco  
 With winter's footprints in the past,  
 and snows begin to melt at last.  
 With longer days and shorter nights,  
 the wayward winds of March take flight.  
 Four winds she holds within her grip,  
 then hurls them from her fingertip.  
 Her woolly, fleecy clouds of white,  
 she sets in skies of blue delight.  
 Her wild bouts of gusty breezes roar through valleys, hills, and trees.  
 That high pitch whistling song she sings

awakens earth and flowering things.  
 She tears a hole in heaven's sky so sun can shine and rain can cry.  
 She gently calms as spring draws near,  
 as blooming daffodils appear.  
 She welcomes April showers in, then gathers up her dwindling winds.  
 Now her long journey home begins,  
 knowing she'll be back this way, upon a cold, late winter's day, when nights grow short and days grow long.  
 Listen for her whistling song!

### Denise VandenShay from page 1

character of its owners, the local community and the neighborhood.  
 Your electric bill may tell you landscaping and trees are vital to temperature regulation by providing natural shade which may reduce the temperature as much as 15 degrees or more as well as reducing the need for excessive air conditioning.  
 Your conscience may be happy to know that proper landscaping can combat soil erosion and may reduce pollution "with trees and shrubs serving dual roles as organic air cleaners absorbing CO2 emissions, then releasing O2 back into the atmosphere." (Wikipedia)  
 And then there is the matter of water management and consumption. Denise VandenShay says she has noticed the local environment has been



factors in caring for plantings and property is managing how to water or irrigate during dry spells. "There is the serious financial cost of water bills in town and stress on wells for those who live outside the village. There is always the balance of overwatering versus drip irrigation." Taking time to observe the local flow of water is the first step in creating efficient watering procedures. Using simple drip systems on timers

changing due to drought followed by heavy rains and winds. "In recent years we've had little or no snow and no rain in April through June - followed by complete saturation." Hence, April showers are bringing no May flowers. "Fifty-degree weather in February is not normal," she explains, "but the most hardy plants - those that are native to the Hudson Valley - are better able to tolerate the changing weather." One of the most important

for irrigation is an effective and economical solution. "I love it when clients get emotionally involved. We have clients who yearn for the out-of-doors. We help them re-organize old, outdated designs." Creating stone walkways, trails and pathways are one way to escape the stresses of daily life, promoting relaxation, reducing anxiety, and improving overall mental well-being. "Creating landscapes that are

Continued on page 3

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**Denise VandenShay from page 2**

not only beautiful but beneficial is the goal. Incorporating edibles, native plants and



pollinators into the garden should be a regular practice for a healthy landscape. Regular maintenance of any landscape; pruning, planting, weeding, etc. are a requirement for a successful and balanced ecosystems. We are able to provide these services." Pick an apple off your own

tree. Plant a hummingbird garden, feed the bees, watch the butterflies and thereby restore the natural environment, rebuild the soil, help prevent erosion, and let

Denise VandenShay and her Seeds Design team help contribute to your sense of wellbeing and harmony. For more information about Denise VandenShay



and her company Seeds Design, LLC call 914-456-4287, visit her website [www.SeedsDesignLLC.com](http://www.SeedsDesignLLC.com) or like her Facebook page @seedsdesignLLC and see gorgeous photos of their work.

**"Good Egg" Award from page 1**

Carolyn Bernitt's ties to Rhinebeck run deep, having called it home for the past 37 years with her husband John and their daughter Candace. From her roots in New York City's Garment Center to her career at Rhinebeck Bank, Carolyn's commitment to fostering small-town business relationships has left an indelible mark on the community. As Executive Director of the Chamber for the past four years, Carolyn's passion for Rhinebeck has driven initiatives to spotlight the village/town and support small businesses.

Tickets and sponsorship opportunities for this memorable event are now available online via <https://bit.ly/3vxv02H> For further details, please visit [RhinebeckChamber.com](http://RhinebeckChamber.com) or contact us at 845-876-5904.

**Spencertown Academy Presents Johnny Irion from page 1**

to earlier traditions in music (Americana, jazz, blues, rock, and world music) for inspiration while incorporating more recent forms and influences of the present.

This program is made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

Founded in 1972, Spencertown Academy Arts Center is a cultural center and community resource serving Columbia County, the Berkshires, and the Capital region. Housed in a landmark 1847 Greek Revival schoolhouse,

the Academy is located at 790 State Route 203 in Spencertown, New York. For more information, please contact [info@spencertownacademy.org](mailto:info@spencertownacademy.org).

**ART OMI PRESENTS from page 1**

the exhibition instead imagines a multiplicity of possible future scenarios while recognizing the continuous, messy, and iterative process necessary to move toward more equitable societal structures. Through this protopian lens, Jeyifous' work interrogates the potentialities of harmonizing reconstituted technological advancements alongside ecological stewardship within an urban context *Olalekan Jeyifous: Even in Arcadia...* is curated by Julia van den Hout, Senior Architecture Curator, with Guy Weltchek, Curatorial Assistant. Join us at Art Omi in Ghent, New York on Saturday, March 16 from 3-5 PM for the Opening Reception of *Olalekan Jeyifous: Even in Arcadia...*

**Art Gallery 71**

is pleased to invite the public to view the paintings of this month's featured artist, Julia VanDevelder. VanDevelder's principal subject is the natural world, particularly the Hudson Valley, a region she has called home for many years. You may view more of her work at: [rhinebeckfineart.com](http://rhinebeckfineart.com).

Into the Light will be on display from March 8 through April 1 during gallery hours listed below. Please join us for the opening reception on March 9, 4-6 PM. Gallery address: 71 East Market Street, Rhinebeck, NY 12572

Gallery hours:  
Fridays: noon-6pm  
Saturdays: noon-6pm  
Sundays: 10am-4pm

For more information, visit our website: <https://www.artgallery71.com>.



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**ACROSS**

1) Composer Alban	37) Part in a movie
5) ___ Cove ("Murder, She Wrote" setting)	38) Horse's cousin
10) Put in a snit	39) Furnish, as with talent
14) Shampoo additive	40) Small flycatcher
15) Immature egg, to a zoologist	41) Remote control, at times
16) Hosiery shade	42) House of worship
17) Turn on the waterworks	43) One of the Beatles
18) White oak of California	45) High-rise unit
19) Hammer-wielding god	46) Command to Michael
20) "The ___ is in sight"	49) OPEC's largest customer
21) Tries mightily to get ashore?	52) "National Velvet" author Bagnold
23) Wrinkle removers	53) Big-time retailer
25) Deck out	54) Grandson of Abraham
26) Canal country	55) Sha ___ (doo-wop group)
28) Agra airs	56) Guiding doctrine
30) Monarch's loyal subject	57) In stitches
31) It talks, it's said	58) Three-pip card
32) You can take it or beat it	59) Goes tirelessly?
35) "So what ___ is new?"	60) "I've got a secret to tell you"
36) Consumer	

**DOWN**

- 1) George Herman Ruth, familiarly
- 2) Distinctive and stylish elegance
- 3) Disorderliness
- 4) Foam alternative for shavers
- 5) Sun's circle of light
- 6) Swears
- 7) Macs
- 8) Southwest crock pot
- 9) Many a new driver
- 10) Some public-transit systems, briefly
- 11) Mythological blood
- 12) Displeased look
- 13) Minks and sables
- 21) It wasn't built in a day
- 22) June 6, 1944
- 24) Be furious
- 26) Urgent request
- 27) Feels achy
- 28) Helicopter blade
- 29) From square one
- 31) Untouchable, in mafia lingo
- 32) Some urban dwellings
- 33) Downwind, for a ship
- 34) Lemon skin
- 36) Gives over for safekeeping
- 37) No longer working (abbr.)
- 39) Capital of Italy
- 40) \_\_\_-up (confined)
- 41) Plea at sea
- 42) Lacks humility
- 43) Bat's detection tool
- 44) Light rope
- 45) Hollowed, as an apple
- 46) Tenant's payment
- 47) It might wind up on shore
- 48) Cause of harm
- 50) Lumber cutters
- 51) Bertie Wooster's Agatha, for one
- 54) Sixth sense

**COLUMN CRASHERS** By Holly Copeland

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## March Events at Clinton Community Library

Spring is close so March on over to CCI for lots of fun programs! For more specific information about any library programs, or to register, please call (845) 495-0655 or email [larnold@clintoncommunitylibrary.org](mailto:larnold@clintoncommunitylibrary.org)

[clintoncommunitylibrary.org](http://clintoncommunitylibrary.org)

### Ongoing Programs:

**Qi Gong with Vince** (online)  
Mon. 03/04, Mon. 03/11, Mon. 03/18, Mon. 03/25, at 9:30 AM  
Wed. 03/06, Wed. 03/13, Wed. 03/20, Wed. 03/27 at 9:30 AM  
Vince Sauter will teach you how to lower stress and keep calm with Tai Chi. Class will

focus on breathing in the calm and breathing out the tension.  
**Audience: Adults & Seniors**  
**Storytime on the Dot** (in-person)  
Tue. 03/05, Tue. 03/12, Tue. 03/19, Tue. 03/26 at 10:30 AM  
Join us every Tuesday at 10:30 for Story time! Listen to fun stories, sing songs, and have fun, all centered around a different theme every week.  
**Audience: Children & Caregivers**

**Mah Jongg** (in-person)  
**(Optimistic Aging)**

Tue. 03/05, Tue. 03/12, Tue. 03/19, Tue. 03/26 at 2:00-4:00 PM  
If you're looking for a game to keep your mind sharp, or if you enjoy games that make you think strategically, you'll want to give Mah Jongg a try! Players of all levels are welcome.

