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Vol. VI Number 3 - Serving Northern Dutchess & Southern Columbia County May 2021

Postal Customer

Grand Re-Opening of Yogamat Movement

Studio in Tivoli Offering Aerial Yoga, Dance Classes and Kettlebell for Adults and Children

By Lisa Dudley

If you are ready for some aerial yoga excitement the Yogamat Movement Studio located at 1 North Road, in the old Laundromat in Tivoli, across the street from the Santa Fe Restaurant is open again.

Of course, it doesn't look like a laundromat anymore. Check out their website for photos of their beautiful floors, natural light, the creative energy of the Village of Tivoli. The space has been transformed into a comforting and serene movement studio complete with two personal trainers – Jo Shua Ried and Gabriella Friedman, kettlebells, hanging gymnastic rings and aerial swings made from colorful fabrics -- much like a hammock.

Aerial yoga is exciting and fun while still being a yoga class for a balanced mind in a balanced body. The ability to hang or fly in the sheets is anti-gravitational which reverses aging by reversing



Jennifer Lawson

the pull of gravity on your spine while aligning the vertebrae and helping with blood flow. Headstands and other antigravity postures are much easier when you have aerial help, allowing for deeper stretches and a greater sense of peacefulness and wellbeing and it's perfect for getting your legs over your heart, as recommended by doctors.

Owned by Jennifer Lawson, the Yogamat Movement Studio in Tivoli offers a diverse array of group classes designed to accommodate all ages and fitness levels. Whether you are a beginner or advanced,

Continued on page 2

A Normal Plant Sale!

The Old Dutch Village Garden Club will be holding their Annual Anticipated Plant Sale on May 15, 2021 at 9:00 AM at their garden at the Red Hook Memorial Park, Route 9 across from CVS.

As always and at great prices there will be hundreds of plants, bushes, some annuals. Also, for our gardening friends there will be gently used gardening tools and books. The members of the Garden Club will be available for any advice on planting, sun/shade, and blooms, etc.



Please join us rain or shine and try your hand at planting beautiful things that you can enjoy all season. There is a special joy to watching things grow and bloom. When we do return to the "new normal", I must remind everyone, that we usually 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.

12th Annual Benefit

Ghent Dairy Queen will hold its 12th Annual Benefit for the Columbia-Greene Humane Society/SPCA on Saturday, May 8th, 2021, 11 a.m. to 3 p.m. at the Ghent Dairy Queen, 2319 Route 66 in Ghent, NY.

Stop in to buy your Mother's Day gifts! There will be spring face masks, novelty signs, artwork, decorative animal pillows, dog items, and more.

The shelter would like to thank Martin Silver, owner, for his ongoing support. This benefit has cumulatively raised over \$12,100 for our animals.

OOPS!

We apologize for our mistake in the April paper. Our front page story on The Angela Lanuto Team at Coldwell Banker Village Greene had 2 headshots. One of Angela Lanuto and one of Allison Morelle. The names under the pictures were misplaced. Please see below the headshots with the correct name under it.



Allison Morelle



Angela Lanuto

Get Ready For Summer With Home Improvements From Stefan's Painting

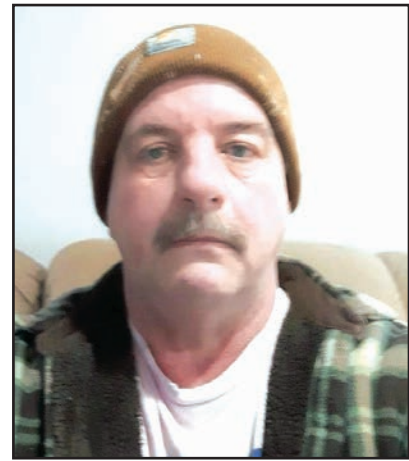
By: Joe Doran

For a lot of people, their home is also their largest investment. That makes it especially important to keep up with home protection and maintenance, especially after long winter months that can take their toll.

Stefan's Painting is a trusted local provider for professional services, including interior and exterior painting, deck refinishing, light carpentry, plaster repair and more, that can protect and enhance the value of any home. Stefan Tybus has operated his own business since 2004, and has over 30 years' experience working with clients from Rhinebeck to Hudson. He offers free estimates, and reasonable turn-around times.

Spring A Perfect Time of Year For Home Improvements

Mid-Hudson winters can take their toll, especially on home exteriors and decking. A professional paint job is one of the most cost-effective ways to keep a house in great shape. And warmer spring weather provides a great opportunity to assess what may need to be



Stefan Tybus

done to protect a home, in order to avoid more costly problems in the future. A professional paint job and performing needed repairs can also pay for themselves when selling a home.

"When it comes to long term home protection, there's no more cost-efficient solution than a good paint job", says Stefan. "As we all know, Hudson Valley weather goes from one extreme to another. 90-degree days in the summer to zero degrees in the winter is especially rough on home exteriors."

Properly preparing surfaces for

Continued on page 7

Spencertown Academy Presents Taylor Ashton Virtual Folk Concert

Spencertown Academy Roots & Shoots Streams presents a virtual folk concert by Taylor Ashton and special guests on Saturday, May 8 at 7:30pm. This concert is free (though tips are welcome via a virtual tip jar) and advance registration is not required. A link to the performance broadcast will be posted on the Academy's YouTube channel: www.youtube.com/spencertownacademy.

Taylor Ashton is a Canadian songwriter and singer living in Brooklyn, New York, who is influenced by the ways that traditional folk, pop, and R&B can live together on the clawhammer banjo. Born in 1989, he grew up surrounded by the Pacific Ocean and the old growth rainforests of Canada's west coast. He says he draws inspiration for songs from the primeval crookedness of traditional old-time music, the humor and heartbreak of Randy Newman, the cosmic emotionality of mid-career Joni Mitchell, and the sage



vulnerability of Bill Withers.

Ashton's debut solo record, "The Romantic," was released last year on Signature Sounds Recordings. Although it was his first proper solo album, it follows four albums as frontman of his former band, Fish & Bird, as well as a stripped-down duo record with guitarist and songwriter Courtney Hartman. His latest release is 2021's "Romanticize," an EP of remixes and new songs, and a companion to "The Romantic."

Roots & Shoots Streams Concerts is a series that showcases artists who reach back to earlier traditions in music (Americana, jazz, blues, rock, and world music) for inspiration, while incorporating more recent forms and influences of the present.

Founded in 1972, Spencertown Academy Arts Center is a cultural center and community resource serving Columbia County, the Berkshires, and the Capital region. Housed in a landmark 1847 Greek Revival schoolhouse, the Academy is located at 790 State Route 203 in Spencertown, New York. For more information, please contact info@spencertownacademy.org.

The Rhinebeck Chamber announces local businessman Dave Hughes of Dave's Tree Service as its newest Good Egg honoree

Annual Good Egg recipient shows excellence and care in community support

The Rhinebeck Area Chamber of Commerce announces its Good Egg award recipient in recognition of their hard work, dedication and support of the Rhinebeck community and beyond. Being celebrated Tuesday, May 18, 2021, the 2021 honoree is popular businessman Dave Hughes, owner of Dave's Tree Service - a long time local business servicing Dutchess, Ulster and southern Columbia Counties. Bestowed annually and normally in January, the Good Egg award was established in 2011 to recognize community business owners or individuals who go above and beyond to serve the Rhinebeck area and more. Traditionally held in conjunction with the Chamber's State of Rhinebeck event and hosted via a festive dinner at the Beekman Arms, this year the celebration will be quite different. (The State of Rhinebeck was held Feb. 18 via zoom with local officials and other leaders present.) Hughes will be awarded his Good Egg via a hybrid event to be hosted at Foster's Coach House in Rhinebeck, via an in-person and zoom platform experience. The evening will feature live music, giveaways, and guest speakers including Chamber board President David



Dave Hughes

Tellerday, Executive Director Carolyn Bernitt and Dutchess Tourism's Dawn Hooper, to name a few. Hughes has been a constant presence in the region and most

Continued on page 11

THE HUDSON RIVER VIEW ONLINE!

