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Postal Customer

## Copake Lake Realty Corp.: Best of Both Worlds

By Hilary Hart

It used to be that people looking to buy, or sell, in the area could visit a real estate office and be greeted with good old-fashioned customer service. Copake Lake Realty still adheres to those wonderful personal values, although with the current health crisis gripping the country, the office at 290 Birch Hill Road in Craryville (Copake Lake) cannot be open in just the same way. For one thing, the adorable black lab, Grace, is still here over a decade later – many of you may remember her as a cute rescue puppy -- and she remains the most charming of greeters, but she is still way too friendly to get a grip on this social distancing idea! Fortunately, Copake Lake Realty has also moved rapidly into the changing technological world and has worked diligently (since long before the situation that now confronts us) to maximize



Lindsay LeBrecht and Grace

their internet presence. They are well equipped to assist buyers and sellers in this new environment, no matter whether it is first time home buyers, second home buyers, downsizing, or relocations coming to or leaving the area. Although they specialize in lakefront properties they list and sell all types of properties. The office is licensed to handle transactions in New York State and Massachusetts and is a member of both the Columbia County Northern Dutchess Multiple Listing Service as well as the Berkshire County Multiple Listing Service.

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## ANCRAM OPERA HOUSE ANNOUNCES FREE, ALL-VIRTUAL 2020 SPRING / SUMMER SEASON

*Fifth Anniversary Season Will Focus on Staying Connected and Creative During the Coronavirus Crisis*

To commemorate its Fifth Anniversary Season, Ancram Opera House will present, free of charge, new five productions designed for remote audience viewing and listening. Beginning in May and running through August, the performances will range from original commissioned plays to the storytelling series REAL PEOPLE REAL STORIES to a brand-new project called LOCAL CHARACTERS featuring unscripted interviews with community residents.

“So much of what we do is intended to foster connection in this community that we love, and we are grateful that many of our offerings can be adapted to a virtual format,” said AOH co-director Paul Ricciardi. “The act of storytelling is at the center of what we do and in times like these, telling and listening to stories is one way for us to process this experience and heal.”

Kicking off the season in time for Mother’s Day will be “LOCAL CHARACTERS: MOTHERS,” a quartet of video interviews with Roe Jan residents on the topic of motherhood. A new interview will be posted on [ancramoperahouse.org](http://ancramoperahouse.org) every Friday starting May

8<sup>th</sup> and may be watched anytime.

On June 27<sup>th</sup> REAL PEOPLE REAL STORIES: REDUX, a special fifth anniversary edition of the perennial audience favorite, will bring back some of the most memorable narratives told by local residents since the series debuted in 2015. RPRS can be watched live online, or on demand on the AOH website.

After last season’s sold-out debut, CRYSTAL RADIO SESSIONS UPSTATE will return on July 11. Similar to the NPR radio program *Selected Shorts*, CRYSTAL RADIO SESSIONS UPSTATE showcases the work of established and emerging regional authors as read by some of the AOH audience’s favorite actors. This live event can be viewed online or on demand.

On July 25, AOH will premiere LOCAL CHARACTERS, a new community series featuring lively, free-wheeling, unscripted conversations with surprise guests from the area conducted by AOH director Paul Ricciardi. LOCAL CHARACTERS can be viewed live online, or on demand on the AOH website. From August 7-16, AOH will premiere SUMMER PLAY LAB, six performances of commissioned solo and small cast plays by noted area playwrights, performed by professional actors. This one-time event can be viewed live online, but will not be recorded. “Our goal is to keep our community connected and actively engaged this summer, while we are still

Continued on page 3

## A Wish for Spring

Like most of our businesses, American Homes has had to close their Sales Offices for normal business, including the one in our area at 2993 Route 23B in Cairo. They are, however, aware that people still need to secure housing for their changing situations. Many are right in the middle of starting new jobs, moving to a new area, or just finding themselves in a different situation than they were in last year at this time.

There is a huge amount of information on the website at [www.americanhomesny.com](http://www.americanhomesny.com) and updates on specials and appointments also can be made by calling (518) 622-9011. Plans and arrangements still can be made, just in a way that will keep us all safe.

As we get into the lovely long-awaited Spring season, everyone hopes and prays for the talked-about “new normal” to take place and bring us out from under the full weight of the concerns of the last few months. People still need to do what is necessary for the survival of their families, both now in the immediacy of the crisis, and, also to plan for whatever the future brings. The impairments and deaths that have happened to individuals and to businesses is mourned by us daily, and the bravery and heroism of all the health care professionals, emergency responders, and volunteer workers from every walk of life is applauded.

We really ARE all in this together, so many thanks to all for their support of all of our local businesses. We wish everyone a calm, happy, healthy and productive month of May.

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

## 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](http://Hudsonriverview.net)

## Nick Rooney and Greg Pinelli are Blue Sky Landscapers

By Lisa Dudley

Blue Sky Landscapers owned and operated by Nick Rooney and his new business partner, Greg Pinelli, whom you may know from his many years working at Migliorelli Farm, offers a wide array



Nick and Greg

of services pertaining to all of your landscaping needs. These services primarily include spring and fall cleanups, mowing and lawn care, as well as mulching and garden maintenance. The landscaping company, named after Nick’s sky-blue work truck – a familiar vehicle on the roads in our area – also provides small tree and brush removal, power washing, pruning, trimming and tree removal, landscaping, garden design, planting and edging, as well as property management.

“I love working outdoors,” says Nick Rooney. “It

comes to me naturally.”

A love of working outdoors is shared by both the Blue Sky Landscapers partners. Nick and Greg each live in the Barrytown area and are pleased to be working in and around the community where they both reside. Nick, a Red Hook native, and Greg, who came to the area from Pennsylvania over a decade ago, became friends and often worked together on Nick’s landscaping jobs over the past three years. With his business growing, and Nick looking to expand his

Continued on page 11

## Rhinebeck Based Ministry Distributed Over 2600 Masks

Naomi Fata, owner of Love Stitches by Naomi in Red Hook, New York and President of The Christian Resource Ministry (“CRM”) is spearheading a mask making team to produce masks for our area hospitals, organizations and facilities in desperate need. Mrs. Fata heard about the need for facemasks near the end of March and approached the CRM board for permission to head up the project. Fata shared, “The vision of CRM has been to show people the love of God in



practical and tangible ways. We want everyone to know that they are important, from the cashier at the grocery store to the doctors and nurses on the front lines.” Within a month the CRM mask project grew to a volunteer group of over 50, producing around 750 masks per week. Volunteers working with CRM have come from all over the Hudson Valley, from as far south as Wappingers to as far north as Coeymans.

CRM has provided masks to many local organizations including fire departments, children’s homes, assisted living facilities, local restaurants, grocery stores, nursing homes, counseling offices and smaller doctor’s offices. In addition to these smaller facilities CRM has given approximately half their

masks to two local hospitals, Vassar Brothers Medical Center and Northern Dutchess Hospital.

One of CRM’s recent volunteers, Sandi Park, who has been helping to organize business sponsors, shared “It is inspiring to witness the bonding throughout our communities and area businesses with donations and volunteerism toward the common goal of helping to protect our heroes and others in need.” As of April 21, CRM had made and distributed over 2600 masks. To donate, to volunteer, or to request masks for your organization please visit: <https://christianresourceministry.com/facemasks/>.

You can also follow the story on social media, on facebook at Christian Resource Ministry or on Instagram @naomifata.



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All About Travel would love to be advertising something about your next vacation and help you plan a fabulous holiday. But in light of COVID-19, we would like to thank our Doctors, Nurses, Health Care Workers, First Responders and all of the staff that support these facilities that we need to care for our communities.

Also, thanks to the service industry, grocery stores, pharmacies, restaurants and essential business workers for keeping us sustained in our homes. Stay home and be safe for these selfless heroes, their families and your families.

A special Mothers Day Blessing to all the Mom's too! We can't forget all of the special women in our lives!!

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 We DO "heroes"(subs), but THANKS to every REAL hero on the front lines!

**John Jay Homestead invites you to participate in New Exhibit**

John Jay Homestead State Historic Site will be mounting a new exhibit and is asking the public to help. Reflections on Our Past: A Viewer Response Exhibit II, will be an entirely digital exhibit curated with responses from our community. In 2013 we opened our first Reflections exhibit in our Back Parlor Gallery. Invited guests, representing our local community, were asked to select an object from our collection to comment on in whatever medium they wished. Their responses included drawings, poems, essays, and even an exact replica in clay. Today we invite you, our digital community, to participate in our second Reflections exhibit. Participants will choose one of twenty-five objects to respond to; the objects we've selected for inclusion can be found on our website. The responses may take any form, and participants are encouraged to be creative. The exhibit is open to all ages. All of the directions, images of available objects and submission instructions can be found on our website, [www.johnjayhomestead.org](http://www.johnjayhomestead.org). Submissions are due by May 31, 2020. For questions please contact [Bethany.white@parks.ny.gov](mailto:Bethany.white@parks.ny.gov) John Jay Homestead continues

to add digital content on a rolling basis. We encourage you to check our website regularly. The grounds of John Jay Homestead are open to the public daily from sunrise to sunset. We encourage you to visit, but maintain social distancing. John Jay Homestead State Historic Site is one of the six state historic sites and twelve parks administered by the New York State Office of Parks, Recreation and Historic Preservation—Taconic Region.

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

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*Our thoughts and prayers are with our customers and our community. We would like to let our customers know that we will be remaining open for as long as we are permitted. Thank you and Stay safe.*



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**Ancram Opera from page 1**  
 social distancing,” said Jeffrey Mousseau, AOH co-director. “We’re making the online shows free so there’s no barrier to participation. We may be using technology to communicate with audiences this season, but we will still be focused on building that direct relationship between the performer and the audience. Audiences may be looking at a screen, but they’ll feel like the performers are talking directly to them.”  
 Ancram Opera House in southern Columbia County is an intimate showcase for fresh, contemporary work by visionary theater and musical artists where audiences can connect with performers in immersive, immediate ways. For more information visit [www.ancramoperahouse.org](http://www.ancramoperahouse.org).