**Audience: Adults & Seniors**  
**AllLevelYoga** (in-person & online)  
Wed. 03/06, Wed. 03/13, Wed. 03/20, Wed. 03/27 at 6:00 PM (online)

Sun. 03/03, Sun. 03/10, Sun. 03/17, Sun. 03/24, Sun. 03/24 at 10:00 AM (in person or online)  
Join Mia Tomic and explore classical seated, standing and supine yoga poses linked with breath in a creative way to stretch, strengthen, and rejuvenate your body, breath, and mind. You may also participate online. Please plan according to your comfort and needs as class is held indoors.

**Audience: Adults & Young Adults**  
**Chair Yoga**, (in-person or online)  
**(Optimistic Aging)**

Fri. 01/01, Fri. 03/09, Fri. 03/16, Fri. 03/23 at 12:00 AM  
Join Samantha for Chair Yoga for ALL. Learn the basics of breath, meditation, and movement. This class will help you stretch and strengthen. Registration required so that you can get the link. Please register online or call the library at (845)-495-0655.

**Audience: Adults & Seniors**  
**Zumba**, (in-person)



Sat. 03/02, Sat. 03/09, Sat. 03/16, Sat. 03/23, Sat. 03/30 at 9:00 AM  
Join Ginny Morrow for a fun fitness routine every Saturday at 9 AM. Pre-registration is not required. You may sign in at the door.

**Audience: Adults**

**Free Tech Help** (in-person)

Wed. 03/06, Wed. 03/13, Wed. 03/20, Wed. 03/27  
9:00 AM - 1:00 PM  
Do you need help with your Kindle, tablet, smart phone or computer? Drop-in anytime on

Saturdays between 9AM-1PM or call the library at (845)-495-0655 to book an appointment.

### Book Club Meetings:

**Never Been in a Book Club, Book Club** (in person)

March Selection: *Elephant Company* by Vicki Constantine  
Thursday March 7, at 1:30 PM  
Never been in a book club? This is your chance! Join a new group of people new to the book club world! Come with your

Continued on page 6

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# God's Corner

## Following the Example of the Savior

By Naomi Fata

As we approach Holy Week, the image of a crucified Savior is impressed on our minds. However, do we see Jesus as merely our Savior and as we try to do the work ourselves? Even in my own faith background perhaps I relied heavily on the teachings of Christ without letting Him come close enough to be my teacher.

Often, we look to pastors, Sunday School teachers and Christian authors for the knowledge that we long to gain. Philosopher Dallas Willard writes that we should be embracing Christ as our Teacher. He points out that we have the idea that the life of faith in Christ should be a life of abundance and obedience, but we have no bridge from the faith to life. We fall into faith as a religion that we must learn about rather than a relationship that we learn from.

To have a teacher naturally means that we must become students, (i.e. disciples) of the teacher. To become a student of Christ. Who better to be our teacher of peace than the Prince of Peace Himself. From teachers we learn by their example, their words, actions, interactions, and instruction. In our pursuit of a life of peace this week will be focused on Jesus as our Teacher of peace.

One of the great lessons I have learned from Jesus as Teacher is the pursuit of silence with His Father. There are so many instances when we see Jesus separate Himself from the crowd and turn to silence. In Mark 1:35 He rose early to pray. In Luke 5: 16 Jesus withdrew from the crowds to pray. There are so many more instances, but in Jesus' example I see how His time alone with the Father gave Him strength for His ministry.

As Jesus ministered to the crowds, I can only imagine how overwhelming it might have been to have all those people needing him. I don't know about you but with all the activities of life the pursuit of silence can be pushed aside. It is likely that your life is also filled with the demands of people around you. The word 'overwhelmed' is a common feeling in our society.

In my opinion "overwhelm" feels and sounds exactly opposite to the feeling of peace. "Overwhelm" feels like my inner self running, rushing, and drowning through the thousands of voices and demands. In overwhelm I lose my center, forget the purpose of my life, and think

that I am responsible for it all.

If you feel overwhelmed peace may seem impossible. What do you do? Do you keep running the hamster wheel of life? What would it look like to withdraw to stillness with your Father? Naomi Fata is the Author of Beyond Head Knowledge: Knowing Christ who Satisfies our Hearts.

## THE DEATH, BURIAL, AND RESURRECTION OF JESUS!

"Moreover, brethren, I declare unto you the gospel which I preached unto you, which also ye have received, and wherein ye stand; By which also ye are saved, if ye keep in memory what I preached unto you, unless you have believed in vain. For I delivered unto you first of all that which I also received, how that Christ died for our sins according to the scriptures; And that he was buried, and that he rose again the third day according to the scriptures" (1 Corinthians 15:1-4).

Good Friday is March 29, the day which we again are reminded that Jesus died on the Cross for our sins. On Resurrection Sunday: Easter), March 31, we celebrate the glorious resurrection of Jesus over death and the grave. The Lord Jesus Christ is the Eternal Word of God (John 1:1). At the incarnation (John 1:14), the Eternal Word became a man. Jesus was born of the Virgin Mary in Bethlehem. He came to earth and lived a perfect life. The Lord Jesus Christ is Perfect God-Perfect Man, He spoke with authority, had compassion on people, did many miracles, and wondrous works. Jesus lived a perfect life. He never sinned, and therefore could die for our sins. He willingly laid His life down for our sins. "Therefore doth my Father love me, because I lay down my life, that I might take it again. No man taketh it from me, but I lay it down of myself. I have power to lay it down, and I have power to take it again. This commandment have I received of my Father" (John 10:17,18).

## PLEASE CONSIDER THESE SCRIPTURAL TRUTHS!

1. The problem that all mankind faces because all have sinned. "For all have sinned and come short of the glory of God" (Romans 3:23).
2. The penalty for sin is death, but the gift of God is eternal life. "For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord" (Romans 6:23).
3. The Lord has provided

the way to be saved. "But God commendeth his love to us, in that, while we were yet sinners, Christ died for us" (Romans 5:8).

4. The promise to all that believe on and receive the Lord Jesus Christ into their life has eternal life. "If you confess with your heart the Lord Jesus and shall believe in thine heart that God raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth is made unto salvation" (Romans 10:9,10).

From the Cross Jesus said, "It is finished" (John 19:30). The work of salvation was complete. He paid the price in full for our salvation. Jesus said, "Greater love hath no man than this, that a man lay down his life for his friends" (John 15:13).

After Jesus' death on the Cross, He was taken down from the Cross and laid in a borrowed tomb. Three days later a glorious event would occur. He rose from the dead. Some of the women went to the Tomb early on the first day of the week (Sunday) to finish His burial. They talked on the way to the tomb about how to get the stone rolled away. When they got to the tomb they were greeted by an angel that said, "Fear not ye: for I know that ye seek Jesus, which was crucified. He is not here: for he is risen, as he said. Come, see the place where the Lord lay" (Matthew 28:5b,6). His Glorious Resurrection proved that He provided salvation for all that call upon His Name to be saved.

## WHAT IS YOUR RESPONSE TO THE DEATH, BURIAL, AND RESURRECTION OF JESUS!?

Beloved, I urge you to turn your life over to the Lord Jesus Christ for salvation. Salvation is in Him, and in Him alone. "Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved" (Acts 4:12). Now is the time to believe on and receive the Lord Jesus Christ as your Personal

Savior and Lord! "For whosoever shall call upon the name of the Lord Jesus Christ shall be saved" (Romans 10:13). Jesus came into the world to save sinners (1 Timothy 1:15). He came to lay His life down for our sins on the Cross and Rise victoriously over death and the grave. Hallelujah, What a Savior!

If you would like to know more about the death, burial, and Resurrection of the Lord Jesus Christ, and what it means to be a True Follower of the Lord Jesus Christ, please contact us. If you would like to know more about the Ministries at GBFC, contact us by Email at [fdcirone@aol.com](mailto:fdcirone@aol.com) or by telephone at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is an Independent Bible Church. We are located at the intersection of Route 9 and Route 9G, 1/4 mile north on Route 9 in Rhinebeck, NY. Frank L. Cirone, Pastor.

## GHENT REFORMED CHURCH MARCH EVENTS

The first will be the free Community Dinner on 3/15/24 at 6pm. All are welcome. Next will be Palm Sunday Service on 3/24/24 at 9am with a Hat Parade. Find your best hat, decorate a hat or create a masterpiece. Maundy Thursday follows on 3/28/24 at 6pm. We will gather together for a covered dish fellowship meal and a Communion Service. Finally, Easter Sunday service will be on 3/31/24 at 9am. Following service, there will be a coffee hour with special Easter baked goods. Please join us for one or all. We look forward to seeing you. Ghent Reformed Church 1039 County Route 22, Ghent, NY 12075 518-828-5946

## Kick-Off Meeting Set For Sunday, March 24 to Learn About Volunteering at Vanderbilt Garden

Those interested in finding out more information about volunteering at the F.W. Vanderbilt Garden in Hyde Park are welcome to attend a Garden Kick-off Meeting on Sunday, March 24, 2024 at 2:00 p.m. at the Wallace Center at the Franklin D. Roosevelt Historic Site Visitor Center. The Frederick W. Vanderbilt Garden Association is looking for volunteers to perform all tasks required to plant and maintain the garden. No gardening expertise is needed, we will train as we work.