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

Hudsonriverview.net

The June Edition Of The Hudson River View Will Be In Area Homes On June 2nd The Deadline For Advertising And Press Release Submission Is May 19th

ACCORDING TO QUACKERS



One of the women considered to be a founder of Mother's Day also wrote "The Battle Hymn of the Republic." In 1870, Julia Ward Howe gave her famous Mother's Day Proclamation, which begged the entire country to put an end to excessive violence. She hoped to convene a women's congress for peace in response to the Civil and Franco-Prussian Wars. Celebrity mom Dionne Warwick would eventually have a similar proclamation, "What The World Needs Now Is Love."

Wishes to all mothers for a Happy Mother's Day!

Yogamat from page 1
the Yogamat Movement Studio is an inspirational and welcoming place. Walk-ins are welcome but the room is intimate. It's best to reserve your spot online, ahead of time, at the Yogamat website because these classes are popular and fill up fast. "I prefer small class sizes," says Jennifer Lawson. "I like the quaintness." Some of the classes offered include: **Aerial Fitness** -- A fun, upbeat class that is designed to increase muscle strength and flexibility. The class improves overall joint and muscle flexibility, core strength and stability, as well as providing a low impact cardiovascular workout. The purpose of aerial yoga and the hammock or sheets is to provide support through your yoga flow while improving flexibility and range of motion. The hammock also takes pressure off certain areas of the body, like the head and shoulders, allowing you to reach those more challenging headstand poses with greater ease. This adult class is every Saturday at 1pm and again on Mondays at 6pm "Aerial yoga is gentle and restorative," explains Jennifer Lawson, "In fact,

it helps with injuries." **Children's Aerial Yoga** -- is a great way for a child or teen to



Gracyn Clements doing the chandelier pose

achieve the mind-body benefits of a traditional yoga practice while cultivating strength, confidence and mindfulness. They will enjoy stretching, spinning, flipping and striking all kinds of poses while suspended in an aerial hammock. This kid's class is every Monday, Wednesday



the cocoon for the floating sound bath

and Thursday at 4:30pm. "Check our Facebook and Instagram pages for colorful videos of adults and children having a good time doing

Continued on page 6

Yogamat

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Morehouse Farm Guest Teacher to Share Knitting Traditions from Around the World

Irene Waggener, whose life and research among the sheep-keepers of Morocco's High Atlas Mountains is preserving ancient knitting processes and patterns, will lead an online class on the tradition and products for Morehouse Farm of Red Hook, N.Y., on May 7 and 9.

The presentation is part of Morehouse Farm's monthly series of online knitting classes followed by daily goals to knit featured items with help and



encouragement as needed. Waggener will demonstrate a variation on leg warmers in her recent book, "Keepers of the

Sheep: Knitting in Morocco's High Atlas and Beyond," to produce a knitted cowl.

The book includes stories of Waggener's life in a village where she learned techniques and patterns that date to ancient Egypt. Women in the village traditionally spin yarn while men knit. Young people inspired by her research are now learning the craft from their grandfathers.

Morehouse Farm knitter Erin Pirro said the sessions help knit an online community that shares the rich history and culture of the practice while producing warm clothes.

"Irene's experience and insights connect us with our history and teach us for our future," she says. "There's so much to learn and enjoy in this craft that people have had in common across the centuries and around the world. And the techniques she's shared have helped me expand my own knitting skills!"

Waggener says sharing this information is an important way to educate more people and keep the traditions alive. A portion of each book sale goes back to the community as a donation to their women's cooperative, Coop Ibilou. For more information on the class, visit morehousemerinoflock.com.

Morehouse Farm (morehousefarm.com), founded in 1983, imported the first two superfine Merino rams from Australia into America in 1987 and has continue to refine the line of super-soft wool. The farm spins the wool into yarn that it sells around the world.

BOOK DONATIONS ACCEPTED NOW FOR MEMORIAL WEEKEND BOOKSALE

FRIENDS of the Pine Plains Library are accepting book donations April 17 - May 15 at the Pine Plains Library during hours of operation (Mon & Tues, Thurs & Fri 2-6:00, and Wed & Sat 10-4:00. Donations need to be books in good condition published within last 7 years (plus classics) and children's books in clean condition and CDs/DVDs. Please, No encyclopedias, technical or out dated materials,

magazines, phonograph records, VHS/cassette tapes. Please call 518-398-1927 if you have questions or a large donation.



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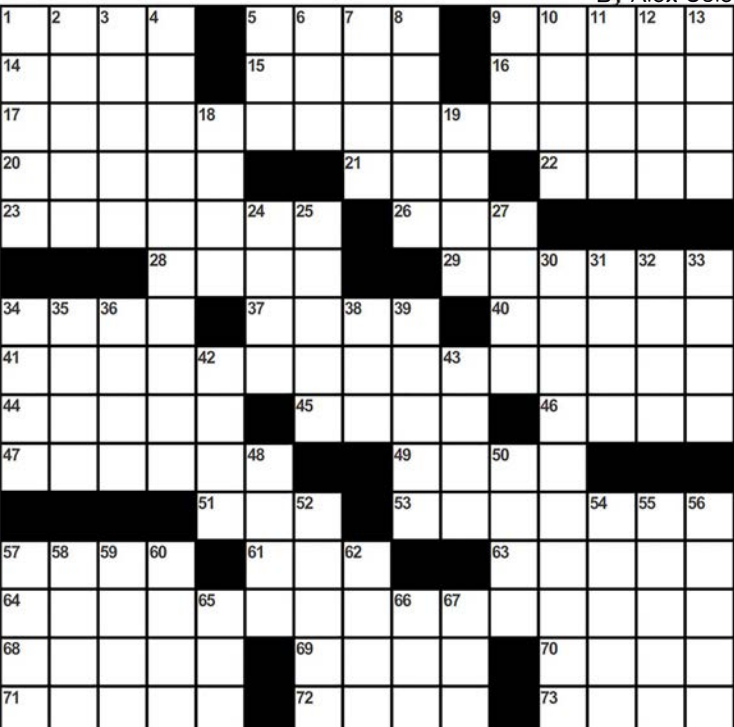
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ACROSS

- Delivery advice
- Ty of the Baseball Hall of Fame
- Group of female elephant seals
- Populous continent
- Common fertilizer compound
- Nice school?
- Three before "down"
- Armistice
- Red, white and blue inits.
- Ago, long ago
- Cement alternative
- Barley bristle
- Tool for a duel
- Try again, legally
- Alphabetize, perhaps
- "___ does it"
- One time through
- Three before "down"
- "That was ___ miss!"
- Bunker, for one
- Male turkeys
- ___ and Herzegovina
- London art gallery
- Type of tide
- Arctic parkas
- Squelches a squeak
- William Tell's Canton
- Extra-important exam
- Three before "down"
- Public perception
- Particular pop
- Nautical direction
- Chic or jaunty
- Eat supper backward?
- For fear that

