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Postal Customer

Financial Services Center, Inc. For all your Financial and Tax Prep Needs – and COVID-19 questions answered

By Lisa Dudley

There are so many questions about how to file taxes this year. Some folks have been working at home, while others are collecting unemployment. Many individuals have had to take out retirement funds, and business owners might have received PPP loans. And what about those stimulus checks? Are we supposed to declare that money?

Financial Services Center, Inc. (FSC) located at 3944 Route 9G between the Shell Station and the Ro-Lin Lanes bowling alley, just north of the Kingston-Rhinecliff bridge is a full-service accounting firm for individuals, corporate clients and partnerships. They have all the answers. "If you're working at home now, you may be able to itemize a home office deduction on your NYS income tax return if you are a W-2 employee that was required to work from home during the pandemic," suggests Michael K. Levy, Senior Partner and Accountant/Enrolled Agent licensed to practice before



Mike Levy

the IRS for over 30 years. When he started Financial Services Center, Inc., Mike Levy was the first tax professional in Dutchess County to use IRS e-filing software. Keeping with his history of technological innovation, "This year we are holding virtual tax meetings and offering clients the option to electronically sign off on tax paperwork and e-file forms. The great news," he declares, "is you can handle the entire filing process with our office from the safety and comfort of your home."

Continued on page 2

Dutchess County Fairgrounds and NYSAAF & NYSSA Scholarships Available

President/CEO Andy Imperati, announced today that the Dutchess County Fairgrounds will continue with the scholarship program which awards a Dutchess County high school senior or student enrolled in college with an \$8,000 scholarship. The Dutchess County Agricultural Association Inc. sponsors this scholarship. "Nothing was normal about 2020. As we continue to navigate through this pandemic, the Ag Society felt we needed to try get some normality back in our lives especially to the students who continued to work hard and still find time to promote agriculture." 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, 2021. Information and fillable pdf is available at the Dutchess County Fair's website www.dutchessfair.com/participate/scholarships, through Cornell Cooperative Extension of Dutchess County and from local high school offices. The NYSAAF and NYSSA offer an annual scholarship program which is available to students who are New York State residents, who currently are (or have previously been) active in a fair that is a member of the NYSAAF or the NYSSA and who plan to attend (or already attend) college in pursuit of a degree. The fair where you have been active or the NYSSA must endorse your application and will submit it for you. The website www.nyfairs.org offers a complete list of member fairs, the scholarship application, and instructions. Please visit www.dutchessfair.com/participate/scholarships or www.nyfairs.org for information regarding both scholarships.

Red Apple Realty FIFTY Years of Service to the Area

By Hilary Hart

Especially in this day and age of franchises, consolidations, and high-tech mergers, it is a rare accomplishment to start, own and operate an increasingly successful family business for half a century. It takes a rare and accomplished individual to do it.

Frank Starkes, born and raised in Claverack, opened the familiar location of Red Apple Realty on 23B in March of 1971 (see old newsprint photo as best as can be done here), just a stone's throw away from where he was born, and he is just that rare, accomplished individual. His father had come to Hudson in 1914 as a skilled mason and worked with concrete, ornamental plaster and beautiful stonework, some of which can still be seen in Hudson today.

Frank already had one career at GE as an Industrial Engineer and had started a second business as an insurance broker for National Grange Mutual out of his home, where he and his wife Jean (now married 62 years, high school sweethearts in Hudson) lived and thrived. When he retired



Frank Starkes

from GE in 1968, he and Jean had four daughters and he got his real estate license and worked for two years for Irving Price at Hudson Michael Realty before opening up Red Apple Realty.

The reason it is well to mention "familiar location" is that, literally, the "tree" and sign that was designed by Frank and erected fifty years ago is a landmark in Columbia County. People give directions to other places by citing it. It was so unusual and built so solidly, with steel piping

Continued on page 19



History of Gospel Music in the Hudson Valley: Famous Visitors and Their Impact

The Hudson Valley Gospel Festival held its inaugural event in February 2020 featuring the Hudson Valley Gospel Festival Choir, Just Voices, the West Point Gospel Choir, the Livingstone College Gospel Choir, Everett Drake, and Edwain Sutton. Planning is in the works for the 2021 Hudson Valley Gospel Festival on September 25, 2021. There will be a series of events leading up to the festival, including monthly presentations on Gospel in the Hudson Valley and beyond. The Arts Mid-Hudson Folk Arts Program researches the arts

and traditions of the region's rich cultural, ethnic, religious, and occupational heritages. Through educational and public programs like Kakizome, the Folk Arts Program shares these traditions. The program is open to ideas and suggestions about how to assist in celebrating your community's heritage. Arts Mid-Hudson is the preeminent nonprofit arts service organization serving the Mid-Hudson region. Since 1964 our initiatives have engaged and promoted the arts benefiting our artists, arts organizations, and communities. Arts Mid-Hudson provides vision and leadership to support thriving and diverse arts in the Mid-Hudson region. For more information on Arts Mid-Hudson: www.artsmidhudson.org, visit AMH on Facebook or Tumblr, or call 845-454-3222.

OLD RHINEBECK AERODROME 2021 AIRSHOW SEASON

We're pleased to announce that opening weekend is scheduled for Saturday & Sunday June 19th - 20th, with airshows continuing every Saturday and Sunday through October. Schedules are subject to CDC and NYS guidelines. For updates and additions to our schedule of events please visit the website or follow us on Facebook and Instagram.

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Spencertown Academy Presents Lucia Pulido and Ulises Martínez Virtual Concert

Spencertown Academy Roots & Shoots Streams will broadcast a concert by Colombian singer Lucia Pulido and Mexican multi-instrumentalist Ulises Martínez via YouTube on Saturday, March 20 at 8:00pm. Recorded in Mexico especially for the Academy, the program will feature a mix of traditional "pirekua" indigenous songs from Michoacán, Mexico and "cantas de guabina" from the Andes in Colombia, along with a sprinkling of Spanish "boleros"—all interpreted in a personal way. The program will conclude with an interview with the artists conducted by Gerald Seligman, member of the Academy's Music Committee. The performance is free (though tips are welcome via a virtual tip jar) and advance registration is not required. A link to the concert will be posted on www.spencertownacademy.org.

"Lucia Pulido is an artist of astonishing range, power, expression, and artistry. I've seen her perform countless times in solo, duo, and many group formations—all bring out something special, something unique," says Seligman. "That we get to hear her with new partner Ulises Martínez is a special privilege and pleasure.



She is, simply, one of the greatest voices on the international music scene. From Colombia, she has been touring the world and now comes to our own, humble Spencertown streaming platform. How lucky we are."

Pulido has mined the musical traditions of her native Colombia and other Latin American countries in an ongoing search

Continued on page 3

THE HUDSON RIVER VIEW ONLINE!

Visit our website to read our current edition, view our advertising rates and distribution, publication schedule and deadlines. Visit often to view updated and additional editorial received after publication and throughout the month.

Hudsonriverview.net

The April Edition Of The Hudson River View Will Be In Area Homes On April 7th The Deadline For Advertising And Press Release Submission Is March 24th

ACCORDING TO QUACKERS



MARCH

In old Roman calendars, one year used to be ten months long, starting in March and ending in December.

Every year, March and June finish on the same day of the week.

The Vernal Equinox occurs around March 20 or 21st. This is when the sun is directly above the equator, making the day and night equal length.

President John F. Kennedy founded the Peace Corps on March 1, 1961. It is a successful volunteer organization which has since sent at least 235,000 Americans abroad to developing countries to help with health care, education, and other human needs.

Financial Services from page 1

Sarah Grundman (néé Levy,) who is Mike Levy's accounting partner and also an Enrolled Agent, states that, "This tax season, in addition to our pre-existing Secure Portal via our website, we also have the ability to Secure Send tax documents by directly sending them through our website. We also allow for all tax paperwork and tax returns to be completed by DocuSign, in addition to signing the electronic filing (e-file) forms via our secure DocuSign e-signature program."

For clients without access to e-mail, "We still make sure that all your needs are met," promises Sarah. "You can always call the office to discuss how we can help you complete your taxes – or any other accounting needs you may have."

Following CDC guidelines, "We've stepped up our in-office safety procedures. Everyone loves the intercom system we installed to communicate with our front desk from the parking lot. When clients announce arrival, we can ensure no other clients are currently being assisted and surfaces have been sanitized between visits.

We continue to provide

tax (individual, corporate, partnership, etc.), QuickBooks Online ProAdvising services, bookkeeping, and payroll needs by holding virtual meetings, teleconferences, and installing a secure locked drop-box outside the office to make it as contactless possible."

Sarah also mentions that if you did in fact **receive Unemployment Insurance payments from New York State in 2020**, "Make sure to download your 1099-G form from the

Department of Labor website, as it is not typically mailed anymore."

Sarah also shares that you'll need to remember to include the amount of both of your stimulus payments, "As there is the potential that if you did not get enough or didn't get any stimulus payment at all, you could be eligible for the recovery rebate credit when you file your tax return this 2020 tax filing season."

Regarding COVID-19 relief, FSC has been assisting clients

Continued on page 7

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– John A. Grady CPA
M.S. in Taxation

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Spencertown Academy from page 1 for a distinct, experimental style. Her artistic collaborators have included Fernando Tarres, Erik Friedlander, Satoshi Takeishi, Dave Binney, Christian Fennesz, Burkhard Stangl, Franz Hautzinger, and long-time producer and musical director Sebastian Cruz. She is currently working on several projects with musicians in New York City, Mexico, and in different countries in Europe and Latin America. Her critically acclaimed career includes performances in Europe, Canada, United States, Asia, and South America.

Roots & Shoots Streams Concerts is a series that showcases artists who reach back to earlier traditions in music (Americana, jazz, blues, rock,



and world music) for inspiration, while incorporating more recent forms and influences of the present.

Martínez plays violin and guitar and also sings. His musical interests range from Mexican traditional music, flamenco, and blues to baroque music and fusion. He has performed in the United States, Europe, and Asia with a diverse array of artists, such as Jordi Savall's Hesperion XXI, Son de Madera, Marién Luévano's Flamenco Company, and Cristóbal Reyes.

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.

MAC-HAYDN TO PRESENT VIRTUAL DANCE CLASS "BK FROM THE UK" WITH BRYAN KNOWLTON

The Mac-Haydn Theatre will present "BK From The UK," a six-week virtual dance class with choreographer Bryan Knowlton, beginning March 6, 2021 as part of the Mac-Haydn Artist Workshop Series.

Classes will be hosted weekly on Saturdays at 10:15 a.m. ET via Zoom. The cost for the full program is \$90. Participants can register via EventBrite at <https://bk-from-the-uk.eventbrite.com>.

Participants also may register for individual classes for a drop-in price of \$18.

In each session, Knowlton will bring to life the essence of famous choreographers that changed the face of Broadway, including Susan Stroman, Bill T. Jones, Jerome Robbins and Bob Fosse. Participants can expect a 90-minute class that includes

a warmup, brief chat about the choreographer's history and an in-depth breakdown of "in the style of" choreography from an excerpt of a Broadway show.

A Broadway veteran, Knowlton began his career as an actor. He starred in the 2006 Broadway revival of "A Chorus Line" before going on to direct and choreograph for Green Lite Productions, Seacoast Repertory Theatre, Theatre Workshop of Nantucket and Winnepesaukee Playhouse, among others. He is a Helen Hayes Award nominee and has collaborated

with artists including Meryl Streep, Sally Struthers, Savion Glover, and Mario Lopez.