You need to be eighteen years old or older and be able to perform, at minimum, basic physical labor such as bending, kneeling and carrying buckets, but there are other support tasks such as greeting the public that require no physical labor. Garden work is done during the spring, summer and fall months on Saturday, Tuesday and Thursday mornings from 8:30 a.m. to noon. You are welcome to work as often and on any days that suit your schedule. If you cannot attend the Kick-off Meeting, for further information, visit our website at <http://www.vanderbiltgarden.org> or call 845-229-6432.

## Who: Hudson Rotary Club

**What:** Sock Drive to benefit Columbia County neighbors in need

**When:** now through March 20, 2024

**Where:** Collection boxes at Bank of Greene, Fairview Avenue; Trustco Bank, Warren St.; Operation Unite NY 360 Columbia St. and Greylock Federal Credit Union, Fairview Avenue

URL: <https://www.facebook.com/rotary.hudson.ny>

Hudson Rotary Club joins other Rotary District 7210 Clubs, including the Northern Columbia County Rotary and the Kinderhook Tri-Village Rotary Club in a drive to collect new, packaged socks of all sizes for Columbia County neighbors in need. Socks will be shared with schools, food pantries, and the Columbia County NY Veterans Service Agency. Drop Boxes located Bank of Greene County 160 Fairview Avenue; Greylock Federal Credit Union 464 Fairview Avenue; Operation Unite Education and Cultural Arts Center at 360 Columbia St. and Trustco Bank at 507 Warren Street. [#RotaryDistrict7210](https://www.facebook.com/rotary.hudson.ny) [#PeopleOfService](https://www.facebook.com/rotary.hudson.ny)

## HELP FOR COLUMBIA COUNTY VETERANS

To find out how to connect with these resources, please visit <https://veterans.columbiacountyny.com>

## ABOUT ROTARY

Hudson Rotary Club, active since 1921, is a civic organization made up of diverse, committed community members who know Hudson deeply. This means that Hudson Rotary members hear directly from neighbors impacted by need, and can respond effectively with support.

In 2023 alone, Hudson Rotary Club members devoted over 170

Continued on page 8

## Lutheran Parish of Northern Dutchess

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Sunday Worship services:

8:30 am – Memorial, 1232 Rte. 308, Rhinebeck

9:45 am – Third, 31 Livingston St., Rhinebeck

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

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Parish Office: 845-876-4471

Rev. James Miller, Pastor

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Sunday Services 10:45 am and 6:00 pm

Sunday School (For All Ages): 9:30 am  
Mondays at 7:00 pm: Women's Bible Study and Grace Bible Institute  
Wednesday Prayer Meeting: 7:00 pm  
Children and Teen Ministry Fridays at 6:45 pm

Good Friday Service & the Lord's Supper: Friday, March 29 at 7:00 pm  
Resurrection (Easter) Day Services (March 31): 9:00 am, 10:45 am & 6:00 pm

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



## FIRST BAPTIST CHURCH OF RHINEBECK

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Sunday Morning Service 10:30am

Wednesday Night Prayer Service 7pm

Awana Kids Club and Youth Group Friday Nights at 6:30pm

*He is Risen*

**Clinton Community Library from page 4**

thoughts, feelings and anything you'd like to share about the monthly selection. Don't be shy, everyone is new just like you!

*Audience: Adults*

**Tea Time Book Club (in person)**

March Selection: *The Buddha in the Attic* by Julie Otsuka  
 Thursday February 8 at 2:00 PM  
 Join Tea Time Book Club the second Thursday of every month. Come talk about the monthly selection and enjoy tea and a snack with members of the club.

*Audience: Adults & Seniors*

**Global Literature Book Club**

(in person)  
 March Selection: *The Stone*

*Raft* by Jose Sermago  
 Monday February 5 at 7:00 PM  
 The Global Literature Book Club focuses on exploring the world through literature. We discuss novels from around the globe, selected by members of the club. These works provide insights into a wide variety of nations, cultures, and styles of writing.

*Audience: Adults & Seniors*

**SPECIAL PROGRAMS & EVENTS**

**Rosa Bonheur Virtual Art Lecture with Rena Tobey!**  
 (online)

Thursday March 7 at 7:00 PM  
 Art history often focuses on the celebrity genius—exceptional men who mark an era. Too often,

extraordinary women artists have been overlooked despite their inventiveness, popularity, and resounding triumphs in their era—certainly true of women making art in France in the 1800s. But nothing was going to stop Rosa Bonheur from her calling—as an artist and unprecedented, as a woman depicting animals in paint and bronze. She challenged societal rules that restricted where women could go and what they could learn. From the slaughterhouse to public auctions, from the Highlands of Scotland to the forests of Fontainebleau, Bonheur surged forward on her quest to show animals with regal splendor, in all their metaphorical glory. Register via our online calendar for the Zoom link. *In collaboration with: The Stone Ridge, Staatsburgh & Millbrook Libraries*

**Springtime Cookie Decorating**  
 (in-person)

Saturday March 2 at 10:30 AM  
 Spring is right around the corner! Artist Theresa Corrigan will read some of her favorite children's books and then we will decorate some delicious homemade cookies. Space is VERY limited, as this is a *children's program* please only register each *child* attending & decorating. All ingredients are supplied

*Audience: Children (5 & up)*

*Parents & Guardians are required to stay and monitor their child.*

**Crafts & Coffee** (in person)

Monday March 11 at 1:30 PM  
 Join us for a lovely afternoon of coffee, crafts (and conversation!) On the second Monday of the month at 1:30, Diane will guide you as you create a project covering a wide range of techniques, from card making to book crafts to stitchery and more. *Note: You must register for each individual who is attending and would like to participate. Materials are limited and there will not be extra!*

*Audience: Adults & Seniors*

**Lunch & Learn: Birth of Rock & Roll**

Thursday March 28 at 12:30 PM  
 This entertaining and enlightening program will take you back to one of the greatest musical eras in American history. Enjoy video presentations of such artists as Chuck Berry, Elvis Presley, Little Richard, Fats Domino, Buddy Holly, Ray Charles, Jerry Lee Lewis and Bo Diddley with author and pop culture historian Marty Gitlin. Marty will discuss the impact these rock and roll pioneers made on society and pop culture. He will also challenge patrons with trivia questions and interact with a Q&A after the event. This one is a lot of fun so please join in!

*Audience: Adults & Seniors*

**About Clinton Community Library**

Clinton Community Library was established in 1965. It is located at 1215 Centre Rd. in Rhinebeck, NY, adjacent to the Clinton Town Hall. The library is open Mondays, Tuesdays, and Thursdays from 9AM-5PM, Fridays from 10:30AM-6:30PM,

and Saturdays from 9AM-1PM. The Clinton Community is the recipient of the Joseph F. Shubert Award for Library Excellence. The Library is the cornerstone of our community, enriching lives through free resources for learning, fun, and opportunity. For more information, call (845) 495-0655 or visit [www.clintoncommunitylibrary.org](http://www.clintoncommunitylibrary.org)

**Timelessness**

**Exhibit Opening with Marie Cole & Betsy Jacaruso**

On view February 17 - March 30, 2024

Betsy Jacaruso Gallery presents Timelessness, a duo exhibition featuring the works of Hudson

Valley painters Marie Cole and Betsy Jacaruso. Known for their ethereal palettes, and dreamy compositions, both artists endeavor to capture feeling and mood in their atmospheric landscapes. "The timeless in you is aware of life's timelessness. And knows that yesterday is but today's memory and tomorrow is today's dream." — Khalil Gibran, *The Prophet* (1923)  
 Phone: 8455164435  
 Email: [info@betsyjacaruso.com](mailto:info@betsyjacaruso.com)  
 URL: [betsyjacaruso.com/exhibit](http://betsyjacaruso.com/exhibit)  
 Betsy Jacaruso Gallery  
 The Rhinebeck Courtyard  
 43-2 E Market St,  
 Rhinebeck 12572  
 Hours: Friday & Saturday 11 am - 5 pm Sunday 11 am - 5 pm Or by appointment.

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Proceeds are to benefit Daniel Quinion Jr. during his battle with stage 4 Lymphoma



**Exhibit Postcard**

Left: *Dark Clouds*, Marie Cole, oil on linen, 20 x 16 in. Right: *Nebulous Spirit*, Betsy Jacaruso, watercolor on Arches, 10.75 x 14.75 in.



**Air Fryer Chicken Cordon Bleu**

**Ingredients**

- 2 boneless, skinless chicken breasts
- salt and ground black pepper to taste
- 1 tablespoon Dijon mustard
- 4 slices deli Swiss cheese
- 4 slices deli ham
- 2 toothpicks
- ¼ cup all-purpose flour
- 1 egg, beaten
- 1 cup panko bread crumbs
- ½ cup grated Parmesan cheese
- cooking spray

**Directions**

Place a chicken breast on a flat work surface. Slice horizontally through the middle, being careful not to cut all the way through to the other side. Open the 2 sides and spread them out like an open book. Place chicken breast between 2 sheets of heavy plastic on a solid, level surface; lightly pound with the smooth side of a meat mallet to a 1/4-inch thickness. Repeat with remaining chicken breast.