GET DOWN

By Alex Cole



DOWN

- Carbo loader's entree
- Manipulative ones
- Promote good posture
- Professional killer
- It can be chalked up
- Dungeons & Dragons humanoid
- Boyfriend
- Light wood
- Males
- Sense of soreness
- Have a good laugh
- Masons' colleagues
- Join up
- Look before you do this
- Bryn ___ College
- Bruce and Jason
- Instruct
- Head holder
- More than funny
- Sound effect
- Many a homecoming attendee
- Steeps flax
- Bayonet thrust
- Words of woe
- Wishes it weren't so
- Hindu holy man's address
- Black Sea port
- Creamy cracker topper
- Chieftain's group
- Border on
- Curdled soybean milk
- Prepare for a collision
- Tarsus location
- Hardy cabbages
- Icy wet stuff
- Kimono sashes
- "Joy of Cooking" author Rombauer
- Grassy meadows
- Droops down
- Xerox competitor, once
- Lock opener
- Seed remover Whitney
- Terrible

Solution on page 4

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Spencertown Academy Arts Center Presents "Inherent Beauty" Online Photography Exhibition

Spencertown Academy Arts Center presents "Inherent

Beauty" online photography exhibition from Saturday, May 1 through Monday, May 31 at spencertownacademy.org. This invitational show features works by David Halliday, Ellen Lynch, Gerald Seligman, and Neal Warshaw. The photographs will be for sale with a portion of

sales benefiting the Academy. "A strong sense of design and natural light reveals beauty in each image and leaves a lasting impression. Each photographer



offers a unique perspective," says Lynn Rothenberg, who is co-chair of the Academy Curatorial Committee. "Ellen Lynch artfully captures the interplay of horses, movement, and natural light while Neal Warshaw's moody black and white photographs evoke mystery and have an old-fashioned flavor. In Gerald Seligman's drone photography, his thoughtfully composed images capture graphic patterns hidden from our grounded vantage point. David Halliday's meticulously hand-printed photographs are at times reminiscent of paintings by the Old Masters and reveal the purity and intentionality of his process." Halliday is represented by Carrie

Haddad Gallery in Hudson, NY, which describes his photographs as being about beauty, pure and simple. His primary subjects are carefully composed still lifes, portraits, and landscapes that he shoots in black and white film with only natural light. He is a purist behind the lens, rarely manipulating his negatives in any way and a master in the darkroom. His work has an ethereal quality that's translated not only through the subject, but also by the warm colors and sepia tones he uses in his printing.

Lynch says she finds inspiration nearly everywhere, whether at her ranch in Southeast Idaho near the Teton Mountains, or her home in Columbia County overlooking the Hudson River, or on her many travels. She finds that dramatically different landscapes keep her eyes fresh in an ongoing search for ways of seeing, capturing, and sharing the world around her. She holds a fine arts degree from the State University of New York at Purchase and her work has been exhibited

Continued on page 5

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RED HOOK ROD & GUN CLUB

RESULTS OF THE 33rd ANNUAL TROUT FISHING CONTEST

THE WINNERS IN THE 5-9 AGE GROUP

- 1st - Kylie Hobson ⇨ 20"
- 2nd - Allen Heyek ⇨ 19½"
- 3rd - Alayna Streib ⇨ 19½"

THE WINNERS IN THE 10-15 AGE GROUP

- 1st - Henry Lewis ⇨ 19½"
- 2nd - Ethan Denu ⇨ 18½"
- 3rd - Max Hangac ⇨ 18"

The Red Hook Rod & Gun Club held its 33rd annual community Trout fishing contest with 87 young anglers participating. Chairman Pete Heitmann commented that it is community support that makes the event possible and would like to extend a special thank you to Hannaford of Red Hook, The Red Hook Fire Company & Rescue Squad, The Town of Red Hook Recreational Park Commission And Park Commissioner John Kuhn as well as the Park Maintenance Crew. Pete also thanks the volunteers and community supporters. They are as follows:

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The Grand Dutchess
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Beverage Way
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The Kid's Shoppe
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Red Hook Aux 7765 VFW
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The *Hudson River View* is published monthly and distributed on the 1st Wednesday of the month.

The View is a Privately owned, independent, Partnership publishing business. The View is mailed at the Newburgh, NY Post Office to homes in the Northwest part of Dutchess County.

Doreen Baretzky, Publisher
John Vogt, Publisher.
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Spencertown Academy from page 4 throughout the United States.

Seligman has been a photographer for over 50 years, with photos published in newspapers, magazines, featured in galleries, and on album covers for Universal/Verve, EMI Hemisphere, Rounder, Rykodisc, and elsewhere. He spent most of his career working in the international music industry and has lived in Rio de Janeiro, London, and Berlin. In photography, he says he tries to find order in chaos, compassion in random encounters, and the human spirit in the day to day. He wanders the world attempting to

capture the moment, alternating among abstracts, geometry, and the human face and form.

Warsaw uses soft focus, rich tonality, moody light, and other modifications to make his photographs. He explains that his aim is to create emotional impact, rich and delicate images, and poetic interpretations. He draws inspiration from Pictorialist painters and uses digital tools to help him achieve these effects. He studied photography at Goddard College in Vermont in the early 70s and has always focused on black and white imagery. Currently, he works

with a Leica Monochrome Black and White only digital camera.

Founded in 1972, Spencertown Academy Arts Center is a cultural center and community resource serving Columbia County, the Berkshires, and the Capital region. Housed in a landmark 1847 Greek Revival schoolhouse, the Academy is located at 790 State Route 203 in Spencertown, New York. For more information, please contact info@spencertownacademy.org.

Morton Day
Saturday, May 15;
5:00 - 7:00 pm

Saturday evening we celebrate Levi P Morton's birthday with the hamlet! There will be outdoor art to enjoy. Frites of NY food truck will have food, the Epicurean will have beverages, Morton will be giving out free ice cream - just like Levi used to do.

There will be art throughout the hamlet and music on the library porch. Leslie is planning a group photo. Perhaps some neighbors will have fire pits, perhaps more music on porches. We know that there will be lots of conviviality!! For more information call 845-876-2903.

Morton Day
"Call for Art"
Saturday, May 15, 2021

We are asking for Rhinecliff artists to share outdoor art in front yards or the hamlet center. This is open to all ages and all abilities. Contact [sandy\[at\]mortonrhinecliff.org](mailto:sandy[at]mortonrhinecliff.org) to be listed or for more information.

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Yogamat from page 2
 trapeze postures," she adds.
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connect inwards. Thursdays at 7pm two times per month. According to Jennifer Lawson, "It's a celestial-sounding vibration brought to us by Kate DeChard's crystal shop next to Tivoli General in Tivoli. This floating-sound bath helps you to release and renew. It is truly like nothing you've ever tried before -- a musical medicine that awakens and heals the spirit."
DXF DanceXross Fitness -- is an hour of high-energy dance,

kickboxing, strength training and soul line dancing. "This dance movement class uses multiple genres of music from classic to hip hop so everyone is entertained. Now that covid is mostly contained it's time to get moving again." Class size is limited. Every Wednesday at 7pm led by Michele Howard.