**2020 SEASON LOCAL CHARACTERS:**

**MOTHERS.** New videos will post on [ancramoperahouse.org](http://ancramoperahouse.org) at 1PM May 8, 15, 22 and 29 at 1pm  
**REAL PEOPLE REAL STORIES.** Saturday, June 27, 8pm  
**CRYSTAL RADIO SESSIONS UPSTATE.** Saturday, July 11, 8pm  
**LOCAL CHARACTERS.** Saturday, July 25, 8pm  
**SUMMER PLAY LAB.** Friday & Saturday, Aug. 7, 8, 14 & 15 at 8pm; Sunday Aug. 9 & 16 at 3pm

**Hudson Valley Memoir Collective Offers Virtual Zoom Workshop Series: Course Runs Tuesdays, May 12- June 30**

Ready to write memoir? The Hudson Valley Memoir Collective will run its second “Covid Creativity” workshop series this spring. Participants join the meetings via Zoom

from any location in the country with a WiFi connection. The workshop series, the second round since the New York State lockdown started, will unfold over six weeks between May 12 and June 30, with one make-up class scheduled for June 23 for writers who have to miss a class. Classes run from 10:30 a.m. to 12:30 p.m. “It’s been amazing to see how the work and creativity of the collective can morph to a virtual platform during the pandemic,” said Emily Sachar, Collective founder and prize-winning author. “The magic of the collective is still with us: our members get to read great literature, write inspiring prose, share it with one another, and receive quality feedback from the group.”  
 The Hudson Valley Memoir Collective grew out of a program born at The Olana State Historic Site in the spring of 2019. Collective courses are designed around a specific memoir-writing protocol designed to

sensory description; writing dialogue; creating authentic characters; building dramatic tension; using a thesaurus; and writing similes and metaphors. **Sharing and Feedback** – Students share out their writings in a structured and supportive workshop format. Instructor Emily Sachar also provides coaching and directed feedback.

By request, Emily will also copy-edit each student’s memoir off-line. The cost of the Virtual Zoom course is \$150, which includes Zoom connectivity for students. To register, call or text Emily Sachar, 718-644-5789, or visit [HudsonValleyMemoir.org](http://HudsonValleyMemoir.org). The Hudson Valley Memoir Collective is a 501c3 non-profit corporation.

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motivate every participant to complete an essay of 1,500 words in a six-week span. For each two-hour class, The Collective’s memoir activities include: **Warm-ups** -- Simple writing exercises designed to loosen the creative muscle. **Instruction and Discussion** -- Roughly 30-45 minutes devoted to formal instruction and skills practice focused around a recently published memoir essay. Exemplar texts by noted authors – among them Tara Westover, Bill Bryson, Augusten Burroughs and Caroline Knapp – show specific techniques to drive successful writing. Practice tasks focus on: drafting a narrative arc; crafting

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**Hi all,**  
I hope this finds you and your families staying well. This newsletter will take on a different format than usual for this round. Real estate market momentum in a nutshell: screeching halt. We are in this boat together. A day seems like a month, no? Missed Thursday garbage pickup; thought is was Wednesday. Supermarket became "retail therapy" until even that became weird. Now the big "out" is a walk through the neighborhood to catch some sun and chat with neighbors from the street, hikes and needs for the mask making mission noted further down. Other than that, it's full on hunker down.

**Essential...or maybe not??**  
Governor Cuomo announced there will be no more showings or open houses for an undetermined period of time; then there seemed to be a change of heart with new directive to allow "limited" showings, which then appeared to go back to virtual only. I lost track trying to keep up; I understand there is much beyond real estate that needs to be figured out quickly. One person who has been a pillar and has helped maintain

sanity of 300+ Type A agents directed to full halt is Steven Domber, President of Berkshire Hathaway Home Services Hudson Valley Properties (yes, that's a mouthful.) Steve has continued to prove himself an outstanding leader during this crisis on multiple levels. He dug in and maintained stance to keep the offices closed regardless of the governmental back and forth and has encouraged our team of 300+ to put health and safety first. Bravo Steve. For those of you who know Steven, I am quite proud to report he has also taken impressive strides to join the technological revolution. Aside from other recent acts of online prowess, Steve has led multiple team zoom meetings without a glitch. Impressive indeed!

**Vacant Sale**  
The back and forth on whether real estate is an "essential service" is perplexing considering the current health risks. People who want to sell generally are not interested in welcoming buyers through their homes at this time. Most who are out these days are not buyers but rather renters primarily from the city attempting to secure

short terms rentals. Anyone has a short term (six month) rental out there, let me know.

Where I initially saw potential to fill immediate buyer need while minimizing risk was with vacant listings. With that being said, I have a vacant listing that I believed prime for virtual sale. To best position, I counseled my client to have an inspection by one of the most sought after five star inspectors in the county, which was done. We obtained documentation needed from the Town building department and tax assessors office to enable title to handle the rest virtually. I did an extensive video virtual open house; complete with running all water throughout. The condo is built by Joe Kirchoff who is known for quality construction. It's a Phase 2 model condo packed with upgrades at The Gardens in Rhinebeck. Priced at \$399,000, for all intents and purposes it should be priced to sell. Professionally decorated with option to purchase with or without furniture. There is opportunity for a cash buyer to close in a week to ten days and move right in yet I have gotten hardly any calls on it. I can't think of a better scenario for a virtual sale which leads to question whether even the vacants are movers amidst this chaos.

**Mask Making for Our Heroes**  
While I question whether I will fit into "real" clothes when all is said and done, I have gotten involved in a cause that is keeping me moving and have become quite passionate about. Naomi Fata of Love Stitches in Red Hook and President of the Christian Resource Ministry ("CRM") is heading up a mask making effort for area hospitals, organizations, facilities and essential workers in high need. I have been handling donations, fundraising and partnership alliances with other mask making groups to share supplies as needed and therefore maximize productivity. The group just started last week and has already made 400 masks. The mask making team of seamstresses grows every day with latest count at 36. We are all getting into stride with goal to make a minimum of 500 masks per week for Vassar Brothers Medical Center, Northern Dutchess Hospital and Putnam Hospital based on criteria set by the foundation director for all three. Additionally, CRM continues to make masks for children's homes, nursing homes, animal shelters, EMS, fire departments, medical offices and essential workers. For

more information on this effort, donate or volunteer, please visit: [www.christianresourceministry.com](http://www.christianresourceministry.com). I also drafted a press release you can [read here](#). This was not intended for "publicity" as this is all purely good will, but in attempt to help keep the flow of donations and volunteers coming as we are blowing through supplies and rely on this support. If you can help, please do! **Take care all and stay well. Best to you and your loved ones.**  
Sandi Park Associate Real Estate Broker Berkshire Hathaway Home Services Hudson Valley Properties M: 914-522-6282 [sandipark@gmail.com](mailto:sandipark@gmail.com) [www.hudsonvalleynest.com](http://www.hudsonvalleynest.com)

**Old Dutch Village Garden Club – Nothing to say!**

Of course, I always have something to say. Here we are all stuck in our homes with nothing to do. Not true. One cannot imagine the myriad things we could accomplish with no schedules. I daresay so many closets and drawers have been reorganized-- you wouldn't believe it. Our homes are clean as a whistle and recipes are flying all over the place.

The Garden Club, alas, has cancelled our meetings until further notice. We only meet once a month, so our Annual Picnic on July 9 is a distinct possibility. Besides, it's outside at Clermont State Park.

If all goes as we hope, we had

scheduled a program on Weed Identification on May 14. I for one am particularly anxious to learn more about this subject. I have been inundated by garlic mustard and there doesn't seem to be any end in sight. Perhaps there's a weed vaccine.....

Our Annual Plant Sale is scheduled for Saturday, May 16 on the Red Hook green across from CVS. It is our fondest hope that we will be able to have this as scheduled. It is a very well attended event and it would be missed. This year we are being especially careful to inspect our plants for those nasty jumping worms. I'm starting to imagine them everywhere. I must get a grip.

In the meantime, it's delightful to see the bulbs bursting forth in all their colorful glory to brighten our days. It is a blessing in disguise as we can venture forth to tend to those early perennials and plan the next garden. There is really nothing better than to commune with nature listening to the birds, enjoying the quiet and awaiting the results of our labors. There is a silver lining.

The mantra today is Wash those Hands, cover your coughs and sneezes with your elbows and pray this will be over soon with minimal casualties.

We meet on the second Thursday of each month, except for August, at St. John's Reformed Church in Upper Red Hook at 12:30. New members and visitors are always welcome. Please contact Linda Lawson at 845-758-5653 for additional information.

Submitted by Pat Owens

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## Two Virtual Tours in One!

Calvert Vaux Preservation Alliance

2020 Photography Exhibition & Sale  
Historic Hudson Valley Architecture & Landscape Design

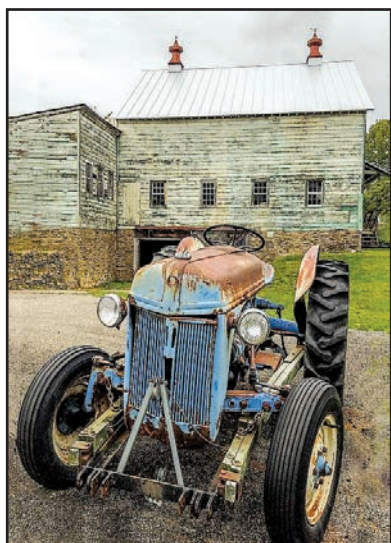
Calvert Vaux Preservation Alliance has "opened" a Virtual Exhibit Tour website for its 2020 Photography Exhibition & Sale, Historic Hudson Valley Architecture & Landscape Design. The show originally opened as planned on March 6 at Montgomery Row Art

Exhibition Space in Rhinebeck, NY. More than 100 gallery-goers were on hand to enjoy 69 photographs of Historic Hudson Valley Architecture and Landscape Design from 27 artists living and working in our region.

Alas, the pandemic quickly intervened. With everyone "social distancing", the gallery is currently closed. Sue Hartshorn, host of the space, graciously extended the exhibit through May 31. Even so, it isn't clear when those who want

to see the show will be able to get out and about to do so. CVPA's prescription for the pandemic - and its evil twin cabin fever - is a beautiful online gallery donated by Jake Young of [HavTechWillTravel.com](http://HavTechWillTravel.com). The "gallery" offers two tours in one: a look at all of the photographs in the Montgomery Row show, and a bonus tour of beloved Hudson Valley historic architecture and landscape design captured by the show's photographers. Visit both at <https://www.calvertvaux.org/>

[index.php/online-exhibit-tour/](http://index.php/online-exhibit-tour/)  
To purchase works in the show, please contact [kitty@calvertvaux.org](mailto:kitty@calvertvaux.org).



## Enjoy John Jay Homestead while you're stuck at home

John Jay Homestead State Historic Site has launched new digital content you can enjoy from home. These fun, interactive activities allow you to experience history while historic house tours are suspended. Learn more about the collection by exploring the Object of the Day or try to solve one of history's mysteries by being an Object Detective. A virtual tour and downloadable worksheets are also available. More content will continue to be added. All this can be found on our website: [www.johnjayhomestead.org](http://www.johnjayhomestead.org). The grounds of John Jay Homestead are open to the public daily from sunrise to sunset. We encourage you to visit. John Jay Homestead State Historic Site is one of the six state historic sites and twelve parks administered by the New York State Office of Parks, Recreation and Historic Preservation-Taconic Region. The New York State Office of Parks, Recreation and Historic Preservation oversees 180 state parks and 35 historic sites, which are visited by 77 million people annually. A recent study found that New York State Parks generates \$1.9 billion in economic activity annually and supports 20,000

jobs. For more information on any of these recreation areas, call 518-474-0456 or visit [www.nysparks.com](http://www.nysparks.com), connect on Facebook, or follow on Twitter.