Season each chicken breast with salt and pepper. Spread Dijon mustard on top. Place 1 slice of cheese on each breast. Top each with 2 slices of ham and 1 slice of cheese. Roll each breast up and secure with a toothpick.

Place flour in a shallow bowl. Place egg in a second bowl. Mix panko bread crumbs and grated Parmesan in a third bowl.

Preheat an air fryer to 350 degrees F (175 degrees C). Meanwhile, dredge chicken breasts in flour; shake off excess. Dip into beaten egg, allowing any excess egg to drip back into the bowl. Press into bread crumb mixture to coat both sides; place breaded chicken breasts onto a plate and spray with nonstick spray. Let sit for 5 minutes while the air fryer preheats, then arrange breaded chicken in a single layer in the air fryer basket.

Cook in the preheated air fryer for 10 minutes; flip chicken breasts and spray any dry spots with nonstick spray. Cook until chicken is no longer pink in the center, 8 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

## Heartworm Disease in Dogs

Julianne Porter, DVM

Pet owners in the Northeast United States are unfortunately already familiar with Lyme Disease, but there is another vector-borne disease\* that is growing in incidence in the area: Heartworm Disease. Whereas Lyme Disease is a bacteria transmitted by ticks, Heartworm Disease is caused by a parasite (*Dirofilaria immitis*) that is transmitted by mosquitoes. These worms will infect dogs and live in the heart and the blood vessels going from the heart to the lungs. This will cause heart and lung failure and damage other organs such as the liver. Around 1 million dogs in the United States are living with heartworm at any given time, with approximately 100,000 new cases being diagnosed each year. These numbers are likely underrepresented because they only include dogs who were tested for heartworm, meaning the true number is likely greater. While most of the cases occur in the Southeast of the U.S., heartworm positive dogs have been found in all 50 states. In addition to dogs, heartworms can live in cats, ferrets, wolves, coyotes, and fox, making it a growing problem in areas where mosquitoes are not active year round.

The heartworm lifecycle relies on the mosquito for transmission

– a mosquito will feed on an infected animal and ingest the young worms that are circulating in the blood stream. From there, the young worms will mature somewhat inside the mosquito over the course of 10-14 days, and then will be deposited into a new host when the mosquito bites another animal. Then the worms will travel to the blood vessels in the heart and lungs and continue to mature into adult worms. This whole process takes 6-7 months. Adult heartworms are 6 to 12 inches long and can live for 7 years.

Signs of Heartworm Disease will not occur for at least several months to years after the initial infection, and when signs do occur, it often means the disease is quite advanced. Common signs include lethargy, decreased appetite, labored breathing, coughing, and weight loss. Heavy worm burdens and chronic cases will lead to life threatening conditions such as heart failure and blockage of the blood flow within the heart.

Heartworm Disease can be treated in dogs using several methods and medications. However, the process can be tedious, expensive, and dogs can develop life threatening reactions during treatment. Thankfully, Heartworm Disease is preventable using medication that kills the heartworms before they have a chance

to infect. There are several products effective at preventing Heartworm Disease – most come in oral pills, topical liquid, or injections. These products are safer and less expensive than treating Heartworm Disease.

Cats are a different story that will be told in another article. Briefly – cats can become infected with heartworms, and it can be life threatening without any outward signs of the disease. Testing is tricky in cats and the infection can often be missed. Also, there is no treatment for Heartworm Disease in cats, making prevention the only way to avoid the disease. While Heartworm Disease in the Northeast U.S. may not be as prevalent when compared to other parts of the country, it is a growing disease with more resident dogs being infected due to the number of heartworm positive wild animals. This means that routine testing and prevention are strongly advised to avoid life threatening and costly sickness.

\*A vector-borne disease is one in which one living organism transmits a pathogen (i.e. virus, bacteria, parasites) to another living organism. In this article, the mosquito is the vector, transmitting a parasite (heartworms) from one animal to another. This means the disease cannot transmit directly between two animals without the use of the vector.

WHERE'S THE TREAT? and encourage him to smell the cups — give him lots of praise when he paws, sits beside, or barks next to the correct bucket, and then lift it up so he can claim his reward. In the beginning, you may have to help him understand the game by tapping or tipping the cup to give him a hint. You can increase the difficulty level by changing the placement of the cups after you hide the treat or pretend to put treats under multiple buckets.

### NAME THAT TOY

Gather a group of toys that are noticeably different (for example, a stuffed duck, a rubber chew toy and a ball). Hold a toy up for your dog to sniff and see, get him excited, and toss it, saying WHERE'S YOUR DUCK? When he comes back with it, give him lots of praise, then do the same with the chew toy, then with the ball, etc. Repeat again and again, and again, and be consistent with your naming and be patient. Once he has mastered a few names, set out multiple toys

and tell him which one to get. **FIND IT!**

Put your dog in a SIT/STAY. Show your dog a toy or treat and put it on the floor so the dog can see it. Say FIND IT! Naturally, your dog will enthusiastically, and hopefully, easily, find the toy or treat. Over time make it a bit more difficult by moving it farther away or out of view, perhaps, behind a chair. Continue to vary treat placement, or, for a real challenge, set up a roomful of hidden delights in advance. Watch your dog as he searches, and tap your foot and give an OOH or gasp to get him excited about the ones he's missed. **CLEAN UP!**

Teach your dog to CLEAN UP after playtime by picking up his toys and putting them back in the toy box. Have your dog pick up a toy while you hold the toy box up to him. Tell him to DROP IT. When he does, give him lots of praise. Repeat with the next toy. Once he gets

Continued on page 12

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## Winter Weather

### Keeping You Indoors?

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Presented by Barbara Sweeney Fassett

And Bark Busters Home Dog Training Dutchess County

All dogs need exercise, even when there is inclement weather or you just don't feel like going out. Try playing some of these indoor games with your dog to keep him healthy and happy. In addition, playing with your dog, just like training him, enhances the bond you share and helps him keep his focus on you!

You can change these games depending on how your dog is best motivated: enthusiastic praise, belly rubs, or treats. If you do use treats, one way to keep your dog from gaining weight from too many snacks is to use some of his mealtime kibble to play the games. Think about healthy snacks like a piece of apple or a baby carrot. As with any activity, keep each session short and fun! It's better to end the game before your dog gets bored or overly excited.

### WHERE'S THE TREAT?

Start with 3 or 4 paper or plastic cups (margarine tubs would work too). Show your dog that you have a treat or a favorite small toy. Put your dog in a SIT/STAY or DOWN/STAY a few feet away, then make sure he can see you as you place his prize under one of the cups. Then say



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### Hudson Rotary Club from page 5

hours of volunteer labor, raised thousands of dollars to support local and international initiatives, collected over \$3,000 worth of hygiene supplies for community-serving organizations, served 80 seniors with meals and holiday treats; and collected dozens of coats and warm clothing items to share back with neighbors through partnerships with Operation Unite New York, The Second Show Community Thrift Store, The Hudson Senior Center, The Salvation Army, Mental Health Association of Columbia and Greene, Columbia County Sanctuary Movement, Columbia County Habitat for Humanity, and the Mount Zion AME Food Pantry.

#### About Rotary International:

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who

see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves. For more than 110 years, Rotary’s people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end. Interested in taking action? We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders. Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves. Learn more about Hudson Rotary Club here <https://www.facebook.com/rotary.hudson.ny>

### Learn About Native Plants for Non-Traditional Spaces with the Germantown Garden Club

The Germantown Garden Club will hold its next meeting on Saturday, March 23, beginning at 10:30 am, at the Hover Room at the Germantown Library, 31 Palatine Park Rd., Germantown. This month’s program will feature a presentation on “Native Plants for Non-Traditional Spaces” by Shanti Nagel. Shanti is the founder of Design Wild and she believes that the relationship between humans and the natural world is essential for individual health—both physical and spiritual—and for the strength of communities, cities, and ecosystems. Her presentation will give a better understanding of why planting natives is essential to a healthy ecosystem and why individual plant choices can greatly impact the life cycle of pollinators, songbirds, and the greater ecology of the region. Shanti will also discuss terrific selections of native trees, shrubs, and perennials. Other topics covered include container gardens for decks and patios, mixed border plantings, and sourcing options. Refreshments will be served. The meeting is open to the public. For more information, please call Irene Clum, at 518-537-4793. The Germantown Garden Club is a member of the Federated Garden Clubs of NYS, Inc. and National Garden Clubs, Inc.