Knowlton's history with the Mac-Haydn dates back to the 2010 production of "Chicago," which he choreographed. His credits at the Mac also include "My Fair Lady," "Rent," "9 to 5" and "Damn Yankees." Most recently, audiences raved about Knowlton's direction of "Mamma Mia" in 2018. For more information, visit <http://www.machaydntheatre.org/artist-workshop-series-bk-from-the-uk/>

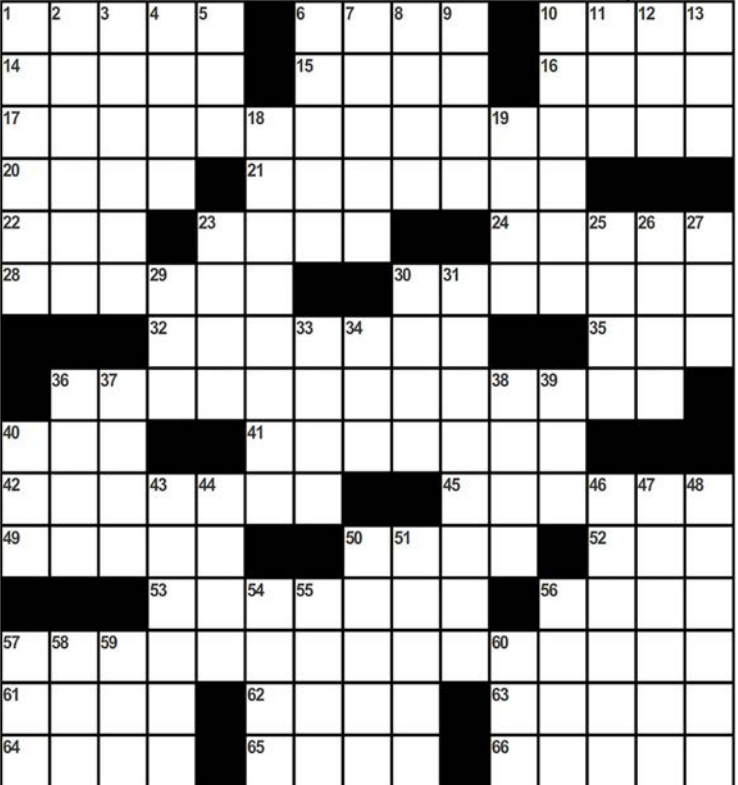
ACROSS

- 1) Arles' river
- 6) Word of regret
- 10) Provide too much of a good thing
- 14) Eagle abode
- 15) Whimsical adventure
- 16) Roll call reply
- 17) Where a judge will hear a sad tale
- 20) Dundee hill
- 21) Slayer of the Minotaur
- 22) Final ending?
- 23) Night vision
- 24) Counter by argument
- 28) Grow choppers
- 30) Blue state
- 32) Listening, in times of yore
- 35) Agent, briefly
- 36) Physically working off a debt
- 40) A friend may lend one
- 41) Give an answer
- 42) It grants permission to drive
- 45) Like an active chimney sweep
- 49) Drug used to treat Parkinson's
- 50) Stone paving block
- 52) Paddle kin
- 53) Art of folding paper
- 56) Harp of yore
- 57) They often involve many phone calls
- 61) Green-eyed monster
- 62) Smallest margin of victory?
- 63) Puts money in the pot
- 64) Abound
- 65) Practice punches
- 66) Hon

DOWN

- 1) Animal in a warren
- 2) The Munster family car
- 3) All fancied up
- 4) Big name in sneakers
- 5) Always, poetically
- 6) First Greek letter
- 7) "Bye for now"
- 8) Circle segments
- 9) Hebrides terrier
- 10) Selected
- 11) Romanian currency
- 12) Hockey legend Bobby
- 13) "Are we there ___?"
- 18) Speakers, essentially
- 19) Muffet morsel
- 23) Fake bedding item?
- 25) Capital of Switzerland
- 26) Exploited
- 27) Dosage amt.
- 29) Lord's Prayer word
- 30) Scissors sound effect
- 31) Without faith in God
- 33) Football players can take one
- 34) Part of TGIF
- 36) Picked up the tab
- 37) With a bow, in music
- 38) Half hitch, for one
- 39) Words said at an altar
- 40) Wing of a building
- 43) Person for whom something is named
- 44) One who bluffs a dealer?
- 46) Camry maker
- 47) One who brings in the bucks
- 48) Suitable for evening wear
- 50) Spicy condiment
- 51) One spelling for a mideast prince
- 54) Tiny particles
- 55) Unappetizing cafeteria serving
- 56) Word with "punch" or "ticket"
- 57) Voided tennis shot
- 58) Slender figure?
- 59) Hail, to Horatio
- 60) Wee bit

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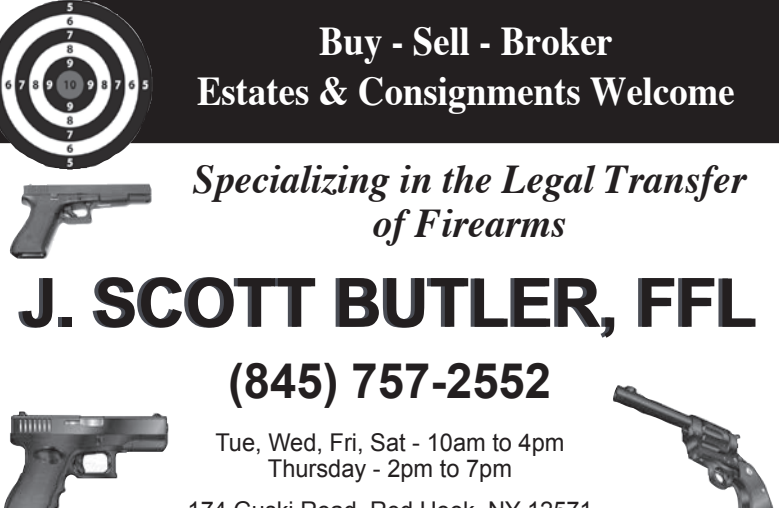
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Cornell Cooperative Extension Dutchess County
4-H Youth Development 4-H Club Program
4-H Youth are Top Cut!

Congratulations go to the Top Cut Beef "Tongue Twisters" Team, Ella Pons, Teagan Helsley, Joseph Cordato, Anthony Cordato, and Matthew Cordato! These 4-H youth collaborated from across Ulster, Columbia and Dutchess Counties to be placed first in the Top Cut Beef Contest, a program of New York Agriculture in the Classroom and the New York Beef Council. Their project "Beef Tongue Tacos" also won the Most Entrepreneurial category. A press release from AITC stated "their marketing plan was thorough and was a quality representation of a creative beef product. The applicant pool for this program was deep and competitive. You should be proud of your achievement in this difficult selection process." The project was led by Dutchess County 4-H Program Manager Emma Jenks. Beef Tongue Tacos: "It's Taco-bout good!" The finest cut of scrumptious beef tongue cooked to perfection, with your choice of our fresh toppings, wrapped in our homemade corn tortillas.

4-H Lands on Mars

4-H'ers can take advantage of many programs run by NYS 4-H. In a program called Mars Base Camp, during the 'Red Planet Odyssey' activity, youth received kits and got to build their own space rovers. Other activities so far have included 'Landing Zone Survivor' where each kid used a parachute and die to try to safely land on Mars. For each safe landing they read and learned about a different geographic location and a rover or orbiter that landed or observed there. There was even a 'Mars Launch' event hosted by Cornell and Space Lady Zoey! And to cap it off, a Mars Landing Event took place on February 12th where youth got to share their experiences and then watch a REAL Mars Rover landing!

Up and Coming Events
The 4-H Public Presentations

DEBIT CARD By Tim Burr

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program engages kids from 5 through 18, helping them master this key life skill. 2021 events start in February and go on through April when the Spring Food festival and 4-H District Presentations take place. This year youth will have the option of presenting in person (under COVID-19 protocols) or connecting with a community evaluator to present in a live virtual format. Every year, the DEC offer 4-H'ers the chance to rear pheasant chicks as part of their conservation project. Youth participate in the project from day-old through to release into the wild. March 15-19th is Ag. Literacy Week. In "normal" years this is a highlight of the week for kids in 1st-3rd grade across the county. This year the chosen book is centered on dairy farming, specifically ice cream! To make a connection to Dutchess County, CCEDC 4-H staff will be working with our dairy farms and 4-H members to create a unique video showcasing life on a real Dutchess dairy farm! This video link will be available to all participating schools, libraries, and community groups along with a copy of the book, recordings of it being read in English and Spanish and an ice cream making kit.

Green Teen Community Gardening Program
Green Teen Exemplifies Urban Gardening

A feature entitled "Food for Thought - Supporting Urban Agriculture through Planning & Zoning" appeared in the Dutchess County Planning Federation Urban Ag eNewsletter. Author Shelby Tompkins-Frangk reached out to Green Teen Program Coordinator Helanna Bratman who provided photographs and insights on the program and its many contributions to the community. Despite COVID-19, in 2020 20 youth were employed through the program and well over 1000lb of freshly grown produce was distributed free to those in need in Beacon.



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The Dogs and Cats of COVID-19

By Dr. Greg Tumolo

There are very few things we can get excited about when we think of the COVID-19 pandemic. It's been with us now for the last year and has given us little to be happy about. However, there is at least one phenomenon that most of us can get excited about: pandemic dogs and cats. It is well known that there has been a surge in pet adoptions, specifically puppy and kitten adoptions, since the pandemic started. And this is cause to celebrate! The terms "COVID puppy" and "COVID kitten" have even made their way into our vernacular and have been widely discussed in the news and media. In my own home, we have had the pleasure of welcoming and raising our new canine addition, and he has brought us all much-needed joy, excitement, and memorable moments. I cannot think of a time prior to the pandemic that we've all been at home this much to enjoy so much time with our pets. The limitations brought about by the pandemic have created ample

time at home for my family, like many others, to raise and care for a new family member.

There are some relevant considerations with regard to these COVID pets, especially puppies and kittens. As socially isolating as the pandemic has been to us humans, it has been equally isolating for our pets. Proper socialization, an important part of animal development, teaches dogs and cats how to interact with others without fear and aggression. This has been a challenge during the pandemic due to social distancing guidelines. Many pets also find people in face masks to be intimidating. It is important that you and your family do your best to expose your new pet, especially puppies and kittens, to positive interactions with other people and, in the case of puppies, to other dogs. Don't hesitate to consult a trainer or other reputable resource if you find you need assistance with socializing your new pet. Another consideration with new pets is separation anxiety. During the pandemic, many of us have

been working or attending school remotely from home, giving our pets 24/7 access to us. As the confines of the pandemic slowly fade and we seek a return to some semblance of our previous lives, we want our pets to be well adjusted and to feel safe at home alone. Pets should learn at a young age how to spend time alone, otherwise separation anxiety may develop. Again, try for planned breaks from your pet, even if they're short ones, and seek outside help from a trainer and other available resources to get your pet accustomed to spending time away from you.

Lastly, for your COVID dog or cat, don't let the pandemic stand in the way of scheduling your routine veterinary visits well in advance. Due to the significant increase in numbers of pets adopted over the past year, and safety guidelines requiring a shift to veterinary curbside care, appointments at many veterinary facilities may take longer to secure. These few considerations aside, I cannot think of a better time to adopt a new furry family member, nor can I think of a time when their companionship and love have ever been needed more. I hope you're enjoying this time with your COVID animal companions as much as my family and I are!

nudging or snuggling. But sometimes our human gestures of affection mean something different to our pups. Hugging can be construed by dogs to be dominance or assertive, similar to mounting, so make sure to respect your dog's space and go slowly over time with hugs to avoid being overheard. Be gentle - Petting from humans can be calming to our dogs.

Pawing between dogs, however, is an expression of assertiveness. That's why gentle petting - like a chin stroke - is best, especially when used to reinforce good behavior. Be mindful of your children, who may be overly physical with their affection, and keep movements slow, calm and deliberate especially with new

Continued on page 6



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he does like to stay close to his foster mom, and will follow her wherever she goes in the house. When she does pick him up, he looks up at her with the most beautiful innocent eyes that could melt anyone's heart. If this sounds like the right cat for you, won't you consider giving Marty a loving forever home? Adoption applications can be filled out and submitted on-line 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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HOW TO SHOW YOUR DOG AFFECTION... WITHOUT CREATING BAD HABITS

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

The bond between a dog and a human is truly special. Pups are not only sources of joy and treasured members of our families, but also nonjudgmental sources of unconditional love. It is no wonder we feel the urge to lavish them with affection and attention!

But years of experience have taught us something hard to believe: it can be possible to love your dog too much. Even the most passionate dog lover should know the difference between loving and spoiling their furry friend - and how to express affection in positive ways that don't reinforce bad habits.

Dogs Need Boundaries - While a hands-off approach to puppy parenting may seem like the kindest thing to do, dogs crave rules and structure; they look for a leader to provide it for them. Establishing and reinforcing boundaries is not only healthy (as dogs left to their own devices can become aggressive, demanding, or very protective of things, including you, the owner), but can be done using a foundation of trust and respect, rather than fear and dominance. Humans and dogs speak two different languages - Humans use touch like handshakes, hugs or kisses to communicate greetings, connection and affection and dogs communicate affection with gestures too, including nuzzling,

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Bark Busters from page 5
 canine additions to the family. Dogs learn by association - If a dog has ever been hit, pinned down, rolled over, kicked or overhandled in the past, it is important to rebuild trust slowly and gently. This may mean little or no physical touch until your pooch shows through body language that he is ready for such attention. A bond with your dog that is built on trust, love and respect is the foundation of healthy, lifelong relationships - That's why the right kind of affection, at the right time, is so powerful.