## Census Response Date Pushed Back To October 31, 2020

Census responses mean funding for schools, roads, health care, emergency services, businesses, and more. Visit [www.2020Census.gov](http://www.2020Census.gov) for the online version. The phone number to complete the Census in English is 844-330-2020, but there are 14 other spoken languages and options for phone response. Check Out Your Community's Response Rate. Do you know how many households in your community have completed their Census?

Many towns in our area are near a 20% response rate, currently as this is being written, Rhinebeck has a 48% response rate. With your input we can go even higher.

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### ACROSS

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- 52 Animals in Pharaoh's famous dream
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## How Well Do We Handle Uncertainty?

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

Interesting that with this virus (COVID-19), many more now understand what a global community means. **We are all connected, and we are all in this together. People are in lockdown throughout the world and more alone than ever; but paradoxically we are all grieving, worrying or suffering in some manner – together.**

According to a recent poll by the Kaiser Family Foundation, 50% of the respondents claim that they are experiencing a negative impact on their mental health due to the coronavirus pandemic. **Dealing with the uncertainty of what lies ahead is a major hurdle for most people.**

There is a continuous flow of information about the medical aspects of this pandemic as it pertains to our physical health, but less is being done to address the psychological impact of a pandemic (<https://www.nytimes.com/2020/04/09/opinion/sunday/coronavirus-depression-anxiety.html>).

**Author, Andrew Solomon, who is both a professor of psychology and knows about depression first-hand as a patient, describes four levels of responses that the social isolation and the uncertainty of this crisis have caused:**

1. Some people are very stable and are taking this crisis in stride—dealing with issues day-by-day.  
2. Others might be described as worried and require “psychological first aid.”  
3. There are those people who are now experiencing clinical symptoms of depression, anxiety, panic, etc. for the first time.  
4. Finally people, who already have clinical mental illness, are experiencing exacerbation of their condition (<https://www.nytimes.com/2020/04/09/opinion/sunday/coronavirus-depression-anxiety.html>).

**Prevention of psychological problems is key, just as preventative measures are very effective in warding off**

**physical problems.** Two major emotional concerns are elements of this pandemic: **fear for our lives and the stress of social isolation.** A reasonable response that things are not OK and that we have to make adjustments is a healthy response. If your thought process takes you down a path that things will never be OK and each day is increasingly unbearable, than this response is considered pathological and in need of intervention.

**During this pandemic, we want to be mindful of our level of emotional responses and seek help accordingly.** If you describe your level as #3 or #4, seek professional help. Consider yourself fortunate; there are many others in the “same boat” and in this environment there is less of a stigma attached to mental health conditions than during normal times. Certainly at level #2, you can seek counseling and there are many resources. You can ask your physician for a referral; word-of-mouth may work, or contact *The Department of Behavioral and Community Health* at 845.486.3400 or [healthinfo@dutchessny.gov](mailto:healthinfo@dutchessny.gov). For level #1 and in conjunction with other professional measures for levels #2-4, consider self-help measures. Take advantage of the time and choose daily walks, bike rides, running, or hiking. Try taking ZOOM exercise classes; they are fun. Get creative with ZOOM: there are book clubs (I belong to the Red Hook Library’s Book Club), cocktail parties, and all types of meetings and social gatherings. Online concerts, theatre productions, art shows, dance ensembles, comedians, and virtual tours (e.g. The Orchid Show at NY Botanical Garden) provide endless choices. You can get those projects done that you have talked about, do more reading, watch those classic movies you’ve been meaning to get to, or enjoy your hobbies. Start up new activities: try knitting, learning a new language, cooking or baking, growing a vegetable or herb garden, woodworking, volunteer (safely) and donate to those who are really struggling during the pandemic.

**As we wrestle through this pandemic, we are also becoming very aware of time;** it is passing differently than ever before. I was surprised with a discovery I made: We, as a society, **are now identifying with the disabled.** I honestly did not know what “crip time” meant until I did research for this article. “Crip” is defined by *Wikipedia* as “an inclusive term, representing all disabilities.” In referring to “crip time” Margaret

Price describes the term as “we (the disabled) live our lives with a flexible approach to normative time frames – like work schedules, deadlines, or even just waking and sleeping.” The study/essay by Ellen Samuels is entitled “**Six Ways of Looking at Crip Time**” and it gives us a window into the world of the disabled as it pertains to time for them (<https://dsqds.org/article/view/5824/4684>). **There are many angles to crip time, but one example that we can relate to as we experience what this virus has done to our lives is the uncertainty of our schedule.** Maybe what we put on our calendar will happen or maybe it won’t. **For us, the presence of COVID-19 has resulted in the uncertainty of many of our plans.** This is a way of life for the disabled. Take for example a person with disabling cancer: What they put on the calendar is routinely uncertain. Plans and what happens could depend on what their next cancer scan reveals or what changes might happen with their mind or body (*Our Pandemic Summer* by Edwin Yong, *Atlantic* 4/14/20). Yong states: **“We now have a better understanding of living in a world of shorter increments.”**

To end on a more hopeful note, there is a local program running at The Starr Library via ZOOM. It is called: **“Getting Through This Virus Together” and is presented by Judith Garten,** a lecturer, writer and leader of workshops ([www.JudithGarten.com](http://www.JudithGarten.com)). If interested you can email Nan Jackson at [njackson@starrlibrary.org](mailto:njackson@starrlibrary.org) for an invitation. It will be running on Wednesdays from 4:00 to 5:00pm for several weeks. We will get through this pandemic; it is just a question of “how.” Let’s hope this path will lead us to a more positive way to live – together!

**A big thank you goes out to all the mental health workers!** *Charlotte Michos is a clinical nurse specialist who serves as a Healthcare Consultant in helping others make informed decisions about their health. For more information, products, and to view previous articles visit [www.besthealthconsultant.com](http://www.besthealthconsultant.com) or email [charlottemichos@icloud.com](mailto:charlottemichos@icloud.com).*

## ALZHEIMER’S ASSOCIATION OFFERS TIPS FOR CAREGIVERS IN LIGHT OF COVID-19

Experts from the Alzheimer’s Association believe dementia does likely not increase a person’s risk for COVID-19, the respiratory illness caused by the novel coronavirus. Nevertheless, the pandemic presents unique challenges for the 410,000 New Yorkers living with Alzheimer’s, as well as their caregivers. “Caring for a person living with Alzheimer’s disease or another dementia is a full-time job on its own,” said David Sobel, Executive Director of the Alzheimer’s Association Hudson Valley Chapter. “COVID-19 and the resulting strategies to flatten the curve have created a new frontier in dementia caregiving.” Efforts to limit contact with others, as recommended by local and federal officials, are intended to prevent the spread of the disease. The Centers for Disease

Control and Prevention considers older adults at a higher risk for developing COVID-19. Stay-at-home orders like New York State on PAUSE have put caregivers on 24-hour duty, as family and friends keep a safe, social distance. The problem is larger than most people recognize, Sobel said. According to the Alzheimer’s Association 2020 Alzheimer’s Disease Facts & Figures report, 70 percent of individuals living with Alzheimer’s disease reside at home. “Public health strategies aimed at limiting contact with others are nearly impossible for people living with Alzheimer’s and other dementias who rely on family caregivers and others to live their daily lives,” Sobel said. “This reality affects these individuals across all settings, including home, adult day services, residential and assisted living facilities and nursing homes.” To help family caregivers navigate the complex COVID-19 environment, the Alzheimer’s Association is offering additional guidance to families, including: Help people living with Alzheimer’s practice safe hygiene. People living with Alzheimer’s and other dementias may forget to wash their hands or follow other precautions to ensure safe hygiene. Caregivers are encouraged to be extra vigilant in helping individuals practice safe hygiene. Play gatekeeper with outside caregivers and guests. The majority of individuals living with Alzheimer’s and other dementias are over 65, putting them at the highest risk for complications from COVID-19. This is especially true if a person living with dementia has other chronic conditions of the heart and lungs or diabetes. It’s critical that family caregivers carefully monitor who is coming into the home and to ensure all who enter are healthy. Monitor sudden or sustained changes in behavior. People living with Alzheimer’s and other dementias may not be able to communicate if they are feeling bad and showing early symptoms of illness. It is important that caregivers monitor family members closely and respond quickly to any signs of distress, discomfort, or increased confusion. These signs do not necessarily indicate a serious condition like COVID-19, but it’s important that caregivers be diligent in investigating what is causing any sudden or sustained change in behavior. Even when people living with Alzheimer’s cannot communicate verbally, their actions may be sending a message. Be calm and create a nurturing environment. The current

COVID-19 pandemic is creating added anxiety for everyone. Do your best to remain calm, particularly in your interactions with family members living with dementia. Often these individuals will take their cues from the people who surround them. Creating a calm environment will help individuals living with dementia feel safe and protected. Anticipate and prepare that current care and support options may change. As public health containment strategies for COVID-19 escalate during the next several weeks, it is important for families to anticipate that less help and support may be available. It is also important to discuss alternative plans for care management if the primary caregiver should become sick. Many primary caregivers are not good about asking for help even as care responsibilities escalate. It’s important for family members and friends to be proactive during the current crisis in asking caregivers how they can help. Ask residential care facilities about its communication policies. In order to protect the health of their residents, many facilities are restricting access to outside visitors, so it’s important to ask how you can get updates on your family member’s health and how you can communicate with loved ones during the current crisis. Ask to see if phone calls, video chats or even emails will be offered and how best to coordinate. If your family member is unable to engage in calls or video chats, ask the facility how you can keep in touch with facility staff in order to get updates. Keep prescriptions filled. Caregivers may also want to ask their pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy. For more information about caregiving during the COVID-19 pandemic, visit [alz.org/covid19](http://alz.org/covid19) or call the Alzheimer’s Association’s free 24/7 Helpline at 800.272.3900. About the Hudson Valley Chapter The Hudson Valley Chapter serves families living with dementia in seven counties in New York, including Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester. To learn more about the programs and services offered locally, visit [alz.org/hudsonvalley](http://alz.org/hudsonvalley). About the Alzheimer’s Association The Alzheimer’s Association leads the way to end Alzheimer’s and all other dementia — by accelerating global research, driving risk reduction and early detection and maximizing quality care and support. Its vision is a world without Alzheimer’s and all dementia. Visit [alz.org](http://alz.org)

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## Leptospirosis

By Dr. Julianne Porter

With warmer weather on the way, we are spending more time outside, and so are our pets. We know the dangers that fleas, ticks and mosquitoes bring, but it is important to discuss another danger: leptospirosis (often shortened to "lepto"). Leptospirosis is caused by bacteria called Leptospira. These organisms live in stagnant or slow moving water. Our pets can become infected by drinking contaminated water, having the bacteria enter open wounds, or from exposure to urine and tissue of other infected animals. Lepto can be found in rats, mice, raccoons, skunks, cows, pigs, and horses, as well as other dogs. Cats, thankfully, are more resistant to infections. Peak incidence of infection in dogs occurs between July and November and often after periods of rain or flooding.