### The Kinderhook Memorial Library

is pleased to announce that they are donating \$425 to the National Alliance on Mental Health (NAMI) Columbia County. Each year around the holidays, the Kinderhook Library hosts a small-works art sale featuring contributions from local painters. These paintings, no larger than 3 x 3 inches, are sold as part of a fundraiser; in recent years, the library has begun splitting the proceeds with other local community organizations as a way to give back. “We are always thrilled with the response to this fundraiser, and this year was our most successful,” said Matt Pavloff, director of the Library. “It’s great for the artists, our patrons, and our community. It’s something that many of our patrons look forward to each December.” The fundraiser was started in 2017 by local artist and instructor Karen Hummel and her group of students as a way to give back to the library. What began as a fundraiser to honor the

memories of fellow artists has continued to grow, and with the increased popularity Hummel and Pavloff decided to split the proceeds with other community nonprofits. “We agreed that this was a great way to help support a great organization and a great way to honor the memories of these artists,” said Pavloff. NAMI Columbia County supports local families who have been impacted by mental illness. They meet regularly at the Library on the second and fourth Wednesdays of each month at 6:00pm. Meetings are free, open to everyone, and are also available on Zoom by pre-registration at [namiccny.org](http://namiccny.org).

### Old Dutch Village Garden Club Meeting Visits Black History and Gets Ready for Plant Sale

by Nancy Bendiner and Felice Gelman  
At the Old Dutch Garden Club’s February meeting, speaker  
**Continued on page 10**

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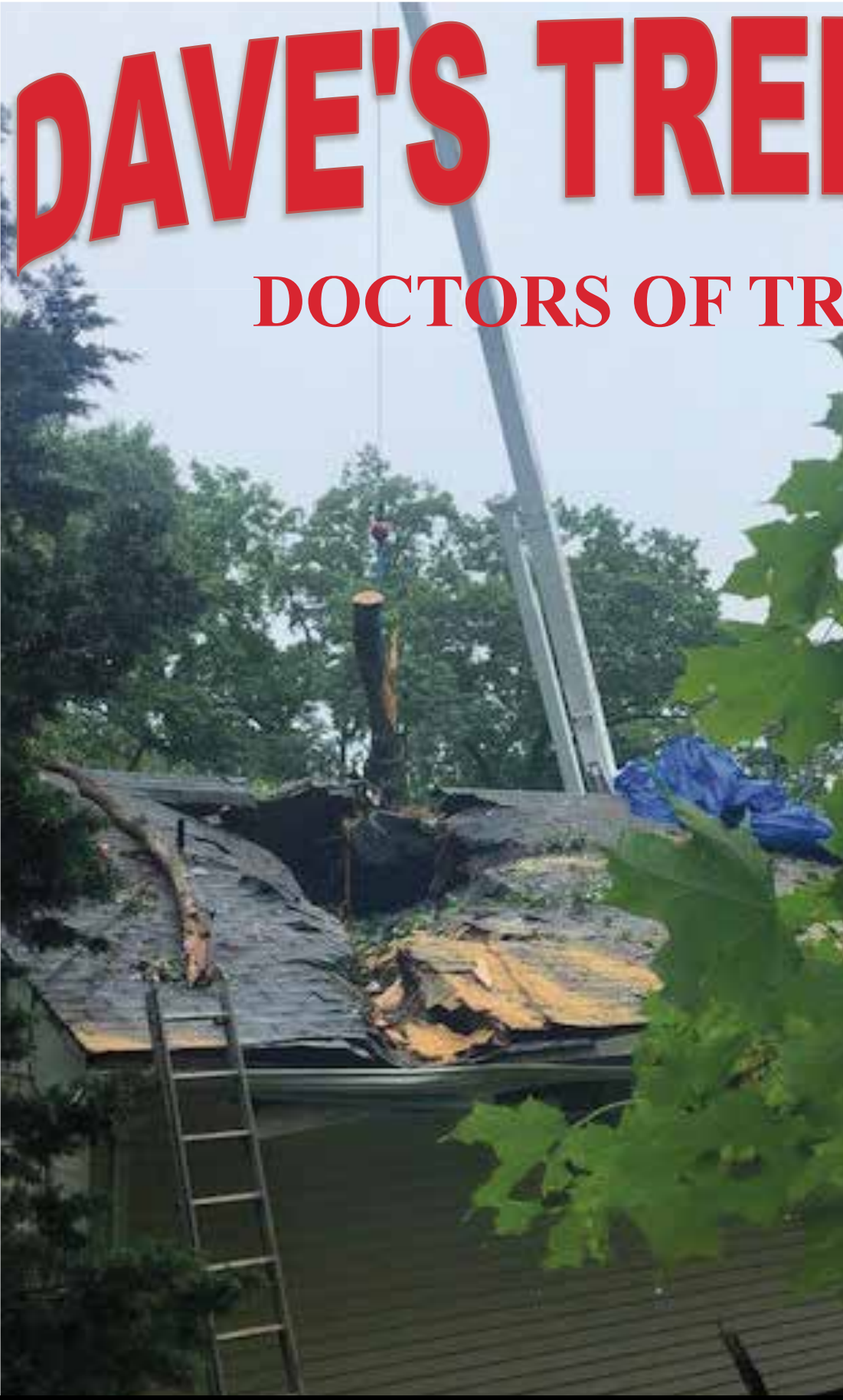


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### Old Dutch Village Garden Club from page 8

Brenda Brockett explored the role of enslaved people and their descendants in the creation of Hudson Valley gardens. Brenda is a member and former president of the Rhinebeck Garden Club and is co-chair of their plant sale and Program Planning Committee.

She described how some women, kidnapped to be slaves, hid seeds in their hair or clothes, hoping to create gardens and maintain generational continuity.

We have okra as a result. Wealthy white families meanwhile needed labor from enslaved people to create and maintain their European-style gardens -- a social expectations of the time. As a result, skills and seeds brought from Africa blended with European practices to create many of the species we now enjoy.

Very few black gardeners have been recognized for their work on the Hudson Valle's great estates. They include Alexander Gilson, who became head gardener at

Montgomery Place and whose contributions are honored by a plaque on the estate. He is known also for the nursery he created and for two entirely new plant varieties. James F. Brown, a former runaway slave who started work in 1829 at Mt. Gulian in Beacon, New York, rose to the position of master gardener. Brown kept a diary of his work which gives insight into his contributions.

The club learned about others, including black women, who contributed nationally to horticulture, botany, and gardening. There are also current efforts to involve local communities of color in gardening such as [Grow Black Hudson](#) (which can be followed on Instagram and Facebook).

ODVGC members then reviewed plans for the annual May plant sale. A popular event in Red Hook, the plant sale attracts hundreds of locals who rush to arrive for bargains before all the plants sell out. The sale will take place at Memorial Park

(opposite CVS) starting at 9am on May 18. Mark your calendars!!

Consider thinning out your perennials, ground covers, ferns, herbs and small shrubs so you can make a plant sale donation. Linda Lawson, plant sale Chairperson, can be contacted at 845-399-9532 if you have plants to donate- she will give you the location to drop them off, no later than May 3. ODVGC will divide the plants if necessary and pot them. We can will come to your garden and dig out plants but we are very appreciative if you could do this yourself or work with us.

The funds earned from the plant sale go directly back into the community in the form of trees, benches,

scholarships, community events and the maintenance of ODVGC's Memorial Garden.

At our next meeting, March 14, Dorian Hyland from the Cornell Cooperative Extension will present a talk on "Gardening in a Changing Climate." We meet at 12:30 pm in St. John's Reformed Church, Upper Red Hook, and look forward to seeing you there! Please check our Facebook page for more details about ODVGC and our activities.

### RHINEBECK GARDEN CLUB MONTHLY MEETING

March 27, 10am, Rhinebeck Village Hall, 76 East Market

Continued on page 12



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## Ways to Achieve Optimal Health

by Joseph V. Cassarino

Lately it seems as if almost everyone—regardless of age—has some sort of health issue. Whether it's a respiratory ailment, autoimmune disorder, Long Covid, Zoom fatigue or just plain exhaustion, it appears that much of the population, including children, are combating some form of health issue.

According to [ChildrensHealthDefense.org](http://ChildrensHealthDefense.org), 54 percent of American children are chronically ill. It reports that among kids four in 10 have depression, anxiety or ADHD; one in five are obese or have suicidal thoughts; one in six have developmental disorders; one in 12 have asthma; one in 13 have food allergies; one in 36 have autism; and one in 285 have cancer by age 20.

### The root cause of many of these illnesses

Lack of education about nutrition is one reason. Also, the food industry is controlled by a handful of conglomerates

that produce food with their bottom line as the number one concern. Rather than focusing on the consumer's health and well-being, they focus on reducing costs by any means possible and often opt for ingredients containing chemicals, toxins and cheap fillers over anything natural. The final product has often been stripped of important nutrients and filled with unhealthy oils known to clog arteries, addictive sugars and unnatural, synthetic ingredients. Then we wonder why our children have illnesses that were quite uncommon just a few decades ago to those of such a young age. We have crossed the line in maintaining health and we need to refocus on priorities and choices.

### Kids aren't the only ones affected

It's not only the youth that are sick. A vast majority of middle-aged people and senior citizens are struggling with suboptimal health. According to the National Association of Chronic Disease Directors, in 2022 nearly 60 percent of adult Americans had at least one chronic disease. Presently, 25 percent have obesity,

21 percent have depression and 11 percent have high blood pressure. Asthma, COPD, arthritis and hypertension are the more common forms of chronic disease, and many people are also suffering from COVID-related issues including ubiquitous inflammation. Additionally, more younger adults are developing neurodegenerative diseases as early as 30 years old. This is not the trajectory of a bright, healthy future.