We can love our dogs as much as they love us, give them the attention they deserve and be conscious of reinforcing positive, desirable behaviors. Resist picking up your small dog - We know it's hard - who doesn't want to swoop down and pick up an adorable Chihuahua or Maltese? But pups are typically only picked up by their mothers, and only when they are very young. We forget that no matter how small, a dog is still a dog, and being lifted can make them feel trapped or give them the false impression that they share leadership status with the

humans at home, inadvertently supporting aggressive tendencies. Use the power of love to your advantage - Dogs live for attention, so be mindful of the way you give it. Focusing too much attention on misbehavior, for example, may encourage the dog to exaggerate his behavior to catch your eye. Similarly, using an overly excitable tone at the wrong time can reinforce negative behaviors, like when you attempt to comfort your pup while afraid. Pet your dog when he is calm and happy not excited and jumping, and use your judgment on when to deploy the affectionate "doggy voice". And the results? Happy Dogs = Happy Families Bark Busters is the World's Largest and Most Trusted Dog Training Company. Our techniques have been used to train more than 1.1 million dogs worldwide without the use of treats or physical force and we provide Guaranteed Support for the Life of the Dog. We teach our clients how to view the world through the eyes of the dog and to "Speak Dog". By learning how to effectively communicate with a dog and tapping into what the dog already instinctively understands, you build a relationship with the dog based on trust, respect and bonding. 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 14+ years. On the eastern

side of the Hudson River, her territory includes all of Dutchess County and on the western side of the Hudson her territory extends from Saugerties on the north to Newburgh on the south and Kerhonkson on the west. 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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friends and family. What a show we have for you . . . MC Richard, performances including but not limited to: singing, dancing, piano players, performers with guitars, performers with saxophones, and this year a ventriloquist! So, come one, come all to the greatest show around! The program will be held **Friday, March 5, 2021** at 7:00 PM EST. **This is an online event, pre-registration is required.** Following registration, participants will receive an email with the link to join the show. Sliding scale registration start at \$1 Morton Memorial Library & Community House 82 Kelly St., Rhinecliff, NY 845-876-2903

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Financial Services from page 2
with PPP loan applications as well as forgiveness for those loans. With the latest Coronavirus Relief act passed in December 2020, "businesses are now able to deduct the eligible expenses that were used with the PPP loan funds that were received. And if the business meets certain criteria, they could also qualify for the 2nd draw PPP loan program," Sarah explains. The FSC team does more than

tax planning and tax preparation. They also offer financial planning and asset management, new business consultations, payroll services including quarterly filings, sales tax, worker's comp representation for audits as well as expert QuickBooks set-up and help for a wide variety of businesses including restaurants, construction trades, retail, real estate and professional clients. Last fall, Matthew Watzka, who is FSC's resident QuickBooks ProAdvisor and



Rita Pryor-Halstead



Matthew Watzka



Sarah Grundman

adds. "We are well staffed and we return calls in a timely fashion. "We appreciate our clients and though we miss seeing them for in-person meetings, it's nice to know that we are still very much in touch. We make everything super easy and try to make it as stress free as possible to

file your taxes." For more information about Financial Service Center, Inc. call them at 845-876-1919 or visit their website at www.FinSerCtr.com. Hours are 9am - 5pm, five days a week, year round.

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March 2021 Events at Clinton Community Library

Accepting Donations for Spring Book Sale

Clinton Community Library is accepting donations for our Spring Book Sale! Donations are accepted during open library hours: Mon, Tue, Thu 9AM-5PM; Fri 11AM-7PM, Sat 9AM-1PM. Please only donate books that are clean and in good, sellable condition and call ahead for large donations. Staff may not be available to help carry books downstairs. The library reserves the right to refuse donations that do not adhere to guidelines listed.

We accept:

- * hardcover, softcover, and mass-market paperbacks
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We cannot accept:

- * books that are dirty, dusty, discolored, torn, marked, or musty
- * encyclopedias
- * VHS videos
- * textbooks

Crafting with Creativebug

December-March

Let's get crafty with Creativebug! This winter, teens and adults are

invited to pick up a different craft kit each month to make at home. Instructions are delivered via videos on Creativebug, the library's free resource for arts and crafts classes. You will need to know your library card number and PIN to log in. Ages 14 and up recommended. To register, call the library at 845-266-5530 or sign up online. *Kits are limited to 1 per person and registration is required.* Kits may be picked up anytime after the first Friday of the month.

Getting Started with Hoopla
Tuesday, March 2nd at 6:00 PM
Online via GoToMeeting
Join us for a 20-minute online workshop on how to use Hoopla, Clinton Community Library's e-resource for instant access materials. Hoopla offers hundreds of thousands of titles instantly with no holds or late fees. You can enjoy movies, music, audiobooks, ebooks, comics and TV shows on your computer, tablet, or phone – and even your TV! This workshop will go over how to register for an account, search for titles, and borrow items. This program is open to all patrons of the Mid-Hudson Library System.

Virtual Field Trip - Forest Mysteries Revealed (Ages 8-12)
Wednesday, March 10th at 4:00PM
Join the Ashokan Center for live lessons in environmental science for ages 8-12, from home! What's happening to the Ash Trees? Put on your citizen scientist hats as we explore and investigate a mystery in Ashokan's forest ecosystem. We will learn to identify the beautiful deciduous

and coniferous trees that live in New York's Hudson Valley and reveal what we can do to help preserve forest biodiversity.

Virtual Field Trip - The Power of Pollinators (Ages 8-12)
Wednesday, March 24th at 4:00PM
Join the Ashokan Center for live lessons in environmental science for ages 8-12, from home! Come travel with us to the magical garden of Maraleen Manos-Jones to learn how bees, butterflies and birds support the cycle of life. We'll explore how pollinators promote biodiversity and help us

grow the food we eat. Learn how you can help pollinators in your community by creating your very own pollinator gateway garden.

Library Board of Trustees Meeting
Monday, March 8th at 6:30 PM
The public is invited and encouraged to attend the Board of Trustees Meeting. Learn what's happening at your library! Email clinton.director@gmail.com if you wish to attend and you will be sent meeting information.

Continued on page 9

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Clinton Comm Library from page 8

Tea Time Book Club

Thursday, March 11th at 2:00 PM
Online via Zoom

In March, the Tea Time Book Club will be reading *Behold the Dreamers* by Imbolo Mbue, a compulsively readable debut novel about marriage, immigration, class, race, and the trapdoors in the American Dream--the unforgettable story of a young Cameroonian couple making a new life in New York just as the Great Recession upends the economy. *Behold the Dreamers* challenges us all to consider what it takes to make us genuinely content, and how long is too long to live with our dreams deferred. Call the library at 845-266-5530 to reserve your copy. Email Susan at susanr@clintoncommunitylibrary.org to receive meeting link.

Monday Evening Book Club

Monday, March 15th at 7:00 PM
Online via GoToMeeting

In March, the Monday Evening Book Club will discuss *The Sound of Things Falling* by Juan Gabriel Vásquez. In this gorgeously wrought, award-winning novel, Vásquez confronts the history of his home country, Colombia. In the city of Bogota, Antonio Yammara reads an article about a hippo that had escaped from a derelict zoo once owned by legendary Colombian drug kingpin Pablo Escobar. The article transports Antonio back to when the war between Escobar's Medellin cartel and government forces played out violently in Colombia's streets and in the skies above. Back then, Antonio witnessed a friend's murder, an event that haunts him still. As he investigates, he discovers the many ways in which his own life and his friend's family have been shaped by his country's recent violent past. His journey leads him all the way back to the 1960s and a world on the brink of change: a time before narco-trafficking trapped a whole generation in a living nightmare. Call the library at 845-266-5530

to reserve your copy. Please email cbancroft@clintoncommunitylibrary.org for the Go-To-Meeting log-in information.

Take and Make

Saturday, March 5th & Friday, March 19th

Pickup anytime outside the library
Grab a kit, make a craft! Stop by the library any time on the 1st & 3rd Fridays of the month to pick up a craft kit. All materials and instructions are included for you to take home and make at your leisure. Kits are given on a first come, first served basis. Share with us what you make and tag [@clintoncommunitylibrary!](https://www.instagram.com/clintoncommunitylibrary) Ages 5 and up recommended.

Remember the Ladies: Finding Your Maternal Ancestors

Tuesday, March 23rd at 6:00 PM
Online via GoToMeeting

Genealogy research often focuses on the males, but 50% of our family tree is made up of women. Learn how to uncover your maternal ancestors' stories and where she might be hiding in the record collections. **Story Time Online** Listen to stories with Miss Susan! Each week's story time will feature a different theme. This program will be pre-recorded on Clinton Community Library's Facebook page. Search for Clinton Community Library on Facebook or email jchin@clintoncommunitylibrary.org for the link.

Chair Yoga Online (Optimistic Aging)

Fridays, 12:00 PM
Online via Facebook Live

Samantha Free guides you through the basics of breath, meditation, and movement. This class will help you stretch and strengthen. Email jchin@clintoncommunitylibrary.org for the link.

Tai Chi Online (Optimistic Aging)

Mondays & Wednesdays, 9:30AM
Online via Zoom

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. Email jchin@clintoncommunitylibrary.org for the link.

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About Clinton Community Library

Clinton Community Library is located at 1215 Centre Rd. in Rhinebeck, NY. The library is open Mondays, Tuesdays, and Thursdays from 9-5, Fridays from 11-7, and Saturdays from 9-1. It is adjacent to the Clinton Town Hall. The Library is the cornerstone of our community, enriching lives through free resources for learning, fun, and opportunity. For more information, call (845) 266-5530 or visit <http://clintoncommunitylibrary.org>.

OLD CROTON AQUEDUCT // 914.693.5259

GO THE EXTRA MILE! TAKE THIS OPPORTUNITY TO EARN A CERTIFICATE AND BADGE FOR WALKING OR RUNNING EITHER THE 26 MILE PORTION OR ALL OF THE 41 MILES OF THE OLD CROTON AQUEDUCT. HANDY AQUEDUCT TRAIL MAPS MAY BE PURCHASED VIA OUR WEBSITE STORE at aqueduct.org. The Friends will recognize walkers/runners who complete the Westchester portion or the entire Old Croton Aqueduct with a 26- or 41-mile certificate and patch (free to members). Details and maps and recognition forms are available on the website. Inquiries: Sara Kelsey, saraakelsey@gmail.com, or text - 646-303-1448.

Covid-19: The Keepers House is still closed until further notice. Maps of the Westchester and New York City portions of the trail are available for purchase on our website. Retail locations also are listed there. Of course, the Aqueduct trail is still available for personal use and enjoyment, consistent with whatever the current health advisories are at the time. We are especially lucky to have the trail readily at foot during this time.

How New York Became the Empire City

Welcome to our virtual tour of Tom Tarnowsky's Fall and Winter 2019-2020 exhibition at the Keeper's House. This exhibition was the culmination of years of research and collecting material related to the construction of this engineering marvel. By the 1830's New York City had depleted its own

natural freshwater resources. The 300,000 citizens voted in 1834 to approve an expensive and daring project to bring "pure and wholesome" water to the city through an aqueduct 41 miles long, forever changing the fortunes of the city. This exhibition shows in detail how this miracle of engineering was accomplished. Architectural drawings, many unseen since they were made, illustrations, maps and photographs give the context of how the successful Croton Aqueduct made New York the Empire City. We have divided the virtual show up into "panels" which gather together

visual and reference materials related to the different features of the Old Croton Aqueduct's construction. In each page, you can click through the slides and at the bottom move on to the next panel by clicking on the "Next" link. <https://aqueduct.org/how-ny-became-empire-city>

OLANA'S Winter Soundtrack

Listen to Javier Peral's special selection of winter-inspired music while experiencing Olana's spectacular winter sunsets in-person or tune into the **OLANA EYE Skycam** to re-create the view at home.



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Our All American Skillet Goulash takes a few tasty liberties with traditional goulash and makes an all American goulash that's praise-worthy. Wait 'til you taste our budget-friendly, skillet version that is pure hearty comfort food.