The bacteria can damage several organs, but mainly targets the liver and kidneys, leading to the failure of these organs. This often results in poor appetite, vomiting, and diarrhea. Drinking and urination can be either increased or decreased. Some dogs can experience muscle stiffness, shock, and neurologic signs. Lab work generally reveals increased liver and kidney values, and there are specific tests to detect the bacteria and antibodies to these proteins in the blood. Thankfully, this disease is often quite responsive to antibiotic therapy and survival rates are reported between 80-90%. However, infected dogs typically require hospitalization and isolation from other animals. Preventative measures can be taken to reduce the risk of infection. Controlling rodent populations, limiting exposure to wildlife, removing stagnant

water and vaccinating dogs can help. It is important to know that Leptospirosis is a zoonotic disease, meaning humans can be infected. People working in animal care, farming and sewer/septic care are at an increased risk, as are people who enjoy swimming, boating and hunting. The warmer weather brings many activities that we can enjoy, but we have to be aware of the risks that can occur. If you are concerned about leptospirosis or are considering the vaccination for your dog, please make an appointment to see your veterinarian.

## WORKING FROM HOME WITH YOUR DOG

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

Its April 2020 and for most of us, Covid-19 has invaded our lives and disrupted our normal daily routine. For many of you, that means your children are home from school trying to keep up with schoolwork remotely. For most of us, Covid-19 has caused our social, recreational and faith-based activities to be suspended. For many, working from home has become our new normal, at least for the foreseeable future. So how does all of this lifestyle disruption affect our dogs?

Some dogs ease into changing scenarios and are able to be with their families throughout the day without exhibiting behavioral issues. For others, however, there are a number of problems that may arise, such as dogs that demand attention by barking or whining, often at the worst possible times.

### WHY DO SOME DOGS ACT UP?

Because of the large amount of time spent together in close proximity, oftentimes dogs have increased opportunities to train their families! They might nudge to be petted or climb into a family member's lap without being invited. They often nap under the table or desk where people are working and when they wake up, they demand attention and usually get it.

While some see this as cute and innocent, whenever a dog gets to direct the behavior of a human, the dog sees itself as being put in a leadership role. As the leader, the dog may feel he needs to demand his owner's attention, often at inopportune times, such as when people are distracted, on the phone or involved in a project.

### WHAT YOU CAN DO

**Separate your workspace from your dog's space.** People should work in a room separate from the dog. It's important that the work area be off-limits. That may require that the dog sometimes be confined to another room, separated by a gate or crated for a while so that the dog does not have access to humans 24/7. When the current crisis is over it will be easier for your dog to get back to normal. Give the dog something interesting to do while he is separated from

you such as a toy, a bully stick or food delivery puzzle such as the Bark Busters "Game Changer" or the traditional Kong.

**Do NOT go to your dog's space if you hear any barking, whining or pacing.** Only return when your dog is calm and quiet. If you return when he's acting out of stress, he will learn that making a fuss is rewarded with your attention.

**Practice obedience when you do return.** Training your dog engages his brain. This will tire him out and help him become calmer. Ask him to SIT and STAY before you pet him or toss a toy.

**Be proactive in asking for your dog's attention and focus.** Always begin play on your terms. If he brings you a certain toy for play, take control of the toy and wait until later to bring it up yourself and initiate play. Then engage him on your terms, not the dog's.

**Work on establishing set times for interactions.** If you went off to work without your dog, you

would only have certain times when you could interact with him. Continue that strategy. For example, take a 10 - 15 minute break mid-morning and again in the afternoon or a half hour at lunchtime to interact with your dog. Do what works for you and also meet your dog's physical and mental needs. It's important that you don't continuously stop what you're doing and interact with your dog. If your dog nudges your arm while you are sitting at your desk, don't stop what you are doing, simply move your arm out of his reach and continue what you are working on. Don't even make eye contact with him. He will quickly get used to the cues you give that indicate you are taking a break to play with him and will settle down quicker during the in between times.

What we all are facing these days is stressful for us. Dogs prefer consistency and predictability any changes in routine can be distressing for them. Be patient,

Continued on page 14

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## Get the Facts on Eating for Health And Boosting Your Immune System Naturally

Registered dietitian for California Strawberries, Colleen Wysocki, explains what factors play a role in immunity, eating for health, and how to boost immune systems naturally:

### Factors Influencing the Immune System

Factors that can influence immunity include:

- Diet
- Sleep
- Stress
- Exercise
- Microbiome
- Germs

### Eating for Health

Eating for health means increasing whole foods while cutting back on processed foods

high in sugar, salt, and saturated fats. People are cautioned not to look for a single “super food” to prevent illness, but rather, start eating a balanced diet to build a strong immune system over time. The Dietary Guidelines for Americans promotes the “My Plate” method of eating for health:

- ½ of your plate: Colorful fruits and non-starchy vegetables
- ¼ of your plate: Lean protein
- ¼ of your plate: Whole grains or starch
- Low-fat dairy is also encouraged at each meal for those who tolerate lactose.

Consistently building your plate this way prepares the body to fight illness and stress. Eating for health is a long-game; popping a few berries in your mouth when you start to feel a cold coming on will have limited effect. However, if you eat a variety of fruits and vegetables

each day, your cells will be better prepared to overcome viruses and infections when your body does encounter them.

### The Rainbow of Fruits and Vegetables is at the Heart of Immune-Boosting Foods

Eating the rainbow of fruits and vegetables every day is key to increasing immune cell responses to bacteria and viruses. The phytochemicals in fruits and vegetables that promote health depend on the color of the food. For instance, red, blue, and purple fruits provide antioxidant and antimicrobial activity. These immune-boosting foods help protect cells from damage and may reduce the risk of diabetes, cancer, stroke, and heart disease. Green vegetables, on the other hand, are recognized as foods good for the immune system and they have anti-cancer properties and protect against neural tube defects in pregnancy. It’s important to strengthen the body against non-communicable diseases with a variety of fruits and vegetables first; then when contagious germs enter the body, its defenses will be available to fight them off. Eating a single color in the diet is like going to school and learning a single subject. If first graders were only taught physical education—that would be important, but they would miss out on learning how to add, subtract, read, and write. Similarly, if a person were to only eat one color of fruits and vegetables (such as greens), they risk missing out on nutrients that may promote a more complete immune response.

### Protein is Vital for Repair and Recovery from Illness

Protein is also essential for growth and illness recovery. Protein repairs cells and DNA damage caused by illnesses. Skinless poultry, fish, yogurt, eggs, low-fat cheese, and milk are great sources of protein. If you choose vegetarian protein, pair it with vitamin C-rich foods such as strawberries. Iron from plant protein is difficult to absorb without vitamin C.

### Foods High in Vitamin C

Food sources of vitamin C are more effective at strengthening immunity and overall health than supplements. In addition, fruits and vegetables such as strawberries offer much more than vitamin C; all of their micronutrients work together to help prevent and fight disease. One serving of eight strawberries provides all the vitamin C you need for a day. Oranges, red peppers, cantaloupe, papaya and kale are also foods high in vitamin C.

### How to Boost Immune System Naturally

• **Exercise’s Role in Immunity.** For those who want to know how to boost the immune system naturally, after diet, physical activity is key. Exercise is another long-term approach to building strength against germs and disease. Working out not only builds muscle, it also reduces abdominal fat, high blood pressure, cholesterol, and stress—all risk factors for disease. It can help you sleep

better and decrease symptoms of depression and anxiety. The American Heart Association recommends adults get at least 150 minutes of moderate cardio exercise and at least three days of strength-building exercises per week.

• **Sleep and Stress.** Increasing sleep and decreasing stress are also on the list of how to boost your immune system naturally. Do your best to get adequate sleep (7+ hours each night). During stressful times, techniques to help manage anxiety may include talking to someone, checking in on loved ones, exercise, sleep, and eating a nutritious diet.

• **Microbiome and Germs.** Don’t neglect the role bacteria play in spreading harmful germs. While you can wipe out germs and bacteria on surfaces, it’s critical to feed your gut good bacteria. Pre- and probiotics are immune-boosting foods because they feed the good bacteria in the gut. Probiotics include fiber from fruits and vegetables, while probiotics include strawberries, apples, kefir, kombucha, sauerkraut, pickles, miso, tempeh, kimchi, sourdough bread, and some cheeses. For more strawberry nutrition information and recipes, visit [californiastrawberries.com](http://californiastrawberries.com).

### Ignite Immunity, Clean Naturally With Lemons

If you’re among the increasing number of Americans keen

on natural solutions to boost immunity these days, you may be glad to know the answer may be right in your refrigerator—or should be. Loaded with vitamin C and zinc, and with key antioxidant qualities, Limoneira Lemons can play a vital role in helping the immune system adapt to new threats and conditions. Experts have cited lemons as a way to “reduce the risk of complications from a cold or flu, and reduce inflammation in the body.” Experiments have also found that lemon juice can destroy the bacteria of malaria, cholera, diphtheria, typhoid and other deadly diseases. Lemons are also a boon to any kitchen or DIY beauty routine—plus, they’re a handy sustainability tool. Use them to make life simpler without investing in potentially toxic chemicals or overpriced solutions. In fact, beyond their immunity-boosting benefits, lemons provide natural antibacterial and antiseptic properties that let you clean and disinfect your home, naturally. Here’s how to create a useful all-purpose cleaner for your kitchen and bathroom that can help your house smell spring fresh all year: Combine equal parts lemon juice and water in a spray bottle. You can use it nearly anywhere. For wood surfaces, create a polish by mixing one cup of olive oil and one-half cup of lemon juice. Test it first on a small spot. For other “green cleaning” with lemon tips, visit [www.Limoneira.com/cleaning](http://www.Limoneira.com/cleaning).

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- 1 (15-ounce) container ricotta cheese
- 1/4 cup grated Parmesan cheese
- 1 (9-ounce) package frozen chopped spinach, thawed and well drained
- 1 cup chopped artichokes
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 2 (13.8-ounce) containers refrigerated pizza crust dough
- 2 cups shredded mozzarella cheese
- Cooking spray

**What to Do**

Preheat oven to 425 degrees F. In a large bowl, combine ricotta and Parmesan cheeses, spinach, artichokes, garlic powder, and pepper; mix well. Unroll pizza crusts onto a flat surface and cut each into 4 squares. Spoon an equal amount of spinach mixture onto each square, leaving a 1/2-inch border. Sprinkle each with mozzarella cheese. Fold each in half diagonally to form triangles. Using a fork, crimp edges to firmly seal. Place calzones on baking sheets and spray lightly with cooking spray. Bake 13 to 15 minutes, or until golden brown.

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As part of the Hudson Area Library's mission to serve the community we are expanding our Job Search Help program and offering it virtually during this time of health and economic crisis. This expansion is made possible in part by the generous support of Berkshire-Taconic Community Foundation's Fund for Columbia County -

Grants for Community Impact. Lives change and so do jobs! Let's be prepared for when we go back to work! Do you need to refresh your resume or brush up on your interview skills to land that next job? The Hudson Area Library has a Certified Career Services Provider, Beth Gordon, who can work with you one-on-one - at a safe distance - through the telephone or your computer; on Skype, Zoom, FaceTime or just an old fashioned phone call. Beth is available by appointment. Email [programs@](mailto:programs@hudsonarealibrary.org)



[hudsonarealibrary.org](http://hudsonarealibrary.org) to set up an appointment for a one-on-one session. Studies have shown that having a qualified person work through the process of seeking a job gives an individual a much greater chance of success.