Children's Aerial Yoga summer camp
 This new summer camp is for kids ages 6-11 to be held at the Yogamat studio. Two sessions are from July 19-23 or Aug 2-6. The camp, led by Jennifer Lawson, runs weekdays from 9am to 12 noon each day with aerial yoga class, craft activities, an outside walk and snacks. Cost for Yogamat Aerial summer camp is \$250.00 which includes snacks and materials for crafts. Register soon. Summer camp fills up quickly.
 As a fourth grade teacher's assistant at Millroad Elementary in Red Hook, Mrs. Lawson is well able to handle a class of aerial yoga summer-campers. When her son graduated from Red Hook High School, "A friend took me to an aerial yoga class --



Jennifer Lawson aerial shot



Lily Revekas, Violet Mednick, Jasper Mednick

just for fun. I really enjoyed it and I decided to get certified as a Yoga instructor. We founded Yogamat as a boutique training studio to build community through fitness and movement.
 "I'm so glad I started this

journey," she declares. "I am constantly impressed by the healing progress I see with my clients. Sometimes you just need to follow a path and see where it leads you."
 For more information, call 518-701-3717. To check hours, pricing, availability or to book a session visit their website at Yogamat-tivoli.com or like them @jennifer.lawson.334 on Facebook or @YogamatTivoli on Instagram.
 Mrs. Lawson suggests you "Keep in touch through Facebook or Instagram for on-location yoga classes and where they will be held." Previous on-location outdoor yoga classes have been held at Bard's Blithewood Garden, Clermont and the HV Distillery on Route 9. "We may be doing sunrise classes outside in the summer as it gets warmer."
 Private classes and group bookings for family gatherings, birthday parties, bachelorette parties can be arranged. Fully

Continued on page 8

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Stefan's Painting from page 1
 painting is a key part of the job. "You can't paint a dirty surface," Stefan notes. "This will result in improper adhesion and the paint job will fail. So, the first step is a thorough washing."
 The painting pro uses a special solution that guarantees the removal of mildew. "There are four to five different mildewcides in Ben Moore exterior paint, so when you see mildew it means the mildewcides are failing. Just removing the mildew off doesn't remedy the situation, the mildew will return if it isn't repainted.

The next step is a thorough scraping to remove all loose paint, followed by the priming, and caulking. I prefer to use an oil primer; it is the most difficult to work with but it is the way I learned it from the old guys when I was just starting out."
 Oil primer, which has superior binding power, is required to prevent cedar bleed, a process where tannins rise to the surface and leave a reddish brown discoloration. The finish coat is Latex.
 "The latex paints they make these days are really good, they

have improved ten-fold from when they first came out 40 years ago," Stefan says. "The old guys used to laugh at latex paint. The latex paint can be easily applied evenly, and, unlike oil paint, it has the ability to breathe. Perhaps you've noticed those old buildings with all the ripples in the paint job. This is due to the lack of breathing and the expansion and contraction of the surface in different weather. The latex paint keeps the painted surface smooth for the duration of the paint job. It's not uncommon to find 150-200 years old homes with wood siding in near perfect shape. It's well worth it to keep your investment sealed property."

Stefan also performs all minor carpentry work, including repairs to wood siding, and fascias and soffits. "My favorite job last year was refurbishing the siding on a local estate with all mahogany siding, windows and corner boards."
A Local Expert in Plaster Repair And More

Stefan's Painting also offers pressure washing, interior painting, and light carpentry including drywall installation and taping. And people who own older and historic residences will be glad to know that Stefan is a local expert in plaster, a lost art common to vintage buildings. His interest goes back to his personal family story. "I'm a local, born here in 1962, and my parents owned the Rhinecliff Hotel for 57 years. I developed an early fond appreciation for the older buildings in this area. I learned how to plaster, and

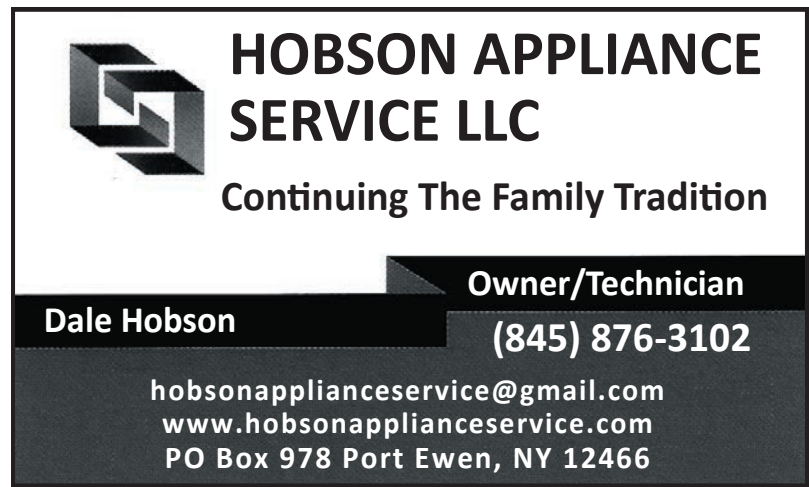
the old styles of doing things." That specialized knowledge of plaster techniques is invaluable for homeowners of historic older dwellings. Stefan can help with repairing problems or deciding other avenues of replacement. "Some of it might be in such poor condition, or if you're planning a renovation and everything has to

be retrofitted, it might be better to take it all out, and put in sheetrock. You really need someone with expertise to come in and look at it and see which the best way is to go. If maintaining the historical integrity of the place is your primary intention, then definitely I'd recommend plastering it."

Continued on page 18



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Yogamat from page 6



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Member hours 9 am to 2 pm. Market is open, rain or shine! JohnJayHomesteadStateHistoric Site, an original American Experience, is located at 400 Jay Street, Katonah, NY 10536 Come support local farms and businesses at JohnJayHomestead! Experience American History at the home of Founding Father John Jay and 5 successive generations of the Jay family in the great outdoors on our 62 acres. Walk to the ice pond stocked with fish and down the beech allée. Stroll through the beautiful Sun Dial Garden, Herb Garden, and Terrace Garden. In the winter, come and cross-country ski or snowshoe. During the spring and summer, bring a picnic and spend the day. Feel the connection with our Homestead's agricultural past and see the heritage breed chickens, the community garden and beehives. Experience all the Homestead has to offer with our great programming and events; please go to johnjayhomestead.org for more information. New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual parks, historic sites, recreational trails and boat launches, which were visited by a record 77 million people in 2019. A recent university study found that spending by State Parks and its visitors supports \$5 billion in output and sales, 54,000 private-sector jobs and more than \$2.8 billion in additional state GDP. For more information on any of these recreation areas, call