What You'll Need
1/2 pound elbow macaroni
1 1/2 pounds ground beef
1/2 green bell pepper, chopped
1 small onion, chopped
1 (28-ounce) jar spaghetti sauce
1 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon black pepper
1 cup (4 ounces) shredded Cheddar cheese

What to Do
Cook macaroni according to package directions; drain and cover to keep warm.
In a large skillet over high heat, brown the ground beef, bell pepper, and onion 6 to 8 minutes or until no pink remains in the beef, stirring frequently. Drain off excess liquid.
Add macaroni, spaghetti sauce, garlic powder, salt, and black pepper; mix well. Reduce heat to medium-low and simmer 5 to 7 minutes, or until heated through. Sprinkle with cheese and simmer 1 to 2 more minutes or until cheese is melted.



Kim Koehler

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Our Bodies Were Designed To Move

by Charlotte Michos, RN, MS, CNS, CLNC

Just like food or breathing, movement is critical to life. The body was designed to move and many body and mind functions suffer if we remain sedentary. Our doctors and other healthcare providers should literally write out a prescription for “physical activity” to treat many of our health problems, including pain. Better yet, physical activity prevents many health problems. If you still have doubt, 13 studies reported by the Mayo Clinic concluded that “We are sitting ourselves to death” and “Those who sat for more than eight hours a day with no physical activity had a risk of dying similar to the risks of dying posed by obesity and smoking” (<https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005>). We live in a society that sits too

much. Sitting is now considered more dangerous than smoking (<https://www.startstanding.org/sitting-new-smoking/#extended>). “More than 25% of U.S. adults sit for 8 hours/day or more. Almost half of those people do not exercise at all and here is a list of what results with sitting too much:

- Blood flow slows and of course fat builds up in the blood vessels = Sitting too much leads to 147% increased risk of cardiovascular events such as heart attack and stroke

Insulin resistance occurs = Sitting too much leads to 112% increased risk of diabetes (<https://theheartfoundation.org/2019/08/10/is-sitting-the-new-smoking/>) Results in nearly 50% increased risk of death from any cause

- Leads to obesity = More than two-thirds of Americans are considered overweight and/or obese, which leads to increased morbidity and mortality.

People may think that by working out several times per week they can negate the damage done by extended periods of sitting. Unfortunately, this does not work because sitting is an independent risk factor (<https://www.startstanding.org/sitting-new-smoking/#para1>). So 8 hours of sitting is not offset by one or two hours of exercise.

Here are a few tricks to break

up sitting time (And the focus is: If you can stand, don't sit and if you can walk, don't stand):

- Set a timer to get up and move every 30 minutes (stretch, walk, stand).
- Try a standing desk.
- When you get a phone call, stand and talk.
- Park far away from the building that you enter
- Instead of sitting in a conference room for a casual-work meeting, take a walk and talk

(Why stand more? Here is the math: You burn approximately 50 calories more per hour by standing. If you stand 3 hours/day X 5 days/ week, that's 750 calories burned. In a year's time that is equal to 30,000 calories, which is a loss of 9 pounds. With this information, a standing desk might be more appealing and it might also help to motivate you to stand while on the phone <https://www.startstanding.org/sitting-new-smoking/#para1>).

So, which health problems can be prevented or reduced by simply moving more?

1. Burning calories obviously helps to fight obesity

We know that exercise lowers the risks for cardiovascular diseases and diabetes, but did you know that exercise reduces risks for cancer? Excessive sitting has been linked to breast, prostate, lung, colon, endometrial and ovarian cancers (<https://www.startstanding.org/sitting-new-smoking/#para5>)

Exercise reduces our risk for Alzheimer's Disease and dementia Physical activity is recommended to counter anxiety and depression When we move our body we have less pain, especially neck and back pain, with back pain being the most common American health problem and the #1 reason for loss work-time (Cornell University Department of Ergonomics).

Do you want to take charge of your life and design a strategy to manage your back, or do you want your back to rule you? (A Consultation with the Back Doctor by Hamilton Hall, MD) Physical activity (specifically walking) has proven to reduce physical and mental disabilities in older adults (<http://jama.jamanetwork.com/article.aspx?articleid=1875328>)

With less sitting and more standing and movement, we improve our posture, which has enormous impact on our health including less pain, fewer problems with joints and muscles, improved breathing and even better digestion

Since exercise is not optional, how can we get motivated? Fear and feeling like we “should” exercise are short-term motivators. It helps to find a physical activity that you like or at least prefer to do. You will be more motivated to be physically active if you like what you are doing. Even if you don't like exercise, when you start feeling better after establishing a routine of physical activity, you develop a good habit. You get hooked;

let it become a way of life.

Walking is a good place to start. For most people it is simple and doable. As far back as 1913, George Trevelyan (Founding Father of the New Age Movement) said: “I have two doctors, my left leg and my right leg.” Our healthcare providers have to help get the public on board with physical activity and less sitting by incorporating the process into everyone's personal healthcare plan. Starting out with a prescription for exercise (rather than pills) is a good beginning tactic.

I dedicate this article to my hiking partner: When COVID kicked in, we committed to “walking through the virus” together. 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 email charlottemichos@icloud.com.

Mental Health Awareness

Another grateful shoutout to our community!! Check out our post office for pamphlets on mental health. Thank you to a local licensed psychotherapist with over 30 years of experience, who would be happy to help any adult, at no charge, while we are going through this trying time. The areas of specialization, are couples with relationship problems, gender issues, and depression. Medication of any kind is not provided: abbiekaric@icloud.com We also were contacted a doctor specializing in general psychiatry and child & adolescent psychiatry: Mbirnbaum@northwell.edu who is willing to help others. Please reach out to these folks if you are in need!

OLANA STATE HISTORIC SITE // 518.751.0344

Spring Stroll and Virtual Family Cooking Class with Olana and the Sylvia Center Saturdays, March 13, April 10, May 15, June 5 | 2:00-3:00pm Families are invited to participate in monthly outdoor walks at Olana and virtual

healthy cooking classes with The Sylvia Center! During these special two-part programs, families will explore Olana's landscape together through observation and art activities on Saturday afternoons. After each onsite walk at Olana, meal kits with local produce will be distributed for the virtual cooking class, led by The Sylvia Center. On Sundays, families will take the lead from a TSC Chef Instructor, and will use the ingredients in their meal kits to cook a healthy brunch from the comfort of their own homes. For families with children 18 and under (children should have adult supervision). Register for one or all four classes. FREE (suggested donation \$12). For more information, please contact or call (518) 751-6938. For information about The Sylvia Center please visit or email info@sylviacenter.org.

Eliza Pratt Greatorex & Frederic Church: Art, Travel, Faith, Home Tuesday, March 23, 2021 | 6:00-7:00pm

Eliza Pratt Greatorex (1819-1897) and Frederic Church (1826-1900) were two near-contemporary visual artists of fierce ambition and enormous talent. They inhabited the same New York art world, traveled extensively in the service of their art, and earned critical acclaim across the United States and Europe. Putting their careers in dialogue, this presentation examines their artistic practices, globe-trotting itineraries and strategies for engaging with the public. Given that Church was a Connecticut Yankee with deep American roots while Greatorex (née Pratt) left her native Ireland for NY during the Great Famine in 1848, Professor Katherine Manthorne will probe the roles that family background, faith and gender played in their individual searches for success and home. *This webinar is a benefit of membership with The Olana Partnership. If you are not currently a member, please join today at OLANA.org/membership*

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REBUILDING TOGETHER DUTCHESS COUNTY ANNOUNCES LEADERSHIP TRANSITION

The Board of Directors of Rebuilding Together Dutchess County announced today that longtime Executive Director Christina Boryk has left her position after 10 years in the role.

Said Board President Christopher Pels: "Christina Boryk has made a lasting and significant impact through her contributions as Executive Director over the past decade. In addition to securing a strong financial future, she strengthened ties with our Rebuilding Together affiliates from all over the country and shepherded the growth of our donor and volunteer circles locally, which helped us make considerable impacts on the lives of local low-income homeowners. Her dedication to our cause culminated with the completion of hundreds of projects, and we are incredibly grateful. We sincerely wish Christina continued success as she embarks on the next chapter of her professional journey."

Pels said that Rebuilding Together Dutchess County has engaged Marcum Search for the purpose of identifying a best-suited candidate for the Executive Director position. A subcommittee of the Board, which includes Pels, Timothy

Barry, Daniel Short, and Scott Falabella, will work with the talent solutions company to navigate a smooth transition in leadership.

Timothy Barry noted, "We are confident that our very capable and wonderful staff are well-equipped to manage the day-to-day operations of Rebuilding Together, and that they'll continue to grow in their own roles as they address concerns of local homeowners in need with their signature compassion and their solid work ethics."

He continued, "They're a small but mighty team; trusted professionals who are mission-driven, no matter what challenges come their way. Even amid the global crisis of the past year and the resulting reduction in overall revenue, we wound up carrying out approximately 75% of the projects we had set in motion before the onset of the pandemic. This success is due in large part to the fact that they stay on task, are great at what they do, and most importantly - genuinely want to help those we serve."

Pels and Barry added that Rebuilding Together's annual events, such as the annual golf tournament and ReBuilders and Brewers tradition, are expected to go on as planned this year. The Board and staff will also be getting to work immediately on creating a strategy around their vision of broadening organizational impact.

Reflected Pels: "In 2019 alone, we gathered and trained 174 volunteers who performed repairs

on 118 homes and one nonprofit facility. And over the course of our 28-year history, 13,986 of our Rebuilding Together Dutchess County volunteers have donated services to our community that exceed \$7.1 million in market value. We're proud of that impact, but we also feel ready to take it all to the next level. So many areas in Dutchess County desperately need comprehensive revitalization. As we look to the future, we envision organizational shifts in strategy, capacity building, and the pursuit and launch of new initiatives."

He continued, "We hope to develop collaborations with other nonprofits who share common goals and build mutually beneficial community partnerships with corporations, foundations, and individuals who can help us enhance life for entire neighborhoods within our community. Christina helped position our organization for continued growth and expansion of our work; we're so passionate about our cause and cannot wait to do even more."

Barry added, "We'll look forward to welcoming a new executive director as early as April or May who can help us advance our mission. Any interested candidates who share our enthusiasm for this important work can send inquiries to Marcum directly."

To inquire about the Executive Director position at Rebuilding Together Dutchess County,

contact Stephanie Oleaga, Executive Vice President at Marcum, by calling (631) 414-4896 or by emailing Stephanie.Oleaga@marcumsearch.com.

For more information about Rebuilding Together Dutchess County, visit rebuildingtogetherdutchess.org.

About Rebuilding Together Dutchess County

Rebuilding Together Dutchess County provides cost-free critical repairs, accessibility modifications, and energy efficiency improvements for homeowners and community spaces.

The impact of our efforts extends beyond the individual families and nonprofit organizations we serve, as our work revitalizes and stabilizes vulnerable neighborhoods and communities across Dutchess County.

For more than 28 years, our organization has brought volunteers and communities together to improve the homes and lives of the growing population of low-income homeowners in need, completing over 600 critical home repair projects in Dutchess County. Learn more at rebuildingtogetherdutchess.org.

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Spencertown Academy Presents Virtual Creative Writing Workshop with Jamie Cat Callan



Spencertown Academy Arts Center presents "Writing from the Right Side of the Brain" with internationally published author Jamie Cat Callan. This virtual creative writing workshop will meet via Zoom from 3:30pm to 5:30pm on the following four Sundays: April 11, 18, 25, and May 2. Tuition is \$80 and the class is limited to 15 participants. To register, please visit www.spencertownacademy.org.

"Jamie has worked with thousands of new and experienced writers as a mentor, guide, editor, and muse. No matter what stage of writing you're in, she will help you unlock the key to your own unique literary style," says Jill Kalotay, Academy board member and co-chair of the Festival of Books. "Using writing prompts and exercises, Jamie will get you writing and move you closer to discovering the themes that will take you through a lifetime of creative exploration."

Callan has taught creative writing for over 30 years. She is the creator of *The Writers Toolbox*, author of three young adult novels and four French

lifestyle books. She has been published in the *New York Times*, *Story Magazine*, *The Missouri Review*, and she has won many awards for her writing, including the Goldwyn Award in Screenwriting, fellowships from the Connecticut Commission on the Arts, the Massachusetts Council on the Arts, the New York State Council on the Arts, and most recently, an international residency from the Virginia Center for the Creative Arts to write in Auvillar, France.