Beth Gordon is a Certified Career Services Provider, trained as a career coach through NCDA, the National Career Development Association. Beth provides professional development and advocacy to a diverse group of people who are out of work, looking to re-enter or join the workforce. She inspires and empowers individuals to achieve their career and life goals by consulting on resume writing, job search guidance, interview preparation and work ready assistance. Beth has training to help with, not only resumes and interview skills, but online job applications, and finding the right market for your particular job skills. She has access to job search resources online and in our area and has successfully taken many people through the process of searching for a job.

The Hudson Area Library is located at 51 North Fifth Street in Hudson, NY. The mission of the library is to enrich the quality of life by providing free and equal access to programs, services and resources, and by creating opportunities for all members of our community

to connect, create, learn, and grow. For more information visit [hudsonarealibrary.org](http://hudsonarealibrary.org).

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Read the groundbreaking final edition of this ten-year project and learn to think like an innovator, grow your business or propel your career. The future belongs to non-obvious thinkers, and this book is your guide to becoming one. Winner of nine international book awards. From Ideapress Publishing, purchase at <http://bit.ly/2tvmwcA>. **“Spitfire” by M.L. Huie**

When you first meet Livy Nash, she doesn’t appear to live up to her feisty moniker. But as she pulls herself out of her vodka-soaked sleep and embarks on a dangerous mission, she pulls the reader into the novel. It doesn’t take long to understand why she earned her reputation, or to be thoroughly captivated by the intriguing storyline. The post-World War II setting provides abundant twists for this espionage-filled historical mystery. If you’re after a riveting spy thriller with the

added bonuses of an intrepid female protagonist, a fascinating historical setting, and a nuanced depiction of challenging ethical decisions, pick up “Spitfire.” From Crooked Lane, purchase at <https://amzn.to/2s6GsSa>. **“Good Girls Lie” by J.T. Ellison**

A stranger has come to the Goode School, a prestigious prep school known as a Silent Ivy, and the school of choice for daughters of the rich and influential. But this ivy has turned poisonous. In a world where appearances are everything, as long as students pretend to follow the rules, no one questions the cruelties of the secret societies or the dubious behavior of the privileged young women who expect to get away with murder. When a popular student is found dead, the truth cannot be ignored. Rumors suggest she was struggling with a secret that drove her to suicide.

From MIRA, purchase at <https://amzn.to/2LzwXSv>. **“The Hierophant Card” by Bevan Atkinson**  
How can you determine if someone is telling the truth? Did Thalia Thalassos try to kill her cheating husband, despite her denials? Why is nurse Bryce Gilbertson giving a false name to visitors as he roams hospital hallways with a deadly syringe in his pocket? In this sixth Tarot Mystery, Xana Bard must use her tarot-trained intuition to unravel the truth from its nest of lies, and along the way learn more about golf tournaments and long-distance horse races than she, or anyone else, cares to know. From Electra Enterprises of San Francisco, purchase at <https://amzn.to/2sVHC3z>.  
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**Blue Sky from page 1**

venture, he and Greg decided to partner this year after recognizing how much they enjoyed working together and how well their strong work ethic and capabilities complimented each other. At this time of year, many turn their thoughts to the outdoors, creating and maintaining beautiful outdoor spaces, perhaps especially this year as we hunker down at home and the warm weather beckons us outside to our yards. Blue Sky Landscapers is ready to help with spring cleanup and maintenance. "Spring is here, and the grass is growing," Greg reminds us. "Call us or visit our website to set up an appointment for a free estimate on all of your property enhancements." "We have all the equipment," he continues. "Zero-turn lawn

mowers and equipment for mulching and brush removal." They also offer yard clean-up services after storms and were on-the-job after the latest heavy storm with high winds causing trees and branches to fall across the community. "We have been getting a lot of calls for estimates and work on removals this past week," Greg shares. "We are happy to come take a look at any project you may have been putting off or are stressing about." Blue Sky Landscapers comes highly recommended by multiple repeat customers including Mark Mulpeter who lives in Red Hook. "I like to keep my yard maintained, and the lawn mowed and presentable," he said, "but as I've gotten older I welcome the help. Nick is super responsive and follows up quickly. He

is capable and reliable. He is conscientious with a nice way about him, and he provides good customer service. He's a solid guy making his own way in the world. He's willing to work hard and get the job done. "After hiring Nick previously for clean-up and mulching, I booked him this year for weekly lawn mowing. He's professional to work with."

Architect, Kristina Dousharm, has her KDA+FD office in Red Hook across the street from Keils Equipment Company and

next door to the Post Office. She has a lovely geometrical garden that is very modern and a public statement about her design skills and her creativity. The garden is well known for the giant purple alliums that pop up annually and usually bloom by Memorial Day weekend, depending on the weather.

Nick has been maintaining her N. Broadway garden for "a couple of years now." He also maintains her home, owned together with her husband, Steven Doucharm, (D-Cor Design) as

well as their rental property in Tivoli -- with planting, lawn mowing, small repairs, and carpentry projects all year round. "He's just a really smart guy. He can figure it out. He's very motivated. He wants to do a good job and he does. He's got skills. He cares about his work and it shows. I don't have to explain anything to him twice. He and his crew are very courteous. Their work always exceeds my expectations." Another happy client is Dr. Colin

**Continued on page 12**

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**Blue Sky from page 11**  
 Dwyer, a licensed veterinarian who has a house in Germantown with 20 acres of land. "I met Nick socially and thought I would try

him out -- clearing large areas of brush and cutting down big trees. He did a good job. He's a nice guy and I want to support his business. I like him and his

wife Kelly and his partner Greg. It's a pleasure doing business with them. They are very earnest but easy to deal with. Nick is easy-going and fun to talk to."

Dr. Dwyer is "a hobby landscaper" and very particular about wanting a "cottage garden" rather than a formal manicured garden. "It should look as if it just happened to grow there."

"This year I will have them do all my mowing and trimming," he declares. "I appreciate that Nick is intuitive. He doesn't need a ton of direction. He understands the look I'm going for. He knows what should stay or go and what looks good. I give him a task and I know it will be perfect. He understands the land."

Dr. Dwyer works in New York City at the ASPCA and the city shelter. This has been a difficult time with the stress of the corona virus. "I am considered an essential worker," he explains. "We have been focused on emptying the shelters and fostering," just to be sure there is "enough staff" to care for the animals."

"Coming up here is keeping me sane," he admits. "This property was my parents' in the 70's. It was always a peaceful place." Having the stress of maintaining the lawn and gardens taken away allows him

to spend his time here relaxing, not working on his property. Blue Sky Landscapers is a full-service landscaping company serving Northern Dutchess and Southern Columbia counties. For more information call 845-418-1822, visit their website blueskylandscapers.com and Facebook page, Blue Sky

Landscapers, or email them at hello@blueskylandscapers.com. They are the ones with the blue logo of a beautiful tree with roots designed by local artist, Asia O'Han (Instagram @thelivingcolour). Blue Sky Landscapers is fully insured and is able to accept electronic payments via Venmo.

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# God's Corner

## Stillness in a Pandemic

The COVID-19 pandemic has brought stillness to our lives in one sense. To stay still, as in staying in one place. Our social activities have all been canceled and we have been told to 'shelter in place'. The vast majority of us are not used to staying 'still' at home for this long. It is a completely new way of life. The other day I took my weekly outing to the grocery store. With a masked face, I waited in a line, six feet apart until several people had exited the store, allowing a few of us in line to now enter. The stillness of this quarantined life is sobering. It has brought stillness to our schedules and more frightening stillness to our economy. However, the pandemic has not brought stillness to the hearts and minds of people. Fear abounds. Everyone has fearful thoughts about the future of their health, their jobs, their children's schoolwork, and the future in general. Facebook and the news is filled with recommendations, projections and mental noise. It is enough to make you sick - from thinking all the negative, fear filled thoughts. I look to the Scriptures for solace and find the words of Psalms 46, "Be still and know that I am God." The author of the Psalm was writing about a time that sounds like ours saying, "The nations are in chaos, and their kingdoms crumble! God's voice thunders, and the earth melts! The Lord of Heaven's Armies is here among us, the God of Israel is our fortress." (Psalm 46:6-7) This pandemic has brought chaos to the nations, with so many countries in shut down. And yet the Psalmist reminds us that

God is here among us, He is our fortress. When I think of God as a fortress, I think of Him as a fortress for my heart and my mind. The worries of this pandemic do not need to be keeping me up at night, instead I can focus on letting God be my shelter. Stillness of heart and mind is found by dwelling in the presence of God. I close with this poem entitled "Still Heart" that I wrote a number of years ago. As you read, may your heart be stilled by the One who holds this world in His hands.

- Stilled**
- Thought halt**
- Listening**
- Resting**
- The presence of God**
- Heavy with glory**
- He stills**
- Any worry**
- The wondering mind**
- In His presence**
- Time paused**
- Resting**
- Listening**
- Thoughts halt**
- Stilled**

By Naomi Fata  
President of Christian Resource Ministry Inc. (CRM) Currently is organizing a face mask project for medical and essential workers. If you sew or would like to find out other ways to be involved in the project find more information at <https://christianresourceministry.com/face-masks/>

## HONOR OUR MOTHERS

May 10 is Mother's Day. We are to Honor our Mothers and to be Thankful for them! "Honor thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee" (Exodus 20:12). We are to Honor them not just on

Mother's Day, but throughout the year and all the days of our Life! We are Thankful for our Mothers and how much they mean to us! **THE IMPORTANCE OF STAYING FOCUSED ON THE LORD!**

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

We must be very careful that we don't allow what is going on in the World, and in our Country to be the only focus of our lives. While we understand and realize the danger of the Coronavirus threat and the importance of taking the necessary steps to ensure the safety of others and ourselves, it is important to keep our focus on our Relationship with the Lord Jesus Christ. Spend time in the Word of God and in Prayer. Rest in the Precious Promises of God! We are to look to the Lord all the time, but especially in times like what we have been and are now facing. Our focus needs to be on the One we can Trust and Rely on in our lives all the time!

Trust in the LORD with all your Heart! That means we are to put our complete trust in Him. We must not rely on our own understanding! We must not allow the enemy, satan, to take our focus off the LORD! We are to use wisdom and caution, but not to live in fear! "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).

We are to acknowledge the LORD in Prayer! We know that Prayer is essential for the Believer! I encourage you to spend much time in Prayer with your Family. Parents, your Children and Teens need to see the importance of Prayer. You can teach them to Pray and let them Pray with you as well. When

the threat of the Coronavirus is over, I encourage you spend time together with Believers in Prayer. It is important to Pray together! We offer a Mid-Week Prayer Meeting at GBFC on Wednesdays at 7:00 PM. "And he spake a parable unto them to this end, that men ought always to pray, and not to faint" (Luke 18:1).