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Distrust and Vaccines

by Charlotte Michos, RN, MS, CNS, CLNC

What is the major reason for people declining the COVID vaccine? My answer: distrust. There are other apparent reasons: People are also misinformed, complacent, suspicious, fearful, stubborn, in denial, and there are those who regard declining the vaccine as a sign of loyalty to a political party. As a nurse for so long, I find that last reason very odd. We need to reach herd immunity in order to counter the COVID pandemic and natural immunity is not the way to get there. Vaccine-acquired immunity is more effective than natural immunity and obviously eliminates having to suffer through the illness and face the many associated risks. "To go back to a pre-pandemic lifestyle, we would need at least 70% of the population to be immune to keep the rate of infection down" (<https://www.jhsph.edu/covid-19/articles/achieving-herd-immunity-with-covid19.html>). But we don't know if we will reach that goal because we have vaccine hesitancy and much of the reason is distrust, not resistance to medical science. The same people who are declining COVID vaccines are not declining medical care for their cardiac conditions, cancer, broken bones or other health issues. It is best to be transparent about the vaccine: There are some risks with the vaccine, but the numbers are low. Many types of medications carry higher risks of side effects than the COVID vaccine, and yet people still take chances with these medications. Are there long-term effects of the vaccine that we don't know about? The answer: It is unlikely, but we do not know for sure. We do know that the COVID-19 illness can be fatal and may very well have long-term effects. So what we do know is more important than what we don't know (<https://www.nejm.org/doi/full/10.1056/NEJMms2101220>). There are also legitimate reasons for some people to be

suspicious about research. There is a long legacy of Black people experiencing poor medical treatment and questionable practices in drug development. The Tuskegee Study took place from 1932-1970, and the Black male subjects of the research project suffered unnecessarily. The story of Henrietta Lacks is astounding. Her body cells were utilized for science without her consent starting in the 1950s. It wasn't until 2013 that her family began to have limited control; her cells are still being utilized world-wide for extensive genetic advancements (<https://www.cdc.gov/tuskegee/timeline.htm>). When the COVID pandemic first started, I thought it would finally bring this nation together – much like 9/11. Instead, the pandemic has deepened our divide and has sharpened the polarization over science (<https://www.nejm.org/doi/full/10.1056/NEJMms2101220>). But why? Many people do not understand that this is a public health crisis, and they certainly do not understand the science of pandemics. In the case of misinformation causing vaccine hesitancy, providing insights about the value of vaccinations is helpful, and making it personal might encourage compliance:

- The vaccine can protect you from getting sick
- People of color are more vulnerable to severe illness and the vaccine provides protection
- Getting the vaccine helps your community and will help lead society to recovery
- Vaccine development has been considered fast, but the researchers did not skip steps. The processes utilized by researchers have been tested over many years.
- Side effects of the COVID vaccine, if any, are mostly temporary
- If you had the illness, the vaccine will provide added protection

(<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid19-vaccine-hesitancy-12-things-you-need-to-know>) In contrast to misinformation being the issue, vaccine hesitancy for many is a passionate one. People's emotions and behaviors are the obstacles, and bombarding these people with science is not the answer to vaccine acceptance. We must explore people's perspectives and concerns. Here is a sample list of responses (perspectives) in regard to why there is vaccination hesitancy: it

was rushed, it will make me sick, it will make me infertile, we are being experimented on, it has a microchip, in the long-run it will cause health problems, fear of the unknown, and some people simply never get flu shots, so they feel no need to get a COVID vaccine. But the underlying theme is distrust (<https://www.npr.org/2021/03/17/978288331/how-to-get-trump-voters-vaccinated-when-half-say-they-dont-plan-to>). Where do we begin with allaying people's fears and distrust? We need to turn to those people who are trusted in the community. This typically includes personal physicians, healthcare workers, social workers, personnel in the mental health field, priests, ministers, and trusted public health officials. People will also respond to trusted friends and co-workers. What is the first step?... Building a trusting relationship. What is the message?... People with emotional concerns do not want to start the conversation listening to vaccine information. They want to address their concerns, beliefs or historical issues (as addressed above). After building the trusting relationships a domino effect might occur. For example, one's private physician or minister may be influential: "I got this vaccine, and I want you to have it, too." Other examples from trusted cohorts: "You'll be able to travel and see your family." Friends may say: "We can get together for various social events." A co-worker or customer might add: "We can get back to normal business practices and work habits." Others might simply watch their neighbors and friends return to normal activities and want to join in.

Although there is a cohort that think the denial of science is the reason for vaccine hesitancy, I don't think that's the issue. Many people, who are not getting vaccinated, are still going to doctors and hospitals, and accepting other aspects of science in their everyday life. The reasoning begins with truth and it is better to be mindful as to how to tackle that challenge. There is a Catch-22 with vaccine hesitancy: "By challenging untruths, we may inadvertently feed the perception that the "real" truth is being suppressed." Just as COVID has spread, so has distrust in this nation (<https://calmatters.org/politics/2021/04/california-covid-vaccine-resistance/>). In my opinion, the answer to getting enough people vaccinated in order to reach herd immunity in our country is going to take the building of trusting relationships, listening and responding to people's concerns, and utilizing the power of example and emulation – a much different path than we are witnessing out there. Charlotte Michos is a clinical nurse specialist who serves as a Healthcare Consultant in helping others make informed decisions about their health. For more information, products, and to view previous articles visit www.besthealthconsultant.com or email charlottemichos@icloud.com.

Spencertown Academy Presents Brazilian Pianist Jovino Santos Neto Virtual Concert

Spencertown Academy Roots & Shoots Streams will broadcast a virtual concert by three-time Latin Grammy nominee, Brazilian pianist Jovino Santos Neto on Saturday, June 5 at 8:00pm. The performance is free (though tips are welcome via a virtual tip jar) and advance registration is not required. A link to the performance will be posted on the Academy's YouTube channel: www.youtube.com/spencertownacademy.



"Jovino Santos Neto is an expressive, brilliantly accomplished pianist, as well as a master composer and arranger," says Gerald Seligman, member of the Academy's Music Committee. "For the Academy's Roots & Shoots series, he's recorded a special solo piano program in which he explores all the possibilities of the instrument, combining the rhythmic and harmonic audacity of Hermeto Pascoal's pieces with his own Brazilian tone poems, spanning the distance between lyrical and effervescent within a few measures. He also pays tribute to some of the great Brazilian composers like Jobim, Pixinguinha and Ernesto Nazareth. His commentaries on the music are enlightening and educating, providing the audience with a unique musical experience. Tune in!"

Currently based in Seattle, Washington, Neto has throughout

his career been closely affiliated with the Brazilian master Hermeto Pascoal. He was an integral part of Pascoal's group from 1977 to 1992, where he fine-tuned his artistry, performing around the world and co-producing several legendary records. His personal style is a creative blend of energetic grooves, deep harmonies, telepathic improvisation, lyrical melodies, and ensemble playing, always inspired and informed by the colorful richness of Brazilian music. His compositions include *samba*, *choro*, *baião*, *xote*, *fornó*, *marcha*, and many more styles, rooted in centuries-old musical tradition while pointing to new and adventurous harmonic languages.

Neto now leads his Seattle-based Quinteto and Trio. He taught piano and composition at Cornish College of the Arts for 26 years. He can also be heard around the world as a piano soloist, working with symphony orchestras, jazz big bands, chamber music groups, and in collaboration with musicians such as his mentor Hermeto Pascoal, Bill Frisell, Paquito d'Rivera, Airtó Moreira, Claudio Roditi, David Sanchez, Joe Locke, Anat Cohen, and many more.

Roots & Shoots Streams Concerts is a series that showcases artists who reach back to earlier traditions in music (Americana, jazz, blues, rock, and world music) for inspiration, while incorporating more recent forms and influences of the present.

Founded in 1972, Spencertown Academy Arts Center is a cultural center and community resource serving Columbia County, the Berkshires, and the Capital region. Housed in a landmark 1847 Greek Revival schoolhouse, the Academy is located at 790 State Route 203 in Spencertown, New York. For more information, please contact info@spencertownacademy.org.