### Helpful steps

We all have the power to create a healthier future for ourselves. First, we need to be aware of what we put into our body and the effect it has on our health. Unfortunately, we have become accustomed to eating junk food on a regular basis. Our diets often consist of processed fast foods, soft drinks full of sugar and alcoholic beverages. Even our tap water can contain chemicals and toxins. Most of us fail to eat the daily servings of fruits and vegetables that our body needs. Instead, many start off their days with cereals or muffins, grab pizza or burgers for lunch and often eat processed or frozen foods for dinner. All of these choices lack nutrients, vitamins and minerals. We need to make healthy choices.

One more factor that we often fail to think about is ubiquitous WiFi all around. Children are on constantly on cell phones, Xbox, Oculus, computers and in front of smart TV's with Bluetooth. The WiFi causes oxidative stress within the cell and this is also harming children. One way to combat continuous WiFi is to limit usage or turn the cellphone on airplane mode when not using. Even turning off the WiFi box at night reduces the WiFi floating around the house. Spending more time outdoors and leaving the wireless gadgets in the car is another reduction of WiFi usage.

### Get back to the basics

First, select healthier choices and shop for nutrient-based, real foods. There's no shortage of health food and farmers markets, vitamin stores, functional medical professionals and integrative medical professionals and health coaches or professionals to assist us along our path to better health. While it's critical to supplement and to replenish lost nutrients, it's equally important to mitigate toxins and chemicals built up inside cells. Become customers of businesses that value and support consumer health. Spending much more time outdoors in parks and in nature

is one of the best medicines and reduces stress and rebalance the person. Many people are getting back to walking barefoot in nature in order to receive the ions and electrons from earth as a form of improving the immune system naturally. Always remember to spray tick repellent.

### Ensure a healthy immune system

Strong immunity is like a shield that mitigates illness, helps with recovery and protects the body from toxic substances. With many forces working against us, it's most important to take care of our immune system. Fortifying it involves multiple actions including plenty of sunshine and rest, refraining from alcohol and eating a diet rich in vitamins and minerals. However, all of these aspects combined are often not enough to combat the excessive toxins infiltrating our cells.

One of the best ways to strengthen the immune system and improve cell health and ultimately overall health is to maintain ample Glutathione levels directly within the cell. A scientific breakthrough in 2004 discovered by Dr. Albert B. Crum, M.D., DSc, (Hon), M.S. of Rhinebeck, NY led the way to [glutathione synthesis directly](http://glutathione-synthesis-directly.com)

Continued on page 13

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**Barkbusters from page 7**  
 the idea, put the toy box on the floor and guide the dog over to it and say DROP IT. Keep it fun and simple, and use the same words each time for every command.  
**COME WHEN CALLED**  
 Call your dog to COME, put him in a SIT/STAY, and then move away from him. After a short time, call him to COME again, and repeat. Try to increase the distance you move away and the length of time you wait before calling your dog to you. This game is great for dogs with attention-seeking behaviors, as it teaches them to wait for your commands.  
**CIRCUS CLOWN**  
 If your dog likes to jump, you can burn off a lot of his

energy by teaching him to jump over and through things. Start with your dog on a leash. Place a pole or stick just barely off the ground, and have your dog walk over it. As you raise it each time, you will need to move him back and let him get a running start. Give him lots of praise every time he jumps over. Once he masters the pole, try a Hula-Hoop!  
**HIDE & SEEK**  
 This old standby is still loads of fun for you and your dog. Have your dog STAY in one room. Go into another room and hide. Call your dog. Try not to give away your location by laughing! Kids love to play this game with the family dog. Remember that: dogs use about

the same amount of energy when they are challenged mentally as physically! Treat-rewarding puzzles, such as Bark Busters Game Changer (available from your local Bark Busters trainer or through Amazon.com) require your dog to work for his treats. mental stimulation creates an outlet for your dog's energy when he's cooped up and also gives him a way to entertain himself. basic obedience is the foundation for having fun with your dog. Games and tricks should be a fun and rewarding bonding experience, not a stressful time, for you and your dog. Clarity and consistency are the keys to educating your dog. Being clear and consistent will help your dog understand and repetition will help him know what to expect which will make it all more fun for you and him. And the results? Happy Dogs = Happy Families  
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events which are mostly open to the public. For information, call Hannah at 914-263-5298 or logon to <https://www.facebook.com/p/Rhinebeck-Garden-Club-100064834505072/>

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 Saturday: 12 - 8 pm  
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**STAATSBURGH STATE HISTORIC SITE OPENS FOR WINTER 2024 TOURS**

Staatsburgh State Historic Site is open for winter tours on Fridays, Saturdays, and select Sundays 10:00 a.m. to 4:00 p.m. (last tour at 3:00 p.m.). Tours are by advance reservation only;

reservations are made at [www.Bookeo.com/StaatsburghSHS](http://www.Bookeo.com/StaatsburghSHS). Admission is \$10 per person; \$8 for seniors and students; children ages 12 and younger are free. There is a winter scavenger hunt of the mansion that visitors ages 7-12, can enjoy while on tour, which includes a prize.  
 The 79-room mansion overlooking the Hudson River is in the hamlet of Staatsburgh, between Hyde Park and Rhinebeck. A time capsule of the Gilded Age, Staatsburgh retains its original furnishings and opulent décor. The historic estate grounds surrounding the mansion, now Ogden Mills & Ruth Livingston Mills Memorial State Park, offer scenic walking paths as well as woodland trails.  
 House tours are one hour long; 90-minute, costumed theme tours are also offered on select weekend dates; all details and reservations are found at [www.Bookeo.com/StaatsburghSHS](http://www.Bookeo.com/StaatsburghSHS). Staatsburgh was the autumn home of Ruth Livingston Mills, a prominent figure in New York Society, and her husband, industrialist and philanthropist Ogden Mills. The mansion was redesigned by the famous architect Stanford White in 1895 and decorated in the styles of 17th and 18th century France. In this lavish setting, Ruth Livingston Mills hosted parties for the elite of Gilded Age Society. Guests included people such as her cousin John Jacob

Continued on page 13



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**RHINEBECK GARDEN CLUB from page 10**

Street. Program: "Permaculture; The Growth of Agricultural Ecosystems in a Self-Sufficient and Sustainable Way", presented by Zoie Riel. Followed by John Lobosky who will give an update of The American Chestnut Tree Restoration Project. Visitors are welcomed. Refreshments will be served. Every year the Rhinebeck Garden Club puts together a series of meetings, field trips and



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## Ways To Achieve Optimal Health from page 11

inside the cell as opposed to synthetic Glutathione, attempting to enter into the cell, however that only enters the bloodstream.

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Additional research proves ProImmune® also activates the Nrf2 Gene to support 250 immune systems inside the cell.

ProImmune® is available locally at Sunflower Market in Rhinebeck and Woodstock, The Health Connection in Poughkeepsie, Bambini Pediatrics in Poughkeepsie, and William's Lumber in Rhinebeck. Please always support local and speak to your health professional before making any changes to your health routine. It's time to create a healthier, happier America and it starts with each of us paying additional attention to our health and our choices. Our healthier, chronic-illness-free life is just a few simple choices away.

*Joseph V. Cassarino is a retired entrepreneur, published wellness author and radio talk show personality on the topic of health. He is also the founder of Best Immune Support a distribution arm of the flagship formula, ProImmune® -Immune Formulation 200 and business consultant to the ProImmune Co. LLC of Rhinebeck, NY. For additional information, visit [TheBestImmuneSupport.com](http://TheBestImmuneSupport.com) - email [info@TheBestImmuneSupport.com](mailto:info@TheBestImmuneSupport.com)*

## Staatsburgh State Historic Site from page 12

Astor, her neighbors Fredrick and Louise Vanderbilt, and her twin daughters' close friend Alice Roosevelt, President Theodore Roosevelt's eldest daughter.

Visitors to Staatsburgh see a remarkable relic of a vanished era. Still decorated with the

Mills' antique furniture, Turkish carpets and artwork, the mansion vividly recalls the atmosphere of the Gilded Age. Visitors learn what it was like to be among Society's elite, to attend one of Ruth Mills' exclusive weekend parties, and to be looked after by an army of servants.

Staatsburgh State Historic Site and the Ogden Mills & Ruth Livingston Mills State Park are located on Old Post Road in Staatsburg, off Route 9 between Rhinebeck and Hyde Park. The historic site is one of 6 sites and 15 parks administered by the Taconic Region of New York State Office of Parks, Recreation and Historic Preservation. For more

information, call 845-889-8851, or visit Staatsburgh's websites at [Parks.NY.gov](http://Parks.NY.gov), [Facebook](https://www.facebook.com/staatsburgh), and [Blogger](https://www.blogger.com/blog-posts/staatsburgh). Staatsburgh's events are listed at [Parks.NY.gov/Events](http://Parks.NY.gov/Events). The New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 parks, historic sites, recreational trails, golf courses, boat launches and more, which saw a record 79.5 million visits in 2022. For more information on any of these recreation areas, visit [parks.ny.gov](http://parks.ny.gov), download the free [NY State Parks Explorer app](https://www.parks.ny.gov/explore) or call (518) 474-0456. Join us in celebrating our Centennial throughout 2024, and connect with us

on Facebook, Instagram, Twitter, and the OPRHP Blog.