The LORD will direct our paths! "The steps of a good man are ordered by the LORD: and he delighteth in his way" (Psalm 37:23). We need His direction in our lives everyday. We are so Thankful for the precious Promises of God! "Thy word is a lamp unto my feet, and a light unto my path (Psalm 119:105).

If you do not know the Lord Jesus Christ as your Personal Savior and Lord, I encourage you to turn to Him now for Salvation. He died on the Cross for our sins and Rose Victoriously over death and the grave. "For whosoever shall call upon the name of the Lord shall be saved" (Romans 10:13).

If you would like to know more about Trusting in the Lord Jesus Christ and/or what it means to have a Personal Relationship with Jesus, please Email us at [cdcfirone@aol.com](mailto:cdcfirone@aol.com) or Phone us at (845) 876-2122 or (845) 876-6923. Grace

Bible Fellowship Church is located at the intersection of Route 9 and Route 9G, 1/4 Mile North on Route 9 in Rhinebeck, N.Y. Pastor Frank L. Cirone

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

**Barkbusters from page 7**

calm and consistent. Your dog's bad behaviors are simply learned behaviors, that they develop because they have worked in the past. Your dog will only make a different choice if those strategies no longer result in him getting what he wants; your attention and what he interprets as praise.

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the Owner of Bark Busters Home Dog Training, Dutchess County. As such, she has done business in the mid-Hudson Valley for the past 12+ years. On the eastern side of the Hudson River, her territory includes all of Dutchess County and on the western side of the Hudson her territory extends from Saugerties on the north to Newburgh on the south and Kerhonkson on the west.

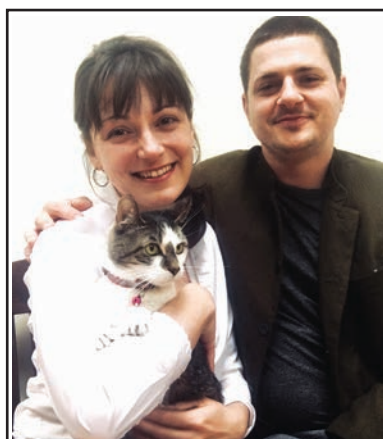
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**Dear Adopters, Consumers, Clients and Visitors,**

On behalf of the entire Columbia-Greene Humane Society/SPCA, we would like to offer our thoughts and prayers to all families that have been affected by the COVID-19 virus.



Based on Governor Cuomo's extended stay in place policy and continued business regulations, CGHS/SPCA's lobby will continue to be closed to the public. We will make every effort to continue to offer vital shelter services while ensuring a safe environment for staff and visitors. To meet the essential needs of our community, we will continue to offer some services and adoptions in a limited capacity: **Food Bank:** Our Food Bank will continue to be open daily from 11:30 a.m. to 4 p.m. If

you are quarantined and need food for your pet, please call (518) 828-6044 ext. 100 or 108, or email [jessica@cghs.org](mailto:jessica@cghs.org). **Surrender Services:** All surrenders are accepted by appointment only. Please call (518) 828-6044 ext. 100, or email at [jessica@cghs.org](mailto:jessica@cghs.org). **Adoptions:** We will maintain adoption services. Potential adopters can view animals on our website at [cghs.org](http://cghs.org) and fill out an online application to be pre-approved for adoption. Interaction with pets is limited to ensure the safety of staff and the potential adopters. **Grooming:** Grooming services are canceled until April 29. **Boarding/Daycare:** Since so many of our clients are medical professionals and rely on our boarding and daycare services to care for their dogs, we will continue to offer these services by appointment only. If you have any questions, please call or text (518) 610-3232, or email [jessica@cghs.org](mailto:jessica@cghs.org). **Medical Clinics:** We are well aware that many pet owners rely on CGHS/SPCA for medical treatment of their pets. Currently, we have canceled our Health and Wellness clinics through April 29. If you are in need of medical treatment for your pet, please call or text (518) 222-4218. **Spay/Neuter Clinics:** Spay/Neuter Clinics are canceled through April 29. **Donations:** Donations of pet food and supplies can be left at the front door. If you need a receipt, please call or text Ron Perez at (518) 828-6044 ext. 100 or email [ronperez@cghs.org](mailto:ronperez@cghs.org). Thank you! If you have any general questions, please call Ron Perez, President/CEO (518) 828-6044 ext. 100, or email [ronperez@cghs.org](mailto:ronperez@cghs.org). I'd like to thank everyone who has donated food and/or funds to CGHS/SPCA during this very difficult time. Rest assured, we are continuing to serve all animals in need while practicing safe procedures

for our staff and community. Ron Perez President/CEO P.S. Here's some good news: CGHS/SPCA has unexpectedly had an unprecedented number of adoptions in the last month... over thirty in the last two weeks! Here are some pictures of some of our four-legged friends going to their new forever homes. Thank you to all the families who have adopted!

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## Dear Kaatsbaan Community,

In his poem, "O Me! O Life!," the inimitable Walt Whitman writes, "That the powerful play goes on, and you may contribute a verse."

We draw inspiration from these words during this unprecedented time. If there is anything the COVID-19 crisis has taught us, it is that we are all connected by the breath we share and by the air that surrounds us. We are responsible for one another, and every step we take leaves an indelible mark on this collective experience. We recognize and thank those who are carrying out essential roles in support of us all, and together, we will persevere and return soon to a life of joyful communion with one another. Though it has been disappointing for us to suspend Kaatsbaan's live spring programming, we of course prioritize the safety of our community. As a non-profit organization providing for hundreds of artists, students, and a devoted administrative staff, we are presented now with unique challenges. This suspension has caused us to postpone visits by brilliant artists Martha Nichols, CAN Creative, Magnus Works, ABT Studio Company, Verzola Ballet, Mark Morris Dance Group, Alejandro Cerrudo, and Flamenco Vivo Carlota Santana. We must also shift our spring launch of community classes to fall 2020, including Adult Jazz class with Abby Saxon, Tots and Caregivers and 40+ class, both with Judith Nelson. And finally, our second annual *Rock the Kaatsbaan!*

NYC Fundraiser, which had been slated for May 2, will be postponed until further notice. We have made no staff layoffs to date, as the team devotes full energy toward adapting our spring programming into a digital form (see below). All ticket purchases for March, April, and May are eligible for a refund by emailing [info@kaatsbaan.org](mailto:info@kaatsbaan.org). Kaatsbaan will, of course, feel the effect of the lost and/or postponed funds as a result of this pandemic. We ask that you please consider converting your ticket(s) into a tax-deductible donation or membership. Alternatively, we can hold the value of your purchase on credit to be applied to a future event. We have established a special Relief Fund and hope you will consider making a gift today. We aim to bring Kaatsbaan's combination of artistic excellence and the beauty of nature to you with our online programming. Please visit our [website](#), [Facebook](#), [Instagram](#), [YouTube](#), and [LinkedIn](#) pages daily for exclusive dance content and updates. **New Online Schedule below!** We continue to closely follow the NYS/Dutchess County updates and how they might affect our summer programming. Look for our next update announcement at the beginning of May. Please do not hesitate to reach out if you have any questions or concerns. We look forward to having you with us at Kaatsbaan in the future, and in the meantime, we wish you health and safety. With warmth and gratitude,

Sonja Kostich, Executive Director & Stella Abrera, Artistic Director

### Home Improvements For Safety

Research shows that most older adults want to live in their homes and communities for as long as possible. Most homes, however, were not built to support the mobility, sensory and cognitive changes that often accompany aging. Fortunately, older adults and caregivers can make simple updates such as clearing clutter from the floor, improving lighting and removing rugs to help prevent falls—all of which can make homes meet the changing mobility, sensory and cognitive needs of the older adults who live in them. Other changes such as installing a stair lift or renovating a bathroom are more complex and require outside assistance. Many older adults who need to modify their homes don't know where to turn for advice or assistance—or even what modifications they may need. That's where the Eldercare Locator, a public service of the U.S. Administration for Community Living, comes in. It connects older adults and caregivers across the country to Area Agencies on Aging and other resources—that can help determine what needs to be done, how to find a contractor to do it and look for ways to pay for it all—that can help ensure their homes meet their evolving needs. To that end, the Eldercare locator created a brochure, "Modifying Your Home for Healthy Aging." For a free copy and further advice, call (800)

677-1116 or visit the Eldercare Locator at [eldercare.acl.gov](http://eldercare.acl.gov).

### Growing Oyster Mushrooms Indoors

**John Michelotti Founder & Fun Guy at Catskill Fungi Thursday, May 7, 2020 at 6:00 (online)**

Join John Michelotti, Founder of Catskill Fungi for a 60-minute online workshop and demonstration about how to grow oyster mushrooms indoors. Mushrooms have been utilized for thousands of years for medicinal and edible purposes. During this workshop participants will learn about the life cycle of fungi as well as the medicinal and culinary properties of oyster mushrooms. There will be a live demonstration showing participants how to cultivate gourmet mushrooms indoors using quick, easy, inexpensive techniques. Get excited to create your own oyster mushroom (*Pleurotus ostreatus*) starter grow kit at home! There will be a hands-on portion of this workshop! You are invited to either watch the demonstration and source the materials to grow your own mushrooms at a later date or acquire the materials before the workshop and join in on the fun during the hands-on portion of the workshop. A list of needed materials will be provided at the bottom of the registration confirmation email. This is a live online event, pre-registration is required. Following registration, participants will receive an email with instructions on how to join the meeting using Zoom Video Conferencing.

Cost for the workshop is \$1-25 (sliding scale). Your registration cost helps support [Backyard to Table](#), [Bard EATS](#) at Bard College, and [Catskill Fungi](#). Questions about the event? Email [kaitlin@backyardtotable.org](mailto:kaitlin@backyardtotable.org)

### Help During The Health Crisis

To help the growing numbers of older adults who have questions or need support as the nation weathers the COVID-19 crisis, the Eldercare Locator stands ready to connect people with nearby aging resources available in their communities. Older adults, concerned family members, caregivers and professionals can contact the Eldercare Locator to find information about local aging programs and services that can help address a variety of needs during this national health crisis. One call to the Eldercare Locator at 800-677-1116, or a visit to the website at [eldercare.acl.gov](http://eldercare.acl.gov), can connect you to aging services that can help ensure that older adults can continue to live safely at home during the COVID-19 national health crisis. For more than 20 years, the Eldercare Locator has connected older adults, caregivers and the professionals who work with them to local programs that can help meet their needs. The Eldercare Locator is a free public service of the U.S. Administration for Community Living and is administered by the National Association of Area Agencies on Aging. Find the Eldercare Locator online at [eldercare.acl.gov](http://eldercare.acl.gov) or at 800-677-1116.