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NEW LANDSCAPE ART INSTALLATIONS AT OLANA AND THE THOMAS COLE SITE OPENING MAY 2

The Olana Partnership, Olana State Historic Site, and the Thomas Cole National Historic Site announced today that new landscape art installations by internationally renowned artists will be on view beginning May 2 for the 2021 exhibition season. Artist Jean Shin's site-specific work, *FALLEN*, and artist Portia Munson's *Flower Mandala Memento Mori* can be seen at Olana State Historic Site, and artists Mark Dion and Dana Sherwood's site-specific work, *The Pollinator Pavilion* and Paula Hayes *Bird Nesting House and Tree* can be viewed at the Thomas Cole Site. All works will be on view from May 2 through October 31. The outdoor works are launched in anticipation of and are part of the upcoming major collaborative exhibition, "Cross Pollination: Heade, Cole, Church, and Our Contemporary Moment," opening at both sites on June 12. "Cross

Pollination" was created by the Thomas Cole National Historic Site, The Olana Partnership at Olana State Historic Site, and Crystal Bridges Museum of American Art, Bentonville, Arkansas. The exhibition tour is organized by Crystal Bridges.

FALLEN, by artist Jean Shin, memorializes the eastern hemlock trees (*Tsuga canadensis*) that once thrived in the nearby Catskill Mountains. Last year, a 140-year-old hemlock planted by Frederic Church on Olana's East Lawn died of natural causes despite attempts by the New York State Office of Parks, Recreation, and Historic Preservation to save it. Instead of removing the tree entirely, The Olana Partnership commissioned artist Jean Shin to create a site-specific work featuring the hemlock.

FALLEN invites viewers to reflect on this tree's life and the cultural history of the Hudson Valley region. The work refers to a period during the 19th century when hundreds of thousands of tannin-rich hemlocks were cut down to meet the commercial demands of the leather-making industry. "While reckoning with

the devastating consequences of deforestation in local history, the project invites viewers to observe the natural surroundings more closely, witness nature's struggles, and mourn what we have lost," says Shin. Widely known for her monumental installations, Shin transforms everyday objects into elegant expressions of identity and community engagement. She has had numerous solo exhibitions and her work has been featured at more than 150 prominent cultural institutions. She lives in Brooklyn and Hurley, NY.

Artist Portia Munson will launch *Flower Mandala Memento Mori*, an outdoor installation series that honors the loss of bird, animal, and insect life due to human contact. The series addresses themes of environmentalism, ecology, and the stresses that the shifting climate, increased pollution, and industrialization have put on natural places and wildlife. With her meditative, elegiac compositions, Munson links art and science. Four works will be displayed at Olana along the historic carriage roads, including two new pieces, *Cardinal* and *Cecropia Moth*. Two other works, *Sharp Shinned Hawk* and *Barred Owl*, were previously on view at Chesterwood, the home and studio of sculptor Daniel Chester French in Stockbridge, MA. Portia Munson is a nationally recognized visual artist who works in a range of mediums including photography, painting, sculpture, and installation. She focuses primarily on environmental and cultural themes from a feminist perspective. Munson's work has been shown in major public and private exhibition spaces and she has had more than 20 solo exhibitions. She lives in Catskill, NY.

Internationally renowned artists Mark Dion and Dana Sherwood designed the site-specific artwork titled *The Pollinator Pavilion*, on view at the Thomas Cole National Historic Site. The artists created this interactive sculpture to provide sustenance to pollinators and a place of wonder for human visitors, who may encounter them up close, particularly the ruby-throated hummingbird, an important pollinator and the only hummingbird species native to this region. The open-air, 21 1/2 foot high Gothic style pavilion features a living pollinator garden, feeders, original paintings by the artists, and seating for one guest at a time. Designed to attract pollinators and humans to share the same space, the Pavilion creates a radical decontextualization in which individuals can see themselves as part of nature and understand their own capacity to foster an environment of ecological balance. Sherwood and Dion have worked with living animals for years and their approach is to emphasize the animal as an individual that is best appreciated by an actual face-to-face encounter. The presence or

absence of pollinators in different moments may illuminate the fragile but open doorways between humans and animals.

The Pollinator Pavilion calls upon the artist Thomas Cole's (1801-1848) environmental advocacy as well as Martin Johnson Heade's (1819-1904) series of paintings, *The Gems of Brazil* (1863-64), which are at the center of the forthcoming exhibition *Cross Pollination*. Heade's jewel-like and intimate series depicts hummingbirds in their natural habitats and demonstrates relationships within nature and his commitment to close observation of nature, through the intersection of art and science.

Also on view on the grounds at the Thomas Cole Site is a site-specific work by the artist Paula Hayes. Hayes is an internationally shown American visual artist and designer known for creating sculptures that form living artworks. This includes glass terrariums that contain small-scale ecosystems, large-scale gardens, and installations such as *Bird Nesting House and Tree* that provide new natural habitats. The artist worked with an ornithologist to design a bird nest tree specifically for bluebirds and has carefully installed it at the Thomas Cole Site to provide a safe habitat and shelter

for nesting birds. This living artwork requires daily tending and interaction. It is intended to provoke thought and action about our stewardship of and our everyday interactions within the natural world. A major theme in Hayes' work is the connection of people to the natural environment, and much of her work is about the evolving relationship to growing and maintaining large and small-scale ecosystems.

FALLEN has been generously funded by support to The Olana Partnership from the Novak-Ferber Exhibitions Fund. With additional support by the Faculty Development Fund of Pratt Institute. This exhibition was made possible by the New York State Council on the Arts with the support of Governor Andrew M. Cuomo and the New York State Legislature. Support for the "Cross Pollination" exhibition and its national tour is provided by Art Bridges. Additional major support is provided by the Henry Luce Foundation.

The exhibition is made possible through support from the Terra Foundation for American Art. The exhibition is supported in New York in part by The National Endowment for the Arts, Market New York through I LOVE NY/ New York State's Division of

Continued on page 14



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Ingredients

- 1 1/2 pounds fingerling potatoes
- 1 1/4 teaspoons kosher salt
- 1/2 pound slab bacon, small dice
- 2 tablespoons red wine vinegar
- 3/4 cup Greek yogurt
- 3 tablespoons whole grain mustard
- 6 scallions, thinly sliced on the bias
- 1 small red onion, small dice
- 1 tablespoon granulated sugar
- 1/4 teaspoon freshly cracked black pepper
- 2 large hard-boiled eggs, chopped

Directions

Put the potatoes in a medium-size saucepan and cover with cold water; add 1 teaspoon of the salt. Bring to a boil, then reduce the heat to medium and cook until fork tender, about 15 minutes. Meanwhile, saute the bacon in a skillet over medium-low heat until crispy, about 12 minutes.

Drain the potatoes (do not rinse), transfer to a baking sheet and let cool for 6 to 8 minutes, then cut into quarters.

In a bowl large enough to mix the potatoes, combine the vinegar, yogurt, mustard, scallions, red onion, sugar, remaining 1/4 teaspoon of salt and pepper. Transfer the potatoes to the bowl, add the bacon and hard-boiled eggs and mix by folding carefully. Serve at room temperature.

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All About Travel has relocated to Connecticut and will miss our local communities. The good news is we are still available for travel planning services. Our email and phone remains the same and we look forward to continuing working with our fabulous clients. The travel industry is re-opening and we are seeing the increase in vacation requests. It's time to revisit that Travel Wish List and get back out into the world! Happy Spring!

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Rhinebeck Chamber from page 1 people know of his business by seeing his yard signs or trucks peppered throughout the Hudson Valley, by hiring him personally for their own tree-care needs, or by experiencing his generosity with causes he passionately supports. Another visible effect of Hughes' contribution is the vibrant holiday lights displayed on the trees in Rhinebeck village each winter season. With support from the village board and lights donated by Williams Lumber, Dave's Tree Service has installed the lights each year for the past five years, free of charge. Most are unaware of the manpower and time this endeavor requires.