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.

JOHN JAY HOMESTEAD STATE HISTORIC SITE // 914.232.5651

Spymaster Activity Box
Though widely celebrated for his political and diplomatic achievements, John Jay played an important role in creating a spy network to help defend the colonies during the Revolutionary War. Designed to entertain kids for hours, each Spymaster Activity Box contains an age-appropriate book about Revolutionary spies; a book full of different types of codes to create and decode; materials and directions for over a dozen spy themed crafts and activities; secret spy gear; additional games and activities you can try at home; and access to supplementary downloadable content. Reading material and activities are

designed for children entering grades 2 through 6. The price per box is \$100, with a 10% discount to members. Advanced registration and payment required. Boxes are available for pickup Wednesday through Sunday from 10am to 4pm. We can also ship your package anywhere in the 48 contiguous United States for an additional \$25. Quantities are limited.

Outdoor Olana Tours

Saturday and Sunday, 11am - 3:30pm

Olana Visitor Center
Outdoor Olana tours of the historic landscape designed by Frederic Church are available on weekends all winter. The **Art and Environment Tour** provides a comprehensive introduction to Church's work as an artist and landscape designer expressed through his master work, Olana. The **Landscape and Architecture Tour** focuses on the integration of landscape and architecture in the siting and design of Olana's Main House.

Free First Weekend Wanderings

March 6, April 3, May 1 | 12:00-1:00pm

Wagon House Education Center, Historic Farm Complex at Olana

Kickstart your month outdoors at Olana! Learn more about Olana and its artist-designed landscape during hour long walking tours. Each tour will cover a different portion of Olana's 250-acre landscape and 5 miles of carriage roads. This gentle walk will cover about 1 mile; please wear weather-appropriate apparel and comfortable footwear. Limited capacity; all attendants must register in advance.



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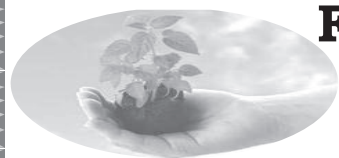
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Trail enjoying nature, history and the company of others. To be nimble and adjust to the ever-changing Covid-19 landscape, we now are scheduling with far less lead time than ever before. Up-to-the-minute announcements of our walks and tours may be found on the website of the Friends of the Old Croton Aqueduct (aqueduct.org). Our safely controlled walks are offered on a first-come, first-served, pre-registered basis. Small groups, masks, and proper social distancing are required.

**Rhinecliff
Sustainability Series:
Multi-Dimensional
Vegetable Gardening**
Lee Reich, PhD
Wednesday, March 17
@ 6:00 (online)

Today's gardens are smaller than those of years' passed. With planning, though, today's gardens

can give get us a lot more bang for the buck in terms of space used and energy expended. Using 5 dimensions lets you grow a lot of vegetables in a small space. Dr. Reich will explore each of those dimensions and look at examples of how to make them work. Pre-registration is required for this live online event. Registered participants will receive an email with the link to join the meeting on. Sliding scale registration fee, \$1-\$25

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

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**Meditation Group
Sundays @ 5:00 pm
(in home)**

"Those in our meditation group who choose to do so are sitting in their homes at our meeting time between 5:00 and 6:00 on Sundays. Sunday morning I send out a short note and reading and we continue to sit together, if not in the same room." Email (susunray@gmail.com) to be put on the list for the Sunday mailings.

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Scholars Lecture: Seats of
Power
Tuesday, March 9
7:00pm

Seats of Power come in many forms – a place on a Court, a throne, an elected office with or without popular support – and the occupants of those seats can wield their power in ways that are subtle, strategic, blatant, or in between. In this year with power plays

happening all around us, we are delighted to bring you three examples by exciting writers that we hope will offer some perspective, and maybe even some entertainment. **Brenda Wineapple, The Impeachers: The Trial of Andrew Johnson and the Dream of a Just Nation.** Pro-Union Democrat and the only senator from a Confederate state not to resign at his state's secession, Lincoln's running mate on the National Union ticket and an "accidental President" after Lincoln's assassination, impeached but not convicted, Andrew Johnson became a vivid example of a defiant, erratic and highly unpopular President deeply at odds with his Congress through a period of disruptive social and political change. Wineapple is an award-winning essayist, academic and critic, currently teaching at Columbia University and the New School in New York City. Author also of biographies of Nathaniel Hawthorne, Janet Flanner, and Gertrude and

Leo Stein, she was previously the Director of the Leon Levy Center for Biography at The Graduate School, CUNY, and its Writer-in-Residence. Our series will be webinar format on zoom, and admission will again be free but pre-registration will be required. To register, please go to <http://johnjayhomestead.org/events/lectures/>. The zoom link will be sent to you the day before the talk.

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Fri., March 12: Mid-Hudson
Astronomical Association
Monthly Star Party,
6:30-11PM

The Mid-Hudson Astronomical Association hosts a monthly stargazing party in the West Beach parking lot. Bring your own telescopes and binoculars or use those provided by our members. RSVP is required at least one day beforehand. You will be asked to provide your license plate number and make/model car, so Park Management and Police have a record of who will be in park after hours. More info at <https://www.meetup.com/mhastro/events/275468188/>
Registration: Required

**Let's All Cheer For
The Plant And Flower
Of The Year**
It's official: 1-800-Flowers.com

[com](http://1-800-Flowers.com) has named the sunflower as 2021's Flower of the Year and the Prayer Plant as Plant of the Year. With everyone looking forward to a fresh start, there's never been a better time to celebrate the hope, positivity and bright outlook each one of these well-deserved picks brings!
Sunflowers: Radiating Happiness
Sparking instant cheer with big, golden petals, sunflowers naturally turn toward the sun to uplift and inspire. That's why the team at 1-800-Flowers is proud to give this ever-popular bloom the recognition it deserves.
A Golden Opportunity
At a time when positivity is just what everyone needs, anyone can learn from this trending favorite:
•It's a powerful reminder to rise, shine and hold your head high.
•All it takes is a bit of brightness to boost someone's mood.
•Looking on the bright side is something all people can all incorporate into their lives.
Plant Prayers Have Been Answered
This popular houseplant's unique leaves show off painterly-like veins for a bold splash of color. At night, they fold up, resembling hands in prayer. It's a powerful reminder of just how far gratitude can go, making this plant a natural choice for such a coveted award.
Inspiration, for Every Day
There's more than meets the eye when it comes to the Plant of the Year...giving people

even more reason to love it.
•Its vibrant appearance helps celebrate the beauty all around us.
•This plant's nightly routine can inspire us all pause and reflect
•Opening up again each morning promotes the idea that each day is full of opportunity. "Plants are the perfect gift to help us relax and be happy," said Alfred Palomares, vice president of merchandising for leading gifting site 1800flowers.com. Over 40 years ago, 1-800-Flowers.com was founded on one simple, universal idea: making people smile. And that's exactly what they've become most well known for. Through unique floral arrangements, thoughtful plant gifts, gourmet gift baskets, and so much more, 1-800-Flowers.com is there to help connect you with loved ones for life's little and big moments and all those in between.



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God's Corner

Learning Peace with Jesus as Teacher

By Naomi Fata

At times spiritual peace may seem to be a mythical concept, that comes completely via a supernatural impartation. In part this is true because only Jesus can give lasting peace.

Late philosopher and spiritual formation teacher, Dallas Willard, believed that we should not only see Jesus as our Savior but also as our teacher. While Jesus gives peace in a supernatural way, He also teaches us how to live. When we cultivate a life that embraces Jesus as our Savior and as our teacher, peace is a by-product or a fruit of the Spirit that will grow in our lives (Galatians 5:22-23)

This month let us think about Jesus as our teacher (in April the focus will be Jesus as Savior). There are several main ways to learn from Jesus: through the Bible, through the Holy Spirit and through Bible teachers/speakers/preachers. It is important to remember that the Holy Spirit and Bible teachers should never be contrary to the Bible.

Psalm 1 is a great starting place for learning wisdom from Jesus'. This Psalm outlines a way of life, that will yield peace. Don't listen to the counsel or advice of wicked people. (Verse 1) Think about the people in your life. Who do you lean on for advice? Are they people who have moral character or are they people whose own lives are a disaster? Delight in God's Word, the Bible. (Vs 2) Spending time reading the Bible and asking God to help you understand the wisdom it contains will give you greater peace because what you think on (read) is what you will become.

The Psalmist then outlines the benefits of following this way of life. You will be firmly planted, and prosperous. (vs 3) When I think of firmly planted, I think of stability. This could look like stability in your family life, in your workplace, your friendships, or your credit history. Going

back to the words of wisdom of verse one, listening to wise counsel will yield stability.

This Psalm is just a small nugget of wisdom that the Bible gives. Sometimes the wisdom of the Bible can sound confusing and you need help understanding it.

That is one reason why God gave us the Holy Spirit at the time of salvation, so that when we need help understanding we can ask. What situations are you anxious about? (Remember anxiety is the opposite of peace.)

Take time this week, and this month to search the Bible for teaching on how to use wisdom in this situation. Seek advice from a person who you know is walking in the wisdom of the Bible and ask the Holy Spirit to teach you what you don't understand.

A peaceful heart is a lifelong journey, with Jesus as your teacher you will grow in peace one day at a time.

Naomi Fata is the President of Christian Resource Ministry Inc. www.christianresourceministry.com

ENCOURAGING WORDS TO OVERCOME FEAR!

"For the LORD thy God will hold thy right hand, saying unto thee, Fear not, I will help thee" (Isaiah 41:13).

We have all experienced different types of fear in our lives. We have to admit that fear can cause us to have a lot of anxiety in our lives which results in worrying about our lives in general. When faced with fear it is important to look to the Lord and to His Word. The Lord can help you overcome fear. The Account of Jesus walking on water resulted in Jesus' Disciples being afraid. The Disciples were in a ship when Jesus came to them walking on water. They were afraid and the Lord Jesus assured them not to be afraid: "But he saith unto them, It is I; be not afraid" (John 6:20).

WE NEED TO LISTEN TO

THE WORDS OF JESUS: "IT IS I; BE NOT AFRAID." It just seems like there is so much fear in people's lives today. There is the fear of the Pandemic, fear about the way in which the Country is going, fear of what is happening in the World, and individual fears that each one of us face in our lives. We have to be very careful when we listen to what the news media and others say about what is happening in the World. We need to rely on the Truth of God's Word and listen to the words of our Precious Lord and rest in His promises. Jesus said, "And ye shall know the truth, and the truth shall make you free" (John 8:32). It is a blessing to be free from fear. The Lord Jesus will help us overcome the fears that we face!

THE WORDS OF JESUS WILL CALM YOUR HEART! Brethren, as you listen to the words of Jesus they will calm your heart about what is happening now and what will happen in the future. Remember, in spite of what is happening, the Lord is ultimately in Sovereign control. We can go to the Lord in prayer and be assured that we will be safe in the Arms of Jesus. He will bring comfort to your heart! There are several Great Hymns that will encourage you when you face fear and anxiety. Two of them are: It Is Well With My Soul and Day by Day.

FEAR WILL HOLD US BACK FROM LIVING A VICTORIOUS LIFE IN CHRIST! "The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?" (Psalm 27:1). Let the truth of that verse sink deep into your heart and live it out in your Life. We all need to continually be reminded of the promises of God. We also need to encourage one another as we journey through life!

LISTEN TO THE WORD OF THE LORD! "God is our refuge and strength, a very present

help in trouble. Therefore, will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea" (Psalm 46:1,2).

TWO FINAL VERSES TO SHARE WITH YOU FOR GOD'S WORD! God's Word is alive and powerful and will give you peace even in the midst of difficult times. A great passage of Scripture to meditate on is Philippians 4:4-9. So, in closing let me encourage you with the following two verses of Scripture: "What shall we then say to these things? If God be for us, who can be against us?" (Romans 8:31). "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind" (2 Timothy 1:7).