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## Enroll Now! Olana and Ancram Opera House Offer Virtual Young at HeART Playwriting Course

The Olana Partnership at Olana State Historic Site is partnering with the Ancram Opera House to offer the third course in its Creative Aging series, an in-depth playwriting course, for adults 55-plus. The course will be offered as a live virtual learning experience.

The playwriting course will offer students the skills and techniques to create a dramatic monologue from start to finish. The series culminates in a performance, for which professional actors Darrah Cloud and Jeff Mousseau, will read student works during a live virtual event.

"We are thrilled to offer this important programming virtually during this time of social isolation," said Sean Sawyer, Washburn and Susan Oberwager President of The Olana Partnership. "We are grateful to Aroha Philanthropies for the

funding to support the Creative Aging series and pleased that Olana can continue to inspire creativity and self-expression."

"We will not let the pandemic stop us or our creative audiences," said Emily Sachar, consulting Program Manager for The Olana Partnership. "Olana is deeply committed to the development of creative aging courses, and this is yet another chance for us to test exciting new ideas."

The five-week playwriting workshop will teach techniques for crafting dramatic monologues, three-dimensional characters, and captivating narratives. Participants will experience their creation coming to life through the art of theatre and professional acting. This course also teaches the fundamentals of playwriting, performance, teambuilding, research, improvisation, and more.

All Young at HeART courses use Olana and documents in its archives as a point of inspiration. Students will learn about landscape painter Frederic

Church's love of ethnic costumes, collected on his travels in the Middle East in the 1860s. Church often used these historic costumes to add authenticity and a sense of place and time in his paintings.

Creative Aging courses are designed to engage older adults in participatory, professionally run arts programs with a focus on social engagement and skills mastery, according to the non-profit organization Lifetime Arts, a partner of Aroha. The creative aging movement responds to a major demographic shift in the United States. With millions of baby boomers entering their third act of life, creative aging has grown into a full-scale movement designed to provide opportunities for meaningful creative expression through visual, literary, and performing arts workshops.

The Young at HeART playwriting course runs Thursdays and Fridays from 10 AM to noon, May 21 through June 19. To participate, students need to have a reliable internet connection and, once enrolled, will be given step by step instructions on how to access the live session. Students must

plan to attend all eleven sessions, including an extra virtual rehearsal on Wednesday, June 17. The cost is \$150 per person.

To register, call 518-567-2170 or visit [OLANA.org](http://OLANA.org).

invite you to visit us at [www.astorservices.org](http://www.astorservices.org) to learn more about our various programs and services as well as our tele-health capabilities to ensure that we, as a community, are working



### ASTOR HOUSE

On behalf of Astor Services for Children & Families, we hope this message finds you, your families and your respective communities safe, healthy and persevering through these tough times. We just wanted to check in with you and let you know that Astor is open for business and accepting new clients. If you or someone you know is in need of services, our "virtual doors" are open. We

together to get through this pandemic and adjust to the new normal. We also have a listing of local **resources** to assist you in fulfilling your needs as well as expert **advice** on how to deal with and cope with the pandemic. In addition to our website, Astor has launched a dedicated hotline where our existing as well as new clients can call to get assistance when needed. If you, or someone you know is in need of services, dial **1-866-Astor01 (1-866-278-6701)** to be connected to an Astor associate who will assist with linking you to the appropriate program and service to fits your needs. At Astor, we believe that *every child deserves a childhood* and we look forward to working with you to make that vision a reality. Please share this email with friends and family that may be in need of our services.



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## Six Hints To Help You Save Your Shelter From The Storm

As the climate changes, rough weather—tornadoes, hailstorms and the like—that used to trouble single areas of the country now occur in places that never expected to see them.

### The Problem

Consider these statistics:  
 • Rain: Over the last 50 years, much of the United States has seen increases in downpours, reports the National Climate Assessment Federal Advisory Committee. The heaviest rainfall events have become denser and more frequent, and the amount of rain falling during the stormiest days has also increased. Since 1991, the amount of rain falling has consistently been significantly above average.

• Hail: While hail has been most common in the “hail belt” covering the Midwest and Great Plains states, it is increasingly occurring in other parts of the country, just as tornadoes are not confined to “tornado alley” between the Rocky and the Appalachian Mountains. Hailstorms inflict billions of dollars in damage yearly in North America, and the cost will continue to rise, according to Insurance Journal. Last year was the 11<sup>th</sup> year in a row in which the damage from severe storms exceeded \$1 billion in the United States, and 70 percent of that cost came from hail, explained Ian Giammanco, a research meteorologist for the Insurance Institute for Business and Home Safety.

### The Cost

Between 2011 and 2017, 84 extreme weather events in the United States caused at least \$1 billion each in damage. Although damage from extreme weather of one kind or another can generally be felt all across the country—you can take measures to help protect your home and family.

### What You Can Do?

- 1. Look out for your windows and doors.** Get storm windows and consider storm shutters.
- 2. Check for cracks.** Make sure the building envelope is intact and there are no holes in the walls or around the windows and doors. In high-wind storm events, holes in the building envelope can result in sudden pressure equalization that can lift off the roof.
- 3. Clean out clogged gutters and downspouts regularly.**
- 4. Prevent damage from flying objects.** Remove all dead and dying limbs from your trees, and secure lawn furniture, trash cans, flowerpots, sheds, doghouses, playhouses, swing sets and boats before severe storms.
- 5. Ensure there's sealing around any chimneys or vent pipes.**
- 6. Keep your roof in top shape.** An effective roof can shield your home from the storm. According to a recent Harris poll, while 80 percent of homeowners believe that a roof is important to the overall protection of their house, only 48 percent perform routine maintenance and examinations of the health of their roof. Of course, it's recommended that roof maintenance should be conducted by hired professionals, rather than by the homeowner for safety reasons. According to a study done by the National Association of Home Builders, an asphalt roof typically lasts up to 20 years if maintained appropriately. However, the day will inevitably come when all residential roofs need to be repaired or replaced. When it does, it's wise to use top-quality shingles designed for performance against severe weather. “Severe weather activity further solidifies the need for weather performance, especially wind resistance, in roofing shingles,” explains Scott Campbell, vice president of sales—West at IKO, a leading manufacturer of residential and commercial roofing products. “A roof is the most essential aspect

of shelter. It silently endures high winds, hail, heat, cold, moisture and flying debris, all while keeping what's under it safe. If a roof fails, everything under it may be at risk of damage.” An increasing number of contractors and homeowners are turning to IKO shingles for superior weather protection. IKO's Nordic performance laminateshinglesareengineeredto provide first-rate protection against wind uplift and water penetration. Their resilient, heavyweight fiberglass mat is designed for exceptional flexibility and tear resistance. Furthermore, the shingle features a coating of IKO's proprietary polymer modified asphalt, which means it can act as a shock absorber. To that end, Nordic shingles have earned a Class 4 Impact Resistance rating.<sup>1</sup> Additionally, IKO's Nordic performance shingles derive their strength from ArmourZone™ technology. On the back of each shingle is a tear-resistant woven band designed to help prevent nail pull-through and shingle blow-off. On the front, there's a 1¼” wide nailing surface that guides roofers to place their nails accurately for improved fastening strength and speedier installation. This line of shingles carries a Standard Limited Wind Resistance Warranty for winds of up to 130 mph. Not only will you feel an unprecedented level of roof protection with IKO, you will also love the way that your roof looks. IKO's high-definition color blends create the coveted aesthetic and visual texture of real stone tiles or wood shakes, without the associated expense or maintenance worries. No matter what your style of home or personal taste, you can find just the right profile and color blend, along with matching accessory products, to create a stunning and resilient roofscape.

### The Future

As for what's to come, according to the Intergovernmental Panel on Climate Change, windstorms are likely to become more common and more severe. Models project there will be an increase in the number of strong hurricanes as well as greater rainfall rates. The U.S. Government Accountability Office predicts the cost to the federal government for responding to climate-related disasters could reach \$35 billion annually by 2050. So, consider today what you need to do to protect your shelter from the storm.

### Learn More

Investing in home improvements, such as a durable roof, can help protect you and your family from the rough weather predicted for the near future. For more facts on roofing, go to [www.iko.com/na](http://www.iko.com/na). <sup>1</sup>IKO is pleased to present this rating for the sole purpose of enabling homeowners to obtain a discount on their home insurance premiums, if available in their area. This rating is not to be construed as any type of express or implied warranty or guarantee of the impact performance of this

## MAC-HAYDN POSTPONES 2020 SEASON AND LAUNCHES BRIGHT FUTURE FUND

The Mac-Haydn Theatre announces the postponement of its 2020 season and launches a major fund-raising initiative, the Bright Future Fund. The fund will allow the theatre to continue its operations in the absence of ticket sales through 2020 to produce shows again in May 2021.

In a letter to audience members, John Saunders, Producing Artistic Director, provides details on suspending the season. “This decision did not come lightly and has weighed heavily upon me since this crisis began. I am nothing if not an optimist, but I have realized that the most important thing is the health and safety of our audience, artists, volunteers, and staff.” He also underscored the importance of audience support at this time, “Now, more-than-ever before in our 51 seasons, we need your help. Your contributions to us at this time are so critical to our survival. More than anything, I want the Mac-Haydn to weather this difficult time so we can be here for you and your family and share in the joy that flows so heartily every summer.”


The Mac-Haydn produces shows from Memorial Day weekend through Labor Day weekend each year and plans to present the 2020 lineup in 2021. *Pippin*, *Urinetown*, *Man of La Mancha*, *42nd Street*, *Parade*, *Rock of Ages*, and *The Sound of Music*.

Information for current ticket holders and how to support the

theatre is available on the website ([www.machaydntheatre.org](http://www.machaydntheatre.org)).

## Rock-And-Roll Mystery

In the '80s and '90s, Jimmy Thunder was flying high—as bass player and lyricist for the chart-topping “hair band” Dark Mondays. But times and tastes changed, forcing Jimmy into early retirement, complete with a bruised ego and a years-long grudge against an industry that abandoned him. So when a record company lawyer shows up on Jimmy's doorstep, he is less than welcoming. Only when the attorney states his case—that Jimmy's old friend Kevin is dying, and leaving behind a musical mystery worth millions—is he willing to head back into the world he left behind, and help unravel a puzzle that has baffled fans for decades. In his journey, Jimmy meets D.L., the self-professed #1 fan of Kevin's band Cause for Alarm, and the two travel up and down the East Coast—reconnecting with fellow musicians in hopes of piecing together a long-forgotten past. The two quickly discover that someone is hunting them—someone who knows the truth, and wants it to stay buried. But as Jimmy and D.L. continue on their mission, more secrets are revealed—with intimate truths pulling these strangers together. “Thunder Rolls,” by David Abolafia, has been called “a rollicking rock-and-roll mystery” with “a breathlessly fast-moving plot” and characters “who will stay with you long after the last page.” It is available in paperback and ebook formats at Amazon.com and at [jimmythunderbooks.com](http://jimmythunderbooks.com).