**"Ella The Ungovernable," the story of 15 year-old Ella Fitzgerald's incarceration in Hudson, NY, in 1933, to make its New York City debut in the summer of '24 at Greenwich Village's Theater For The New City**  
The play "EllaTheUngovernable," by Red Hook resident David McDonald, has been given a three-week run at Greenwich Village's Theater For The New City this upcoming summer.

**Continued on page 14**

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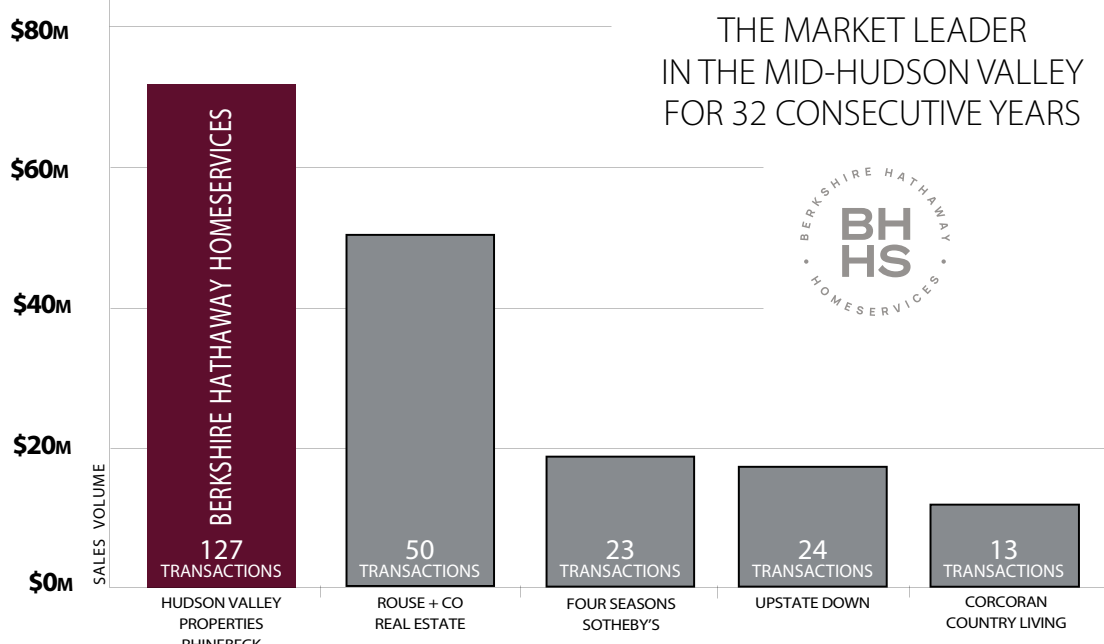
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**“Ella The Ungovernable” from page 13**

Since its foundation in 1971 by the legendary Crystal Field, Theater For The New City has been considered to be one of New York City’s greatest incubators of new talent, showcasing new works by Sam Shepard, Charles Ludlum and many others.

The tentative dates for the “Ella The Ungovernable” production June 17th to July 10th, 2024. “Ella The Ungovernable” is a play about 15 year-old Ella Fitzgerald’s incarceration at The NY Training School For Girls in Hudson, NY, in 1933.

This will now be the fourth iteration of “Ella The Ungovernable,” a play whose ascent has been impacted by the pandemic at each and every step.

The play originally debuted in February, 2020, at The Valatie Community Theatre in Valatie, NY, literally *two weeks* before

the outbreak of the pandemic . A month-long engagement was then planned at the self-same Theater For The New City, only to be quashed by the pandemic. It was then replaced by two, live, Zoom performances with an estimated viewership of 25,000. Finally, in 2022, the play was the recipient of a \$75,000 ARPA grant by the city of Poughkeepsie and was to be performed at the Bardavon, only to be once again thwarted by the pandemic.



**The Origins Of The Play**  
Playwright David McDonald

first heard about the story while living in Hudson, NY. “As a resident of Hudson, I had heard rumblings about this story for *years*,” recalls Mr. McDonald. “However, I always sort of presumed it was only Hudson lore – I mean, if Ella really *had* been incarcerated there, wouldn’t the world have known about it?” After doing some digging, however, McDonald found unimpeachable sources for his material. The first was a 1996 article in The NY Times that came out just a few weeks after Ella’s death called: “Ward Of The State: The Gap in Ella Fitzgerald’s Life” back in 1996. <https://www.nytimes.com/1996/06/23/weekinreview/ward-of-the-state-the-gap-in-ella-fitzgerald-s-life.html> The second, “The Ungovernable Ella Fitzgerald,” was prepared by a group of historians studying the prison system in and around Hudson, NY: <https://www.prisonpublicmemory.org/blog/2014/the-ungovernable-ella-fitzgerald> These two articles established the basic facts of what we know today about Fitzgerald’s incarceration as a fifteen year-old girl in 1933: That while living in Yonkers, Fitzgerald’s mother had died, leaving Ella in the care of her reputedly abusive stepfather; Ella had ended up living on the streets of Harlem, serving as a lookout for a bordello;

She was then snapped up by the police and sent up to Hudson; She had been incarcerated for almost a year before escaping back to Harlem, and a few weeks later, a friend convinced her to sing at the first-ever Amateur Night at The Apollo Theater in Harlem.

Ella ended up winning. Bandleader Chick Webb was sitting in the audience, and he basically ended up hiring her on the spot, and she was eventually paroled by the state of New York to the Chick Webb Orchestra. After reading all of this material, McDonald became convinced that the story of Ella Fitzgerald’s incarceration was an incredibly powerful double-headed allegory, first, of African American incarceration throughout the centuries, but also for life under Trump. He deliberately wrote the play in an effort to empower and uplift a demoralized public, and particularly to inspire kids with the play’s mantra of never giving up. To garner support for the project, he then proceeded to make the following narrative trailer, which has ended up having quite a bit of a life of its own, being accepted into three international film festivals this year and winning best trailer at The Madrid International Short Film Festival. <https://www.youtube.com/watch?v=uoyQg2cIOOE&t=18s> In recent months, McDonald has been casting far and wide for his new production of Ella. He encourages actors and theatrical professionals to contact him at his email address of: [luminescentmedia@gmail.com](mailto:luminescentmedia@gmail.com) McDonald’s two websites are: [Luminescentmedia.org](http://Luminescentmedia.org) <https://ellatheungovernable.com/>

**IN FLIGHT, INC. Honors Exemplary Employees, Pays Tribute to Departed Colleagues**



In Flight, Inc., a distinguished non-profit organization dedicated to supporting individuals with intellectual and developmental disabilities in the Hudson Valley & Capital Region, proudly celebrated the outstanding contributions of its employees at its recent annual Holiday Party. The event not only recognized the exceptional dedication of current staff members but also paid heartfelt tribute to two departed colleagues through the presentation of commemorative awards.

The first award, the Star of Excellence Award In Memory of Bonnie Hoeft, was bestowed upon Bill Powers, a devoted facilities worker whose unwavering commitment to excellence embodies the spirit of the late Bonnie Hoeft. As the Chief Financial Officer of In Flight from August 2012 until her passing in May of 2019, Bonnie Hoeft left an indelible mark on the organization with her exceptional leadership, professional integrity, and unwavering support for her colleagues’ growth and success.

Matthew Bateman, CEO of In Flight, expressed his admiration

**Continued on page 15**

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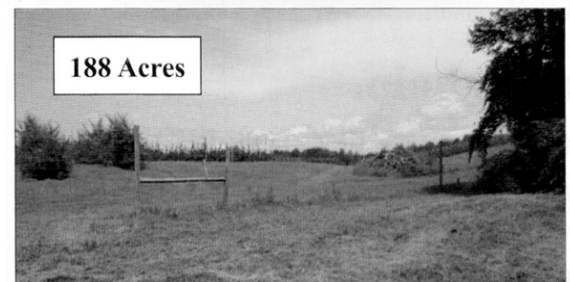
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**INFLIGHT, INC. Honors from page 14**

for Bonnie, stating, "Bonnie is one of the people I never want to forget because she got us where we are, so in her honor, we decided to create an award that reflects her caring and unwavering commitment to the organization." Dr. Sarah Branham, Vice President of Clinical Services, nominated Bill Powers for the award, describing him as "the most delightful person" and a shining example of professional excellence.

The second award, the Heart of a DSP Award, in Memory of Jon Thomas Tolbert who passed in 2023, was presented to Dan Lewis, in recognition of his embodiment of the principles and characteristics exemplified by the late Jon Thomas Tolbert. Jon, a dedicated Direct Support Professional (DSP) at In Flight, exemplified the values of person-centered services, integrity, positive relationships, and active participation in society throughout his tenure.

Jon's legacy lives on through the award, which honors DSPs who demonstrate a similar commitment to serving others with compassion and dedication. Dr. Branham commended Dan Lewis, the recipient of this year's award, stating, "Anyone who knows Dan Lewis, knows he will do anything for our guys."