If you would like to know more verses from God's Word on how to overcome fear, or if you would like to know about becoming a Christian, please contact us by Email at cdfeirone@aol.com, or by phone at (845) 876-2122 or 876-6923. Grace Bible Fellowship Church is located at the intersection of Route 9 and Route 9G, 1/4 Mile North on Route 9 in Rhinebeck, NY. Pastor Frank L. Cirone

Princess/Superhero Storytime Series Meet Princess Elsa Thursday, March 11 @ 4:30 pm

Featuring favorite characters like Elsa, Wonder Woman, Princess Leia, and Hermione Granger, join us live or request a recording of storytimes to watch anytime. This month Elsa will read, sing, tell engaging stories, and play games with the participants -- Plus, she will respond to your child's live comments

by name! Join us for the first Virtual Live Storytime in an 8-month series for an interactive experience and be automatically entered to win a video call from the princess herself! 1) Visit www.facebook.com/groups/MidHudsonStorytime now and request to be added to the exclusive event group. Must join BEFORE 3/11 to participate Live. 2) Visit our group again on 3/11 right at 4:30 pm to play, read, and sing with Elsa LIVE! The interactive recording of the event will remain up on the Facebook group linked above, so please join the group even if you can't participate live!

Virtual Ashokan Field Trip - Pond/Stream Investigations Wednesday, March 10 @ 4:00 pm

Morton is partnering with Clinton, Staatsburg and Starr Libraries to present a series of virtual field trips with the Ashokan Center. Let's take a field trip to Ashokan's Esopus Creek and pond and investigate two very different aquatic ecosystems. We will catch and examine macroinvertebrates, learn about indicator species, and join Hailey in the lab to get a closer look at microscopic life using our powerful NOAA microscope. Students aged 8-12 can explore the intricate web of nature thru the study of Ashokan's streams and ponds in an hour long Zoom session. This is tailored to grades 3-7 but can be enjoyed by all ages. There will be interactive activities and time for Q&A. Space is limited for this program and [registration](#) is required. Registered participants will receive an email with the link to join the meeting on Zoom.

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9:45 am – Third, 31 Livingston St., Rhinebeck
11:00 am – St. Paul's, 7412 So. Broadway, Red Hook

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**ARE YOU READY?
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THE GOOD FRIDAY SERVICE will be Friday, April 2 at 7:00 pm.
RESURRECTION DAY (Easter) SERVICE will be Sunday, April 4 at 9:00 am, 10:45 am and 6:00 pm
The Course for the Spring Term at GRACE BIBLE INSTITUTE will be: The Seven Churches of Revelation. The Course is scheduled to begin on Monday, April 12 at 7:00 pm. Contact us for more information.

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



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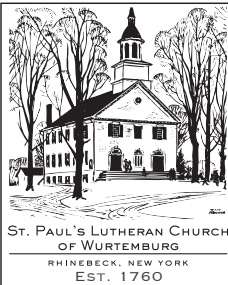
There is Truth in the Quote: "It is not what lies behind us or what lies ahead of us that is most important. It is what lies within us."

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April 1st: Maunday Thursday Service at 7:00pm
April 2nd: Good Friday Service at 7:00pm
April 3rd: Easter Vigil Service at 7:00pm
April 4th: Easter Morning Service at 10:00am

5:00 pm Saturday evening Worship Service continues as allowed following all current guidelines.

10:00 am Sunday Indoor services have resumed observing all safety guidelines.

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RED HOOK

NEW TO MARKET - Custom log on 7.5 secluded acres offers 3 BRs with master on main floor, 2 baths. Vaulted ceiling and stone fireplace. Large porch on front and large deck on rear overlooking a nice pond and green belt. Unattached 3 car garage and other outbuildings/studios. In quiet area. Red Hook Schools. First time on market, offered at **\$775,000.**



78 Schultz Rd., Staatsburg

A wonderful 5 BR Colonial w/a new kitchen, fireplace and tons of living space on 40 private acres. Property is in 2 deeds and both are included in sale additional lot could be built on. Also has a lovely 2 BR apt that was built for owners parents that has a private entrance and driveway. A great family situation or income, a wonderful apt. Schultz Hill is a quiet area yet only 5 mins from the Village of Rhinebeck. Property is beautiful w/rock outcroppings and nice trees. Also has a unattached barn that could be used for animals or work shop. Home is large and spacious with new gas fireplace, wood floors, new kitchen w/granite counters and a new bath off the master BR that is tile and glass, it

is to die for. A wonderful setting, private and quiet and Schultz Hill road is local traffic e only. One of the most quiet in the area. A must see home. The apt is wonderful w/an open floor plan, 2 BRs and 1 bath. A nice getaway for extended family in these times. 2 car oversized garage is attached. A must see home. **\$950,000.**



RHINEBECK VILLAGE

NEW TO MARKET - Charming 2 BR, 1 bath home in the heart of the village, walking distance to shops and restaurants. Large oversized lot has a pool and nice deck. Plenty of room to expand, water and sewer. A must see home. Offered at **\$445,000.**



983 County Rte 6, Germantown

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

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Historic Clermont

4000 SF, 2 family, 5 BR, 4 bath Grand Estate Home. First time on market in 50 years. A grand home with all of the original detail retained. Currently used as multi family, but could easily be restored to its former statue on 3.7 acres. Also has an in-ground pool and unattached barn/studio. Set back from road gives the home an estate like feel. Great B&B potential located halfway between Hudson and Rhinebeck. A must see home offered at **\$675,000.**



TIVOLI

Immaculate one of a kind colonial. Features a Key West style front porch, inviting floor plan, arched entryways, 4-Season sun room overlooking the heated inground pool. Private backyard also features a cabana w/cedar sauna and shower. 2 sheds, attached 2 car heated garage + additional Amish built 2 car garage w/unfinished upstairs. Great for home office or studio. Downstairs bonus room could easily convert to MBR. All roofs new. All bathrooms updated. Great family neighborhood, walking distance to restaurants, parks, river and Kaatsbaan. Close to Red Hook, Rhinebeck, Kingston and Bard. Red Hook Schools. **\$555,000**



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A 4 family unit and a 3 BR single family home in great condition with a great cash flow. Buildings are modern and well maintained and fully occupied. Offered at **\$550,000**



RED HOOK

A wonderful 48 Acre property for a family compound or small subdivision. Property is 2 lots sold together. One fronts on 199 and 1 has access on Willets Woods Dr. So with no subdivision you can build 2 homes on the property. There is an old barn of 199 and there was a horse paddock as well. Property has a slope and a nice mix of trees. **\$350,000.**

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Red Hook: Located in quiet park, 5 minutes to town this brand new 2020 2 BR/1 FB home has lovely features. Flooded w/light, beautiful, engineered flooring throughout, tasteful fixtures & great closet space. Kit w/ breakfast nook & dining area opens to LR. Energy efficient & easy maintenance. **\$85,000**



Red Hook: Brand New Mobile home w/a Contemporary Flair. Open Floor Plan, Kitchen w/tons of cabinets & workspace plus stainless appliances. Living Room is bright & airy, Master Bedroom w/Full bath plus 2 BR's & add'l Guest Bath. Easy Living in Quiet well maintained park just 5 minutes from Village of Red Hook. Nothing to do but simplify your life! **\$95,000**



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



Tivoli: Back on market after a holiday break sweet home is located within walking distance to the center of the Village of Tivoli. Enjoyed by same family for 25+ years this home has been well loved. Vintage details such as hw floors, beautiful brick hearth ,exposed beam & hidden tin ceilings. Rare setting on 3+ acres w/private stream frontage. Huge GAR w/heat & electric plus 12ft ceilings ideal for hobbyist or car buff. Excellent Opportunity to create your own vision here in the Great Hudson Valley! **\$305,000**



Germantown:

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you can have it all. Great natural lighting w/hw floors throughout. Spacious MBR w/FB. Lower level FR w/ FB for extra space, W/O to gorgeous backyard. Updates include hw heater, exterior & interior paint, sundeck, split rail fence & whole house generator. Located in a convenient location minutes to Hudson, Red Hook, Tivoli & 90 minutes to NYC. Supreme country living! **\$379,000**



Elizaville: Perfect set up for the extended family. Live in the upper unit & have mom or dad below. Or visa versa. Upstairs is spacious w 3 large BRs, a FR w/FP, a large LR, EIK, an office & mud room. The lower level has it's own entrance into a 2 BR apt w/LR & woodstove, EIK, 2 generous size BRs & FB. Loads of storage, workshop & garage. All on 4 acres which is very peaceful, elevated on a hill. **\$320,000**



Rhinecliff:

Charming country getaway looking for someone to make it their very own. Sits on 15 acres of level, lovely open land w/mature trees

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



Tivoli:

Privately set down meandering driveway this Cape home has so much to offer. Open LR & DR, Custom Kit

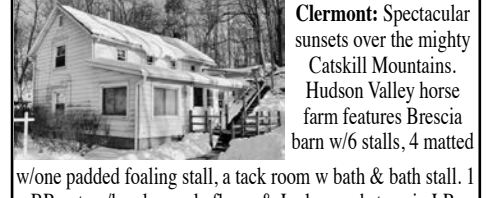
w/breakfast bar, PR & MBR on Main Level. Upstairs features two guest BR's w access to FB. BSMT w potential for more living space & utilities are high energy efficient w/geothermal heat. Pvt 5 acre park, landscaped w/amazing trees & shrubs. Grow organic veggies & flowers in your own fenced raised bed garden. 18x24 Barn invites creativity & hobbyist. Enjoy listening to the peepers at night from the tadpole pond or the rushing sounds from your pvt stream frontage. Head to Village for dining & drinks or just relax in your own beautiful back yard without a neighbor in sight. **\$495,000**



Livingston:

Welcome to Lake! Enjoyed by the same family for many years this 3

BR/1.5 Bth home invites you to enjoy the lovely LR w FP. Open Kit w/formal DA, Den & FR w/wood stove that has access patio for cook outs or fire pit. Separate little cottage lends itself to studio/play house. Just a short stroll to the private beach & enjoy swimming, boating or fishing. Home sits on a double lot w/easy access to TSP, Red Hook & Hudson. Come make your own memories here! **\$239,000**



Clermont:

Spectacular sunsets over the mighty Catskill Mountains. Hudson Valley horse farm features Brescia barn w/6 stalls, 4 matted

w/one padded foaling stall, a tack room w bath & bath stall. 1 BR apt. w/lovely maple floors & Joule wood stove in LR. Country Kit, full tiled bath & bonus room on the second story. Each of the 4 paddocks has it's own water supply & electric. Two run-in sheds, 2 acres of Dog Watch fencing PLUS the most gorgeous building site set in the back. Excellent opportunity to live in apartment while you build your castle. This is a very special property lending itself to many possibilities. Almost 15 open acres w a view from every angle bordering conservatory property. **\$517,000**



Commercial Space For Sale Or Lease: Rare Opportunity! Commercial/Multi Use zoning

allows for a variety of ideas & possibilities in this one level handicapped accessible building. Formerly used as a Chiropractic practice this building has nine offices, reception area & 2 bathrooms. Perfect for day care, medical facility, professional offices, dog grooming, Deli, Specialty Shop & MORE! Rent out space for extra income! Located on HIGH VISIBILITY Broadway in the Village of Red Hook. Asking **\$599,000** or Lease For **\$3,750**

Red Hook: Open w/farm vistas this 5+ acre lot is located within minutes to Red Hook Village, Rhinebeck & Kingston Rhinecliff Bridge. Borders working farm and is BOHA for a 4 BR home. Horse possible. Rare Find! **\$169,000**

Red Hook: 16 Acre parcel located just a few minutes to RH Village. Build your forever home, have land to roam & enjoy w/nothing around but nature. Or, venture into an investment opportunity & split into 4 lots. Rock outcroppings, large mature trees & a guided path makes this property accessible & interesting. Super cool stone foundation on the property that dates back to yesteryear. **\$249,000**

Clinton: Off peaceful road w lightly wooded trails & encompassed by stone walls this 7+ Acre building site is for those who crave solitude. BOHA & Easy Access to TSP. **\$205,000**

Clinton: Love Nature? Build your " forever" home on this very private 9+ acre sanctuary where deer, birds, & wildlife roam. Minutes from Rhinebeck, Hyde Park, Poughkeepsie & TSP. BOHA. **\$225,000**

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

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CLERMONT STATE HISTORIC SITE //

518.537.4240
Saturday March 6, 2021
The Mysteries of Serena Livingston
2:00 pm

Serena Livingston is a mysterious character in Clermont's history. Often confused in books for her older sister or her own daughter, it was only recently that we were able to piece together her fascinating life. Learn about her courtship with a famous writer, her unhappy marriage to a famous general, and her adventures in the old west in this free Facebook Live program.