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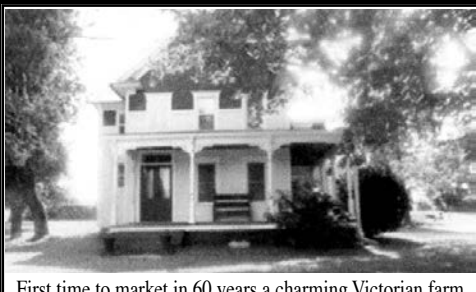
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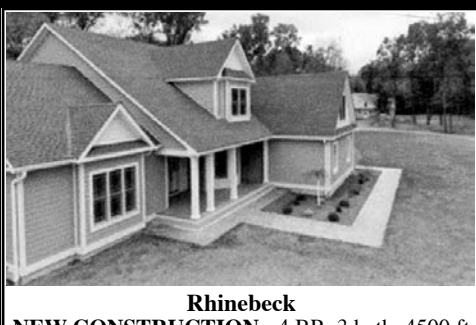


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## Murder Café launches radio theatre with original and classic whodunits streaming online and beyond.

Since all of Murder Café's scheduled live shows have been suspended due to the current condition of social distancing, the 22 year old entertainment company has taken a new direction. To satisfy its followers, and to keep the acting troupe employed, Murder Café has ventured into "theatre of the mind" – radio.

The actors utilizing Zoom meetings are recording Murder Café's original murder mystery scripts and several classic suspense dramas from the golden age of radio. The edited recordings, including sound effects and music cues, are available on a variety of platforms such as Spotify, Apple Podcasts, Google Podcasts, RadioPublic, Facebook and Murder Café's website.

There are two plays currently available: *Murder Me Always*, Murder Café's tribute to the noir films of the 1940s that made its debut at Mohonk Mountain House as part of their annual mystery weekend in 2018 and *Sorry, Wrong Number*, a play by Lucille Fletcher, one many consider the best suspense drama ever presented on live radio. A third play, *The Lodger*, will be added to the available program list on April 30<sup>th</sup>.

Murder Café owner and operator, Frank Marquette, summarizes his venture into radio theatre as follows, "During this period of isolation and social distancing artists are finding new and creative ways to reach their audiences. After the cancellation of so many of our live shows I asked, 'Why not radio drama?'. My troupe of actors jumped at the opportunity. It was just a question of what plays we would record and how we would join the virtual world. We hope our contribution to audio entertainment will offer our followers and new fans a diversion and an alternative to cable dramas."

**Photos and interviews are available upon request.** Please contact Frank Marquette at [murdercafe.ny@gmail.com](mailto:murdercafe.ny@gmail.com) or 845-475-7973. **About Murder Cafe** Founded in Las Vegas in 1998, Murder Café is the creation of actor, writer, director Frank Marquette along with wife and producing partner, Kristen Marquette. Since returning to their native New York in 2009, they have been serving quality entertainment for both public and private events. Primarily known for comedies, musicals and murder mysteries, Murder

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

## Olana's Landscape is Open

We encourage our Hudson Valley friends and supporters to **#RecreateLocal** by exploring Olana. Be sure to follow us on social media **@olanashs** and share your favorite Olana photos using the **#RecreateLocal** hashtag! Frederic Church's designed landscape with five miles of carriage roads is a way to enjoy the outdoors and help relieve feelings of anxiety and stress. The landscape is open daily, 8AM to sunset. Olana welcomes all including leashed dogs.



Please be mindful and respectful by practicing social distancing, keeping 6 feet of distance between you and others at Olana. Olana is a carry in, carry out park. Please do your part to keep Olana beautiful and pick up after yourself.

## Morton Seed Library

Just because our physical library is closed we didn't want you all to be without seeds, especially as the days get nicer. Our Sustainability sponsor, **Backyard to Table**, has taken on the task of sharing these. Please email Kaitlin ([kaitlin@backyardtotable.org](mailto:kaitlin@backyardtotable.org)) with your wish list and she'll do her best to meet your order. We have some pretty great flower seeds too, for the pollinators in your life.



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**Copake Lake Realty from page 1**  
 When Broker Lindsay LeBrecht opened Copake Lake Realty in 2003, she already had come to know and love the Copake Lake area, having relocated here herself in 1990. Her experience, as well as that of her associates, is a huge asset. Living and working in the primary areas they represent means they know a lot about the areas they service, which is beneficial for buyers. Sellers also benefit by Copake Lake Realty's reputation for getting the job done and benefits sellers too. Among other things, Lindsay is on the Board of Trustees of the Copake Lake Conservation

Society, a member of the Copake Grange, on the Advisory Board to the Roe Jan Library and has served as a Councilperson for the Town of Copake. The office has been awarded certificates of appreciation for volunteer community involvement and was named the Most Cooperative Office in 2019 by the Columbia County Board of Realtors. "I love living and working here," says Lindsay, "and we are really in that 'sweet spot' location everyone is looking for -- beautiful country but two hours from New York City, two and a half from Boston. About one hour south of Albany." In 2019, Mary Lou

Kersten joined Copake Lake Realty as an Associate Real Estate Broker. Mary Lou has over three decades of experience during her ownership and tenure at Hillsdale Country Realty. This has grown into a win-win arrangement for both buyers and sellers alike. Mary Lou says that these days buyers really drive the market and do much research online to narrow down what they are looking for, but they still need Realtors to "make it real" for them and not just rely on photographs. Mary Lou is

**Continued on page 20**

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**BACKING UP TO PROTECTED LANDS,**  
  
 this 3 BR, 3 bath Rhinebeck home has it all: Vaulted ceilings, an open floor plan, AC, WB fireplace, LR & FR, MBR suite, a great K, superb light, & best of all, a heated inground POOL w/stone patios., WOW! **\$489,900.**

**IN AN IDEAL LOCATION,**  
  
 this 4 BR, 2.5 bath Red Hook colonial is sited back on 6.26 acres & is less than a mile from the village. Here there's CA, a FPL, large open rooms, a LR & FR, a great K, & an exceptional MBR suite w/a spa like bath. Lovely! **\$525,000.**

**TOTALLY REDONE & UPDATED**  
  
 this Rhinebeck retreat has an exceptional 8.76 acre setting w/flowing lawns & huge trees. There's a wonderful custom K, vaulted ceilings in every room, a stone FPL, skylight, built-ins, & a separate STUDIO w/a bath. **\$399,000.**

**LAKE SIDE FUN**  
  
 is yours @ this 2171SF architect designed Rhinebeck home w/swimming, kayaking & fishing just steps away. There's an amazing 3 room MBR suite @ the tree tops, a FPL, great K, DR & den, + an 18x23 screened porch where you can relax. **\$399,000.**

**START OUT**  
  
 @ this brand new 2 BR, 2 bath manufactured home in Rhinebeck. This energy efficient home has huge windows, 2 MBR suites, an open LR/DR/K, a gas range, laundry, & is located on a dead-end street walkable to the village & close to the hospital. **\$69,900.**

**INCREDIBLE VIEWS**  
  
 of the Catskills & Hudson River make this 3866SF Red Hook home one-of-a-kind. Here there are walls of glass, an open floor plan, a huge MBR suite, den w/FPL, CA, a studio, office, & 850SF of decking. 3.86 private acres. Move in ready. **\$719,000.**

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**THIS EXPANDED 1800s COLONIAL**  
  
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**2.2 RHINEBECK VILLAGE ACRES,**  
  
 create an estate-like setting w/huge trees, stone walls, & flowing lawns @ this 5 BR, 4 bath 1865 Colonial. Here there's a wonderful chef's K, MBR suite, library, gorgeous floors w/inlays, 9 ft. ceilings, & a grand stairway! **\$1,125,000.**

**RETREAT TO THE COUNTRY**  
  
 & do it in style @ this 6 BR, 6.5 bath Rhinebeck Colonial. Walk to the Hudson & Amtrak, enjoy the 80,000 gallon heated pool, the guest house, the 900 SF MBR suite the climate controlled wine cellar, the 43 ft. grand K. **\$1,495,000**


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

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

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

**Rhinebeck Village**  
  
 Turn of the Century Colonial located in the heart of the Rhinebeck Village on one of it's most sought-after streets. This home is currently being used as a 2 family w/an apartment on the 1st floor and another on the 2nd and could easily be converted back to it's original single family floor plan. **Reduced to \$399,000.**

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

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

**Copake Lake Realty from page 19** also the Branch Manager for Copake Lake Realty's Hillsdale Office at 2602 State Route 23. Margaret "Peggy" Rose, Associate Real Estate Broker, is a longtime Copake resident having raised a family here and has over four decades of real estate experience. Her historical knowledge of so many houses in the area is an invaluable asset. Karen Colin, Associate Real Estate Broker, joined the team in 2018 and brings with her over 20 years of downstate experience in Westchester County. Her enthusiasm for knowledge is respected amongst her peers. Rounding out the staff of Copake Lake Realty are the four licensed Real Estate Salespersons - Randee Stypulkowski, Susan

Lynn Troy, Austin Urban, and Jennifer Wall, the last of whom also serves as the Office Manager and helps run the administrative end of the office.

Copake Lake Realty people, alone together, as they say these days



Being unable to take new group shot at present, here is the best we can do: Lindsay, above left, with (clockwise): the Copake Lake office (with Grace on porch), Mary Lou, Peggy, Karen, Austin, Randee & Jennifer. Susan is missing from picture. See ad and article for full names and more information!

Each of these are from different neighborhoods and bring their own unique experiences and backgrounds to the overall excellence of the business.

In spite of (or maybe even because of) the trends in real estate in general, and

the particular challenges that face all of us these days, Copake Lake Realty remains a steady source of help. Now more than ever, people have to stand together to

move forward with their lives in a safe way. People still need to buy and sell properties, for whatever reasons, and they still need to do whatever it is they can do to support their families. People still need help in their everyday



(l. to r.) Jennifer, Mary Lou, Lindsay and Peggy with local dignitaries at 2019 ribbon cutting event at Hillsdale office

existences as well as in preparing for whatever the future holds.

In speaking with Copake Lake Realty to get current information for this article, one of the main reasons to know that their priorities are in the right place is the following quote from Lindsay, who, instead of further discussing the long and successful run of Copake Lake Realty and all their accomplishments, says "We are just praying for all of the people who have been so devastated by this virus, and we are so thankful for everyone on the front lines working so hard and at their own peril to try to keep us safe."

Both the main office of Copake Lake Realty at 290 Birch Hill Road by the lake and the Hillsdale branch office at 2602 State Rt 23 are not currently "open" because they are following health guidelines, but they are definitely OPEN in every other way to assist, seven days a week. You can reach the main office at (518)325-9741 or visit [www.copakelakerealty.com](http://www.copakelakerealty.com) or email Lindsay LeBrecht at [broker@copakelakerealty.com](mailto:broker@copakelakerealty.com)

The quote above speaks volumes as to the orientation

of this company, in the best of times and in the most difficult of times. It truly shows that when you work with them you are getting the best of both

worlds, advanced technology for required social distancing, yet the personal customer service and expertise that allows for it. Especially now, this matters.

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**Lindsay LeBrecht, Licensed Real Estate Broker**

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