Upon receiving their awards, both Bill Powers and Dan Lewis expressed heartfelt gratitude to their colleagues and the organization. Bill Powers humbly thanked everyone for the honor, while Dan Lewis acknowledged the individuals supported by In

Flight, stating, "My experiences help me to connect with you guys, I appreciate you guys very much, and this award is for you guys."

The awards ceremony, held at In Flight's annual Holiday Party, served as a poignant reminder of the enduring impact of exemplary individuals within the organization's community. For more information about the award recipients and to watch the award presentation, please visit <https://inflightinc.org/award-winner-heart-of-a-dsp-star-of-excellence/>.

**About In Flight, Inc.** In Flight, Inc. is a local nonprofit organization that empowers people with intellectual and developmental disabilities, reach for their hopes and dreams, and support a meaningful quality of life. The organization has programming and services in Dutchess, Columbia, Greene, and Ulster Counties. For more information about In Flight, Inc, please contact Jill Rodriquez at (845) 835-6294 x190 or [jrodriquez@inflightinc.org](mailto:jrodriquez@inflightinc.org).

**MAC-HAYDN THEATRE ANNOUNCES 'THE FANTASTICKS' WILL CONCLUDE 2024 SEASON OF MUSICALS**

The Mac-Haydn Theatre has announced "The Fantasticks" as the sixth and concluding production of their 2024 Mainstage season schedule. The theatre's 55th summer season will also include previously announced "West Side Story," "Sister Act," "RENT," "All

Shook Up," and "Something Rotten." Tickets are now on sale at [www.machaydntheatre.org](http://www.machaydntheatre.org).

Known to many as "the world's longest-running musical," "The Fantasticks" broke records with a 42-year Off-Broadway run, and since has become a beloved, timeless classic to audiences of all ages. A tale of a young couple navigating the dichotomies of love, the musical allegory features a romantically charming score, including songs "Try to Remember," "Soon It's Gonna Rain," "Much More," and "They Were You," guaranteeing a captivating, touching close to the 2024 Mac-Haydn season.

"For me, selecting the 2024 season became about finding this great balance of shows to make us both laugh and reflect," said Producing Artistic Director John Saunders. "I really wanted some shows with big comedy but also shows that we can all truly relate to. I hope our audiences find how each of the shows this season has its own very distinct story to tell."

In addition to In addition to the Mainstage lineup, the theatre's Limited Performances Series will return this summer, featuring guest artists in concert-style programs. These titles and calendars will be revealed

**Continued on page 16**



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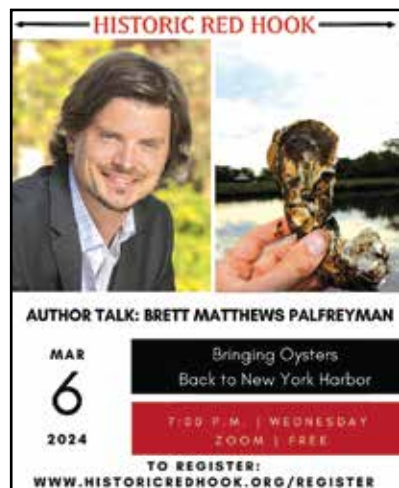
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### MAC-HAYDN THEATRE ANNOUNCES from page 15

in a follow-up announcement in the coming weeks. Performance Details: Main Stage Season: West Side Story (June 13 – 23, 2024) Sister Act (June 27 – July 14, 2024 \*Three Weeks!) RENT (July 18 – July 28, 2024) All Shook Up (August 1 – August 11, 2024) Something Rotten (August 15 – September 1, 2024 \*Three Weeks!) The Fantasticks (September 5 – 15, 2024) Limited Performances TBA Single ticket sales and 4-Show Subscription sales are now open. 7-Show Subscriptions will become available following the announcement of Limited Performances. For more information on the 2024 season, showtimes, and tickets, visit [www.machaydntheatre.org/season-of-shows-2024](http://www.machaydntheatre.org/season-of-shows-2024). **About the Mac-Haydn Theatre** Founded in 1969, the Mac-Haydn Theatre strives to

present innovative, diverse and professional musical theatre productions to the residents of Columbia County and beyond. We aim to cultivate young talent for careers in theatre and seek to provide a supportive environment for the creation of new musical theatre works.

### Author Talk with Brett Matthews Palfreyman: "Bringing Oysters Back to New York Harbor"

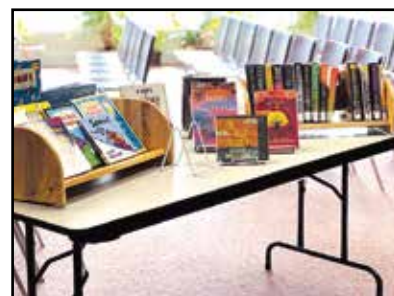


Wednesday, March 6 at 7 PM, Zoom

Register at [www.historicredhook.org/register](http://www.historicredhook.org/register) New York Harbor was once home to the greatest oyster habitat on the planet—before we fished and polluted them out. Now, communities across the city are working to bring the once plentiful bivalves back. This talk examines the past, present, and potential future of oysters in New York's waters. Dr. Palfreyman is an associate professor in the history department at Wagner College and a graduate of Red Hook High School.

### Kinderhook Library Explores Operations in Stuyvesant

The Kinderhook Memorial Library is exploring adding operational hours in the Town of Stuyvesant. Library Director Matt Pavloff will be holding open library hours in Stuyvesant Town Hall on Wednesdays from 10am-1pm until April 10th. "We love that our Stuyvesant patrons enjoy visiting our library in Kinderhook," said Pavloff, "but we are curious to see if there is interest in building services a little closer to home." The Library's service area covers both the Village of Kinderhook and the Town of Stuyvesant. The Library frequently holds events and activities, such as Cookbook Club and Yoga Storytime, at the Stuyvesant Town Hall. "We just want to make sure that everyone is well represented and that we're reaching as many of our residents as possible," said Pavloff.



These limited hours will help the Library develop their long-range plan regarding outreach and service based on the level of interest and engagement from the community. Residents can stop in to get a new library card, check out a book or place a hold, learn about upcoming events, pick up some free eclipse glasses, and get technical support.

### Columbia-Greene Humane Society/SPCA offers vaccine clinic for cats, dogs, kittens, and puppies

The Columbia-Greene Humane Society/SPCA will be offering vaccination clinics on Saturday, March 2, and Saturday, March 23. The clinics will run from 8 to 10 a.m., and no appointment is necessary. Vaccines the clinics will offer include rabies, bordetella (kennel cough), feline leukemia, canine and feline

distemper combination, and/or canine Lyme Disease for \$25 per vaccine. Canine influenza vaccines can be purchased for \$39. The shelter is located at 111 Humane Society Road, Hudson, NY. For more information, please call (518) 828-6044 or email [info@cghs.org](mailto:info@cghs.org).



### Dirty Gala Presents "ASK A GARDENER"

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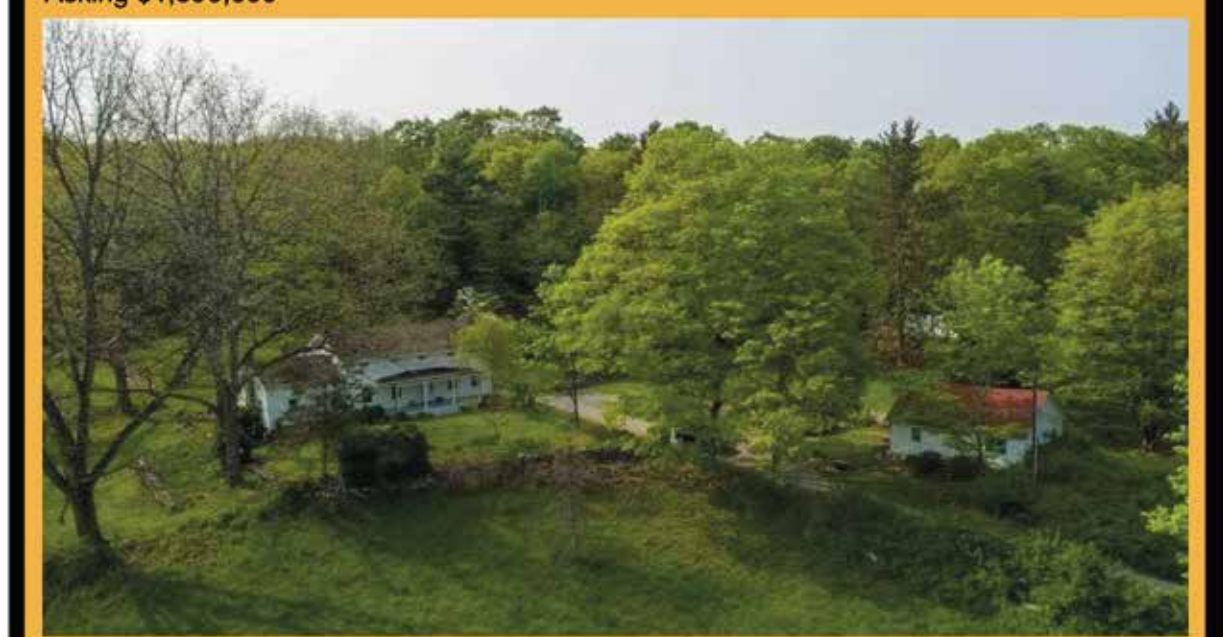


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