We recommend registering (so we can contact you with any technical snafus or changes), but it is not required. To join the program, visit <https://www.facebook.com/ClermontSHS>

Registration: <https://www.friendsofclermont.org/event-details/the-mysteries-of-serena-livingston>

Sunday March 7, 2021
The Livingstons and Their Community in the Revolutionary War
2:00 pm

Join one of Clermont's interpreters for a walk-and-talk tour of Clermont's grounds. The tour will discuss the important role Clermont and the Livingston family played during the American Revolution, culminating in the British army assault on Clermont in 1777. Hear stories of the residents of the manor—the Livingston family, the enslaved people, local Palatine tenants and free holders. Comfortable shoes are suggested. There is no charge to

attend the program, but visitors must register in advance on Eventbrite. Attendance will be limited to aid in social distancing. This event is FREE, but registration is required. To join the program, visit <https://www.facebook.com/ClermontSHS>

PLEASE NOTE: Clermont follows all NYS Department of Health guidelines for safety during the COVID 19 pandemic. Masks and social distancing will be required of all tour participants until these guidelines are lifted by New York State Parks. Weather dependent.

Registration: <https://www.friendsofclermont.org/event-details/the-livingstons-and-their-community-in-the-revolutionary-war>

Saturday March 13, 2021
Suffrage in the Hudson Valley
2:00 pm

The fight for women's rights in New York State had important implications at the national level, and many suffrage leaders from New York were important at the Federal level. This program will give an overview of the fight for women's rights that resulted in the passage of women's suffrage in 1917 in New York State, and nationally in 1920 with passage of the 19th Amendment. It will focus especially on artifacts and stories connected to the Hudson Valley. This presentation will be given by Ashley Hopkins Benton, Senior Historian and Curator of Social History at the New York State Museum This program will be a free Facebook Live lecture. We recommend registering (so we can contact you with any technical snafus or changes), but it is not required. To join the program, visit <https://www.facebook.com/ClermontSHS>

Registration: <https://www.friendsofclermont.org/event-details/suffrage-in-the-hudson-valley>

Saturday March 20, 2021
Girl Power Story Hour
2:00 pm

Join one of Clermont's interpreters to hear stories of brave women and girls from the past in person or on Facebook Live <https://www.facebook.com/ClermontSHS> in the case of extreme weather. There is no charge to attend the program, but visitors must register in advance on Eventbrite. Attendance will be limited to aid in social distancing. This event is FREE.

PLEASE NOTE: Clermont follows all NYS Department of Health guidelines for safety during the COVID 19 pandemic. Masks and social distancing will be required of all tour participants until these guidelines are lifted by New York State Parks.

Registration: <https://www.friendsofclermont.org/event-details/girl-power-story-hour>

Sunday March 21, 2021
Mrs. Livingston, I Presume?
2:00 pm

Join the last matriarch of Clermont, Alice Delafield Clarkson Livingston (or at least someone who claims to be her) as she reminisces about her childhood, her daughters when they were young, and her time at Clermont. This will be a free Facebook live event. We recommend registering (so we can contact you with any technical snafus or changes), but it is not required. To join the program, visit <https://www.facebook.com/ClermontSHS>

Registration: <https://www.friendsofclermont.org/event-details/mrs-livingston-i-presume>

Saturday March 27, 2021
2:00 pm
On the Record with Mrs. Livingston McVitty
 Honoria Livingston McVitty, the eldest daughter of Alice and JH Livingston, resided at Clermont until her death in 2000. Recently rediscovered interviews shine a light on the integral part she played in preserving her family's legacy. Join Clermont staff as we listen to Honoria's story—in her own words. This is a free Facebook live event We recommend registering (so we can contact you with any technical snafus or changes), but it is not required. To join the program, visit <https://www.facebook.com/ClermontSHS>

landscape: millsfriends.org/Virtual. Also, follow the Friends on Instagram, [@friendsofmills](https://www.instagram.com/friendsofmills)

for updates on everything we are doing and planning. **"Staatsburgh in Winter" ... 4 DATES TO CHOOSE**

Saturday, March 6 at 10:00AM & 2:00PM
Thursday, March 18 at 10:00AM
Saturday, March 20 and Sunday March 21 at 10:00AM & 2:00PM

The winter months were a unique time for Staatsburgh during the Gilded Age. Follow staff on a guided walk to hear about winter-time fun from the turn of the century. The Mills family enjoyed several outdoor activities along the Hudson River, from ice boating to sleigh rides, and they even rang in New Years at Staatsburgh. Open to all ages. The hike will be approximately 45 minutes in length and cover about 1 mile of level terrain. Reservations are limited, so that all attendees can hear the guide and maintain social distancing. Reservations are required via www.staatsburgh.eventbrite.com People registering will receive details on where to meet and cancellation info, should weather be prohibitive. **Cost: free**

"When Ice Came from the River: Ice Harvesting in the Gilded Age"

5 DATES TO CHOOSE
Saturday, March 13 and Sunday, March 14 at 10:00AM & 2:00PM
Thursday, March 25 at 10:00AM
Saturday, March 27 and Sunday, March 28 at 10:00AM & 2:00PM

A century ago, the village of Staatsburg was one of the leading sites for ice harvesting in the

Hudson Valley. Join staff outdoors as they explore the local history of this once thriving industry through the Mills' country estate, Staatsburgh. Local businesses, including the Mills family, employed thousands of workers and harvested hundreds of thousands of tons of ice each year. Open to all ages. The hike will be approximately 45 minutes in length and cover about 1 mile of level terrain. Reservations are limited, so that all attendees can hear the guide and maintain social distancing. Reservations are required via www.staatsburgh.eventbrite.com People registering will receive details on where to meet and cancellation info, should weather be prohibitive. **Cost: free**

Hoopla New to our collection

It is with special thanks to our sister, Starr Library, that Rhinebeck patrons of both Morton and Starr Libraries are able to access Hoopla to download films, television shows, audiobooks, and music. You may download up to five items per month. You will need a valid library card, with a PIN. If you need help, call 845-876-2903. *Hoopla is a groundbreaking digital media service that allows you to borrow movies, music, audiobooks, ebooks, comics and TV shows to enjoy on your computer, tablet, or phone – and even your TV! With no waiting, titles can be streamed immediately, or downloaded to phones or tablets for offline enjoyment later. There are hundreds of thousands of titles to choose from, with more being added daily.*

RED HOOK CAPE

Completion is early April. This 3BR/3BA cape offers approx. 2400 s.f. Main level has kitchen w/ island; DR with deck; LR; MBR with tiled shower/bath; addtl. BR; hall bath and laundry. Second floor offers BR, bath and office. Two-car garage, propane HVAC and CA. Abuts land in conservation. Min. to Village and walk to Bard. \$509,500.



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The Friends of Mills at Staatsburgh announce "Virtually Staatsburgh," a compilation of all the wonderful interpretive material—from family activities to videos and blog essays—available online to learn about and enjoy the site's mansion and beautiful

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FRESHLY PAINTED & move in ready, this 3 BR, 1.5 bath Rhinebeck 1 story has a fully fenced backyard perfect for entertaining, children or pets, is 1 mile from Amtrak & the Village center, has oak floors, a really nice K, CENTRAL AIR, great light, & is move in ready. Utility bills and taxes are easy to manage here. **\$369,000.**



THIS RHINEBECK COUNTRY HOME has a very private setting that overlooks woodlands, is on a dead end road, yet the village is close by for dining & shopping. This 3 BR, 1.5 bath home w/a fireplace has an open floor plan, a lovely K, FR, DR, heated sunroom, office, & a mud room. Spacious & light filled this abode makes your feel right at home! **\$410,000.**



MOVING TO RED HOOK? This 2376 SF, 3 BR, 2.5 bath colonial home has much to offer: CA, a FPL, LR, FR, an open K w/a breakfast room & DR, a MBR suite w/a 5 piece bath & a walk-in closet, & a separate office. There's a full basement w/a 9 ft. ceiling & its own entrance, an oversized garage, + a large deck & covered porch. **\$449,000.**



IN RHINEBECK VILLAGE on prestige Chestnut Street, this early Colonial home has over 3000 SF of living spaces w/4 BRs & 4 baths. There are 9 ft. ceilings, huge windows, porches in front & back, a level useable lawn, full basement, & a detached garage. Now a legal 2 family, this home is waiting to be reborn as a glorious family home. **\$850,000.**



HIGH ON A HILL w/glorious views of the Catskill Mountain and Hudson River, this custom built executive home has 3900 SF of glorious spaces w/4 ensuite BRs, a 33 ft. LR w/walls of glass & a stone FPL, & a glorious kitchen w/walk in pantry. This home has a first floor MBR suite, CA, an auto generator, vaulted ceilings, walls of glass, skylights, wood floors & so much more. **\$965,000.**



OAK TERRACE, a 2nd empire mansion w/10,000 SF is sited back on 25 acres for total privacy. There are dramatic views of the Hudson River & Catskill Mts., open meadows, & woodlands. Once the home of Eleanor Roosevelt, there's a 700 SF LR w/a 16 ft. ceiling, a grand stairway that leads up 38 ft. to a dome topped w/skylights, a terrace that wraps around the entire home. New mechanicals in place, now you can finish inside. **\$5,250,000.**

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WE HAVE MANY RENTALS AVAILABLE

Poughkeepsie Professional Office BLD



Located in the Town of Poughkeepsie across the street from Vassar College is this 1930's Colonial that offers many opportunities. The home is currently being used as Professional Offices and would need some code upgrades to continue or it could be converted back to residential...Asking **\$289,000**

Rhinebeck 90 Acre Farm



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

Rhinebeck Cottage



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

Red Hook Mixed Use Building



The first floor of this 4400 sqft building is home to finished office space and is current leased. 2 stair cases lead to the 2200 sqft unfinished 2nd floor that currently has 2 roughed in baths, vaulted ceiling and could be finished into 2 apartments...Asking **\$459,000**

4 BR Mother/Daughter



that sits well back on the lot with fenced in rear yard with a deck. Home needs some updating but have good bones. The home has a new roof and front solar panels were installed in 2012 leased at \$64.75 per month. Boiler was new 2004. 2016 blown insulation installed. In the last few years new appliances, new upstairs bath and new carpet in back bedroom...Asking **\$259,000**

Upstate Cape



Located just minutes from the Pine Plains Village and Millbrook. This 2002, 3,000 square foot cape offers radiant heated floors, 3 large bed rooms, 2.5 baths, family room, office, 3 season porch, bonus room with pellet stove, heated attached 2 car garage. 12.82 acres and a 30 X 40 workshop with 12' high garage doors and radiant heated floor...Asking **\$839,000.**

104 Acres W/Spring



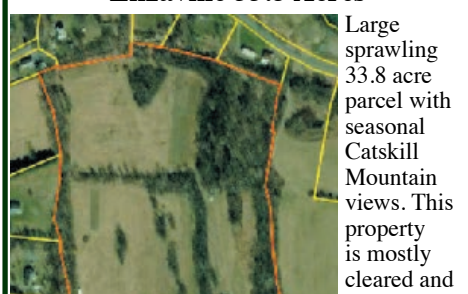
This 104 acre property is located in the Town of Standforville and consist of a single family ranch house, a 2 family Colonial, a 2000 sqft building, a 1500 sq ft shed, a 5000 sqft watering plant. This property is also home to a spring that produces 3000 to 5000 gallons per minute....Asking **\$1,600,000**

Estate-Like Ranch



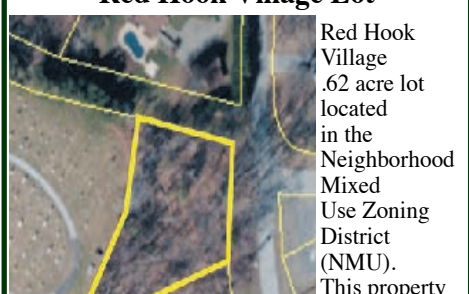
located in the town of Red Hook a top of a grassy knoll is this 4 bedroom, 2.5 bathroom ranch with sunk in living room, fireplace, hardwood floors, full unfinished basement, attached 2 car garage, detached 3 car garage with electric and is located on a 3.02 park-like acres within a short drive to Bard College, Tivoli and both the Red Hook/Rhinebeck Villages....asking **\$519,000**

Elizaville 33.8 Acres



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

Red Hook Village Lot



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

Red Apple from page 1

bolted into the ground and 3 yards of concrete around it that Frank jokes that an earthquake could take the building and the tree would still be there. Frank started with just one or two salesmen and Eleanor Chaikowski, his first secretary/receptionist, who was with him from that 1971 opening thru 1994, a twenty-three year stint. There have been dozens and dozens of salespeople over the years, some for just a few years and others for longer. None of Frank's four daughters choose to go into real estate with him except his youngest daughter Barbara, to whom he handed over the real estate Principle Broker reins twenty years ago, and who will continue as Principle Broker for Red Apple.