"A few years ago, the village was looking for help, I volunteered and then it just took off from there. The community loved it. I had my custom sleigh made two years ago and it became part of the holiday festivities" states Hughes. Raised in Kingston, and a graduate of Saugerties High School, Hughes worked closely with his father in managing Dave's Tree Services, a family business which began with his grandfather in the 1930s. Now with Dave at the helm, the business has grown significantly over the years; DTS currently employs 16 people. Hughes married Michelle Venizali in 2007 and moved with their two

children to Red Hook in 2016. He holds children's causes at the forefront and supports several initiatives including Autism Awareness, St. Jude Children's Research Hospital, Breast Cancer Awareness and our Military/Veterans. The company has commercial vehicles displaying his support for all of these causes; the proceeds from jobs run by his St. Jude Hospital truck goes directly to support that hospital, his Breast Cancer Awareness truck has been used as a grandstand for breast cancer awareness events and his Autism Awareness truck travels to whatever event it is needed. Dave Trees Service sponsored the Chamber's April Business Breakfast (held 4/20/21); the program focused on the Village of Rhinebeck's Autism Supportive Community designation, with Anderson Center for Autism. "I'm extremely thrilled to be given this honor. It was completely unexpected. Honestly, these causes are just a part of who I am. I appreciate the Chamber's recognition so much," exclaims Hughes. The Chamber's Executive Director, Carolyn Bernitt, adds "We are really looking forward to celebrating Dave and hosting a live and zoom hybrid event. With the warmer air and the promise of Spring now here, we feel this is the perfect way to kick off the new season and new beginnings." The Good Egg award recipient is chosen by the Rhinebeck Chamber board of directors each year, and selected based on an individual's significant presence in making a difference. Now in its tenth year, prior Good Egg recipients include Colleen Cruikshank of Northern Dutchess Hospital Foundation and a past Chamber executive director, Chris Chestney of Dapson-Chestney Funeral Home, Artist Betsy Jacaruso, Photographer Maureen Gates and Lewis Ruge of Ruge's Automotive, to name a few.

The Good Egg Award Celebration - May 18, 2021, 5pm - 7pm in person @ Foster's Coach House and via zoom.

Tickets: \$65 in person (and includes dinner and

entertainment); \$50 via zoom (and includes a custom charcuterie box). Sponsorships and event program ads are available. To learn more about the event and sponsorship/ad opportunities, please email rhinebeckchamber@gmail.com, call (845) 876-5904, or visit the Events Calendar page at rhinebeckchamber.com

The Rhinebeck Area Chamber of Commerce represents nearly 300 businesses in the region, and strives to be a comprehensive resource for its members in marketing, education, growth, and advocacy - all to enhance business success.

Effective Sat., May 1
The Columbia-Greene Humane Society/SPCA will reopen its lobby to the public. The CGHS/SPCA lobby has been closed during normal business hours since March 19, 2020 in response to the Covid-19 pandemic, during which all adoptions and services were scheduled by appointment only. Beginning May 1, 2021, CGHS/SPCA will be open Tuesday through Saturday from 11:30 a.m. to 4:00 p.m. We will be closed on Sunday and Monday. The CGHS/SPCA free Pet Food Bank has and will remain open every day from 11:30 a.m. to 4:00 p.m. For any questions, please feel free to contact the shelter by phone at (518) 828-6044 or by email at info@cghs.org.

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Ear Infections

By Dr. Julianne Porter

Ear infections are a common ailment that brings pets into the clinic. Most of the time, this is easily recognized as it often leads to the pets scratching their ears or shaking their heads. Sometimes the underside of the ear flap will be red and swollen, and sometimes the ear will have an unusual odor. While ear infections are typically itchy and uncomfortable at most, they can progress to being quite painful and make our furry friends very miserable. Some pets can experience hearing changes or loss, and some will resist pets to

the head or seem depressed. The infection can also progress to the middle ear and affect their balance and ability to eat and drink.

In puppies and kittens, ear mites are a common cause of ear issues. They cause dark brown/black discharge and make the pet incredibly itchy. Adult pets get ear infections most commonly from allergies (environmental or food), but they can also occur after swimming or a bath. Tumors, foreign objects, genetics, and endocrine disorders can also play a role in ear issues. While any dog can develop an infection, certain breeds can be more predisposed

to infections due to the shape of their ear canals and ear flaps.

Most simple infections are treated medically, after the ear canal and ear drum have been visualized and a sample of the discharge has been evaluated under a microscope. While the infection is often caused by an underlying issue (mites, allergies, tumors, etc.), the type of infection is usually bacteria, yeast, or a combination. The ear is often treated by cleaning out the debris and using a topical ear medication to kill bacteria, yeast, or mites as determined by the microscopic analysis. The medication will also often include an anti-inflammatory to soothe the ear canal. If the ear drum is found to be ruptured, typically oral medication is used instead of topical.

If the ear issue does not resolve with medication, or it recurs, further evaluation is warranted. This can include culturing the ear discharge, performing X-rays or CT scans, or even blood work to look for underlying endocrine disorders or systemic illnesses. If allergies are suspected, medication and/or a diet changes are often considered. Rarely, surgery is considered. This is typically reserved for pets with tumors or polyps, or those with infections resistant to the aforementioned treatments. These procedures can be complicated and are not considered lightly. There are post-operative risks to be aware of and the underlying conditions still need to be addressed.

Regardless of the cause, it is important to follow treatment instructions closely and make rechecks as directed by your veterinarian. Ear infections can be a frustrating thing to treat, especially when allergies or intractable infections are at play. Staying on top of these problems can help to mitigate the discomfort and damage that infections can cause.

DOG PARK SAFETY TIPS

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

For many dogs, dog parks can be a great way to socialize – but they can also be unsafe if proper measures aren't taken. The following tips are intended to help you keep your dog safe and happy at the dog park.

KNOW YOUR DOG - Not all dogs enjoy meeting new dogs. Don't overwhelm your dog by letting him meet too many dogs at once. If your dog has not interacted regularly with other dogs, perform a test run in a controlled environment to find out how he will react to unfamiliar dogs.

KEEP YOUR DOG HEALTHY - Be sure your dog isn't vulnerable to picking up infections from other dogs by keeping him up to date on his vaccinations and worming medications.

BE OBSERVANT - Consider visiting the dog park without your dog for the first time to

familiarize yourself with the park and the dogs that play there. Before bringing your dog inside the park, spend a few minutes watching the other dogs and how they interact before you decide to allow your dog inside. And watch the other owners. Make sure they are also supervising their dogs. **STARTOUTSLOWLY** - The first few visits to the dog park should be short, try to keep it to under 30 minutes. Gradually increase the length of your stay as your dog becomes more comfortable with the dog park atmosphere.

CHOOSE A TIME THAT IS LESS BUSY - Weekday evenings are generally peak, high traffic times at dog parks. Weekends and holidays tend to be busy all day long.

CLOSELY SUPERVISE YOUR DOG - Don't get distracted while talking to other owners. Keep an eye on your dog at all times to make sure his interactions with other dogs are safe. Watch his body language to help you avoid any trouble before it begins. Watching his actions also enables

you to quickly clean up after your pet when he toilets, which is both courteous and expected.

LET YOUR DOG OFF LEASH AS SOON AS YOU ENTER UNLEASHED AREAS - Mixing leashed and unleashed dogs can create a hostile situation. Leashed dogs cannot make the choice his natural instinct tells him of "fight or flight" in uncomfortable situations – if he cannot take flight, he may have to fight.