Barbara

There is such a loyalty and relationship with customers, though, that Frank Starkes very first insurance customers, fifty FOUR years ago, still insure with him as well as his first real estate customers. This "old-fashioned" idea of real estate being a service business and personally driven is being lost in the world of the internet, smart phones, and all the other wonderful improvements of our age. But the feeling of it and the follow through of it and the integrity of it is still very much alive and well at Red Apple. People appreciate that combination of honesty and friendly professional

personal service, even when Red Apple can also do virtual tours and participate in all the modernizations of the industry. Barbara Robinson, Frank's daughter, grew up in a household geared to the real estate business and was always, with her mother and sisters, there to be the in-the-background support that their husband and father needed, and incorporated his values. So much so that today, Red Apple is a leader in the business and enjoys a sterling reputation. They have sold thousands of homes to satisfied customers, who come back to them two and three times when lifestyle

changes occur. By this fifty-year anniversary of Red Apple, Barbara has devoted her life to the business also and she and Red Apple have continued to win personal and company recognition for outstanding service to the area.

Frank said "I never was in real estate just for the money. I wanted to be sure I earned every penny I made, and my most favorite thing was finding a first home for local people, some of whom became friends for life." Frank and Jean now spend part of the year in Florida, where Frank is just as busy as he always was, engaging in sports and community events and even conducting a class on Thursdays on antique automobiles, another one of his passions.

Not to make a pun of sorts, but the apple doesn't fall far from the tree. This is what Barbara



From left to right - Mr. Frank W. Starkes, Pres., Mrs. Eleanor Chaikowski, Mr. Frederick Stewart and Mr. Jack Becker.

enjoys also, the idea that she can help people. It's difficult to keep up sometimes with all the changes in the business, and especially with the pandemic this past year, but Red Apple has done an outstanding job of monitoring both and keeping everything safe and progressing forward.

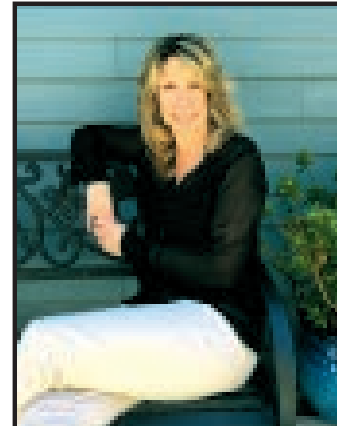
"Some people do so much research on their own that you almost feel they don't need you," says Barbara, "but they still have to be guided through the paperwork and all the final steps of the process, so it's a different business than it used to be but still very rewarding." Barbara will be moving the real estate part of the office soon to 2 Charles Street at the corner of lower Fairview Avenue and Charles Street in Greenport, but more on those details to come. It will still be the same fifty-year-

old business and one we can all celebrate!! See the ad in this paper for contact information. CONGRATULATIONS on the first half century of service, Red Apple, and we look forward to more of the same in the years to come!!

PHILIPSE MANOR HALL STATE HISTORIC SITE // 914.965.4027

March Gallery Exhibit: Stop by the Manor and explore this month's exhibit "A Mixed Bag." This exhibit is an exploration of light and composition and explores the relationship between light and composition found in the moment through photography. The gallery is open during standard museum hours and is always free to enter! **Tuesday-Saturday's 12:00 PM-3:30 PM | Location: Yonkers | Free | Ages: All Ages**
The George and Mary Tour - Every Saturday in March!
Saturday, March 6th, 1:00PM.
Saturday, March 13th, 1:00PM.
Saturday, March 20th, 1:00PM.
Saturday, March 27th, 1:00PM.
 Mary Calvi's 2019 novel *Dear George, Dear Mary*, reignited the discussion surrounding the potential relationship between George Washington and Mary Philipse. Once written off and forgotten to history, Calvi's

research shined a light on how much of a role Yonkers, the Philipse family and the daughter of a prominent Loyalist had on pre-Revolutionary War America, including impacting Washington's heart. Join us on a guided tour as we explore the narratives surrounding their relationship and lasting results that potentially altered two countries futures! \$5 for adults, \$3 for seniors and students. Free for Friends members and for children 12 and under. Spaces are limited and all guest must follow COVID-19 regulations. **1:00 PM-2:00 PM | Location: Yonkers | \$5 | Ages: All Ages**
COMING SOON
FALLEN by Jean Shin
 Announcing "FALLEN," a new site-specific art installation by nationally renowned artist Jean Shin opening on May 1! A beloved hemlock on Olana's East Lawn died last year of natural causes, despite efforts to save it. In response to the unfortunate necessity of felling this majestic tree, Jean Shin will create a new artwork celebrating its life while reflecting on loss and the broader history of environmental impact in the Catskill region. Follow us on social media to watch as the installation progresses, or visit Olana and see the progress up close.



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 *Source: Mid-Hudson Multiple Listing Service, by dollar volume, for all property types sold, January - December 2020

Broker	Dollar Volume (Approximate)
Berkshire Hathaway HomeServices Hudson Valley Properties	\$120M
Gary Dimauro Real Estate, Inc.	\$55M
Corcoran Country Living	\$40M
Paul Hallenbeck Real Estate	\$35M
CB Village Green	\$15M

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ROCKEFELLER STATE PARK PRESERVE // 914.631.1470 x 106

Rockefeller is a designated STATE PARK PRESERVE. A Park Preserve is a protected area of importance for flora, fauna, or features of geological or other special interest, which is reserved and managed for purposes of conservation while also allowing for passive recreation such as walking, jogging, photography or wildlife viewing. So come to Rockefeller to walk our trails/carriage roads, enjoy our magnificent trees, plants, and wildflowers - and maybe get lucky and catch a glimpse of some of our animal residents, including deer, fox, coyote, racoon, lots of birds (we are a recognized Audubon site), turtles, squirrels, chipmunks, trout, skunks, snakes, rabbits and, maybe even bobcats! But please, leave the picnic and park games at home. Thank you for your cooperation! **Events under limited numbers, which we must strictly enforce. Face coverings are required at all events as is social distancing. Stewardship Team: Meets Every Tuesday at 9:00 am!** Every Tuesday, 9am – 11:30am, the Stewardship Team gathers to work on a wide range of activities including, habitat restoration,

animal rescue, checking/ setting trail cams, as well as trail maintenance and clean up! There is always something different to work on whether removing invasive plant species to make room for natives to grow, maintaining existing native habitat, assisting in plantings, or clearing debris from trails. Whatever the case may be, it is always better (and much more fun) to work in a group! Everyone welcome to join and be a part of this vital team. Please join us every Tuesday from 9:00am to 11:30am. Please register EACH WEEK at: <https://rockefellerstateparkpreserve.eventbrite.com/> Please be sure to wear suitable clothing (long pants are a must) for working outdoors. At times, we will be going off trail and into tall grass. Please bring with you water and gloves if you have your own. Gloves will be provided, but supplies may be limited. **COVID RULES ARE STRICTLY FOLLOWED. PLEASE BRING FACE COVER.** **Writing in Nature with Nicole / Thursday mornings 9:00-10:30** Join us as we walk through the Preserve and discover the power of the woods to inspire you to write about your observations and personal experiences in a variety of genres. Beginners welcome! Open to everyone 19+/ Cost: \$64

A part of proceeds goes to benefit the Preserve Please register at: ticketleap.com/writing-in-nature/ **March 4 | 1:00 PM – 2:00 PM | Sensory Hike with “RangerSu”** In our sensory hike series, talking is kept to a minimum. We walk in presence through the woods, stopping at times to explore what we are seeing, hearing, smelling and feeling through observance of nature, we seek to become more centered and connected with the world around us. Leashed-dogs welcome. Meet in the park office courtyard. We leave promptly at scheduled times. In case of bad conditions, event may be cancelled, please watch for notices from Eventbrite. **SUBJECT TO NY STATE COVID-19 RESTRICTIONS Maximum 15 PARTICIPANTS ONLY. Face coverings are required at all events as is social distancing.** Please register this event at <https://rockefellerstateparkpreserve.eventbrite.com> **Cost: FREE** **March 6, 1:00 PM – 3:00 PM | Coexisting with Coyotes WEBINAR**



Please join us for guest speaker Dana Goin’s discussion about coyotes, their history and ecology, and what we can do to best coexist with them. Highly adaptable, eastern coyotes have become exceptionally adept at living adjacent to humans, even going so far as to thrive in cities such as Los Angeles, Chicago, and NYC. Join us to better understand the behaviors and benefits of the eastern coyote and how to empower our community with the tools, information, and resources we require to coexist with this misunderstood predator. Dana Goin is the Wildlife Outreach Specialist at the Wolf Conservation Center in South Salem, NY. She holds a degree in Wildlife Conservation and has worked in various areas around the country studying large and mid-sized carnivores including mountain lions, coyotes, bobcats, and raccoons. Register at: <https://bit.ly/3amW4ne> **Cost: FREE** **March 13 | 9:00am – 12:00am | RSPP Teaser Hike with Mike** An eight-mile, four-hour trek STARTING AND ENDING IN THE ROCKWOOD HALL PARKING LOT, traversing the Park to the East side of Bedford Rd and back to Rockwood. HIKE STARTS AT 9:00 SHARP. An opportunity to learn what you need to shape your future visits. We’ll touch most of the Park’s major areas, so you’ll learn what you’re missing if you don’t come back! We will keep up a steady pace, so it’s not suitable for walkers or beginners. No dogs or young

children, as there are no shortcuts back to your car. **YOU MUST HAVE WATER WITH YOU TO PARTICIPATE!** Dress in layers. Heavy snow on trails cancels. **SUBJECT TO NY STATE COVID-19 RESTRICTIONS Maximum 15 PARTICIPANTS ONLY.** Face coverings are required at all events as is 6 feet social distancing. **March 17 | 6:30 pm – 8:00 pm | St. Patrick’s Day Sunset Hike at Rockwood- GO GREEN!** Come join us for a Sunset Hike at Rockwood Hall for what we hope will be a spectacular view over the Hudson and the Tappan Zee Bridge. **PLEASE NOTE: THIS HIKE IS AT ROCKWOOD HALL! SUBJECT TO NY STATE COVID-19 RESTRICTIONS Maximum 20 PARTICIPANTS ONLY. Face coverings are required at all events as is 6 feet social distancing.** Please dress according to weather conditions. Please bring water. We will gather at the main Kiosk. We will leave ON TIME. Parking lot is right below Phelps Hospital, off 117. Across the street from the parking lot is the path that leads up to the park. Leashed-dogs welcome. In case of bad conditions, event may be cancelled, please watch for notices from Eventbrite. Please register this event at <https://rockefellerstateparkpreserve.eventbrite.com> **Cost: FREE** **March 28 | 6:30 PM – 8:30 PM | Full Moon Hike** Tickets available on **March 01, 2020 10:00 am ET** Every month we give hikers

an opportunity to experience the Preserve after dark in our “Full Moon Hike” series. Please join us for this very popular and special event. Please bring a flashlight or headlamp. Please dress according to weather conditions. Please bring water. Dogs welcome. Meet park office courtyard. **IMPORTANT: We leave promptly at scheduled times.** This is a night hike, after the park has officially closed. Late-comers will not be allowed to enter the park after the group has departed. In case of bad conditions, event may be cancelled, please watch for notices from Eventbrite. Please register this event at rockefellerstateparkpreserve.eventbrite.com **SUBJECT TO NY STATE COVID-19 RESTRICTIONS 10 PARTICIPANTS ONLY. Face coverings are required at all events as is social distancing. Cost: FREE** **PLEASE NOTE: We must limit attendance at this event. Tickets are free and are on a first come first serve basis. If you do not get tickets this time, please sign up for the wait list as we almost always have cancellations. If you reserve tickets and then must cancel, please go to Eventbrite and cancel so those tickets will be shown as available to others who are wait listed. Thank you for your cooperation. Please register this event at <https://rockefellerstateparkpreserve.eventbrite.com>**

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