POTENTIAL HAZARDS - Be aware of potential hazards that may be in the park, such as toxic chemicals or garbage. Be sure to wash any chemicals, such as fertilizer or pesticides, off your dogs feet and legs to ensure they aren't licked and ingested.

LEAVE SMALL CHILDREN AT HOME - Don't bring small children with you to the dog park. You will not be able to safely watch your kids and your dog at the same time. Dogs and children both frighten and excite easily; they react differently

Continued on page 16

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God's Corner

Peace is a Growing Process

By Naomi Fata President of Christian Resource Ministry Inc.

So far this year I've covered several aspects of peace. We are intended for relational peace; we are given Jesus to save us for eternal life of peace and we are given the Holy Spirit along with the Bible to teach us the path of peace.

As we enter the spring season of new growth, I am reminded that peace is also a growing process. Peace does not come automatically to any of us. In the past few weeks, I've been cleaning my yard, like the rest of my neighbors. There were some autumn leaves to finish raking, fallen branches to collect and broken limbs to cut off in preparation for this year's growing season.

In a similar way our hearts and minds continually need a cleaning out. Colossians 3:8 tells us to put aside anger, rage, malicious behavior, slander, and dirty language. Instead, the apostle Paul encourages us to put on the new nature, learn to know our Creator and become like Him. (Colossians 3:10 NLT)

Once we have a relationship with Christ it should be our desire to become like Him; to follow the path of peace. It is a work in progress.

When someone wrongs us, falsely accuses us, or enacts an injustice against us the natural tendency is to get angry and want retaliation. But anger only breeds more anger, not peace. In Matthew 5:44 Jesus encourages us to bless those who curse us, do good to those who hate us and to pray for those who despitely use you.

Amid a conflict, it is hard to bless the other person and to

pray for them. A friend and I were recently talking about how important it is to give the situation over to God in prayer, trusting that He will take care of it, rather than embroil our emotions in the frustration and anger. Responding in this way takes practice and self-control.

One reason Jesus wants us to bless and do good to our enemies is because He knows that anger will eat away at our life of peace, especially in our thought life. I think of anger, rage, malicious behavior, slander and dirty language as mold, or rot that will only grow larger if allowed to fester. It will take over our health emotionally, mentally, physically, and spiritually.

Instead as children of God "put on a heart of compassion, kindness, humility, gentleness and patience." (Colossians 3:12)

As you set aside anger, surrendering it to God, the fruit of peace can grow.

THE PERSON AND MINISTRY OF THE HOLY SPIRIT!

On the night that the Lord Jesus Christ was betrayed he told His disciples about promise of the coming of the Holy Spirit. "And will the Father, shall give you another comforter, that may you for ever. Spirit of truth; whom the world, it seeth not, neither knoweth him: but ye him; for he with you, shall be in you" (John 14:16,17).

The Holy Spirit is the Third Person of the Trinity. We believe in One True God, in Three Persons: The Father, the Son, and the Holy Spirit. Spirit is God and is involved in many aspects of the Work of Spirit involved in Creation, the anointing and the guiding, Priests, and Kings.

moved men to write Holy (2 Peter 1:19-21). He was involved in the Work and Ministry Lord Christ during His Earthly Ministry.

In the Upper Room, Jesus told His Disciples that the Holy Spirit was, and in the future would be in them. On the Day of Pentecost Spirit came to take up a new relationship with the Disciples, to guide them into all truth. The Spirit was in beginning Church. Forty days after the Resurrection, Jesus ascended back Heaven. Ten days later was the Day of Pentecost. That the Apostles were filled with the Holy Spirit. The Apostle Peter dynamic message centered on the Lord Jesus Christ (Acts 2:14-36). 3000 repented and believe on and the Jesus personal Savior (Acts 2:37-41).

The Holy Spirit is involved in people being called to salvation in the Lord Jesus Christ. By hearing the truth of God's Word, He opens the of the people so they might know Jesus and true Born Again. the time salvation the Believer receives is indwelt by the Spirit (Romans 8:9-11). The Believer is Baptized Holy Spirit into the Body of Christ (1 Corinthians 12:12,13). the same moment they are sealed by the (Ephesians 1:13). Believer is to be filled the Spirit (Ephesians 5:18). is living a committed under the Lordship of Jesus Christ evidence of fruit of the seen and through their life, includes love, joy, ... (Galatians 5:22,23). There are many ministries that Spirit is engaged in the world and in the lives Believers. God will up and glorify the Lord. "Howbeit he, Spirit of truth, is come, he shall truth: he not speak of himself; but, that he speak: and he will shew you things to shall glorify meshall shew it unto you." (John 16:13,14).

If you don't know the Lord Jesus Christ as your Personal Savior, pray the Holy will draw to Jesus Christ to be saved. life over the Lord now you will be blessed to come live within your life to guide and direct!

If you would like to know more about the Person and Ministry of Holy Spirit/or would like to become a Christian, contact by at cdfcirone@aol.com or by Phone at (845) 876-2122 (845) 876-6923. Grace Fellowship is located at the of Route 9 and 9G, 1/4 Mile North Route 9 Rhinebeck, NY. Pastor Frank L. Cirone

Princess/Superhero Storytime Series

Meet Princess Leia Thurs., May 13 @ 4:30 pm

Featuring favorite characters like Princess Leia, and Hermione Granger, join us live or request a



recording of storytimes to watch anytime. This month Princess Leia will read, sing, tell engaging stories, and play games with the participants -- Plus, she will respond to your child's live comments by name! Join us for Virtual Live Storytime in an 8-month series for an interactive experience and be automatically entered to win a video call from the princess herself!

1) Visit www.facebook.com/groups/MidHudsonStorytime now and request to be added to the exclusive event group. Must join BEFORE 5/13 to participate Live. 2) Visit our group again on 5/13 right at 4:30 pm to play, read, and sing with Princess Leia LIVE! The interactive recording of the event will remain up on the Facebook group linked above, so please join the group even if you can't participate live!

Odyssey of the Mind

Morton is looking for students of all ages who are interested in a team-based kids' problem solving competition program. Odyssey of the Mind provides students with a place to learn today's creative problem-solving skills while having fun! Contact the library if you are interested: 845-876-2903!

New Landscape Art from page 10

Tourism as part of the Regional Economic Development Council initiative, New York State Office of Parks, Recreation and Historic Preservation, the New York State Council on the Arts with the support of Governor Andrew M. Cuomo, and the New York State Legislature; the Robert Lehman Foundation; The Bank of Greene County Charitable Foundation; Greene County Legislature through the County Initiative Program of the Greene County Council on the Arts; The Olana Partnership's Novak-Ferber Exhibitions Fund, the Kindred Spirits Society of the Thomas Cole National Historic Site, Charina Foundation, The Stainman Family Foundation, Anne Miller & Stuart Breslow, Kristin Gamble, and Deede & Barrie Wigmore. Support for the catalogue is provided by Furthermore: a program of the J. M. Kaplan Fund.

Both Olana and the Thomas Cole Site ask all visitors to help stop the spread of COVID-19 by wearing a mask and keeping 6 feet apart while visiting these outdoor installations. To learn more about the outdoor artworks and the many programs and events happening in conjunction with the installations, please visit OLANA.org and thomascole.org. For more on the upcoming "Cross Pollination" exhibition, visit: <https://www.hudsonriverskywalk.org/crosspollination>

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

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



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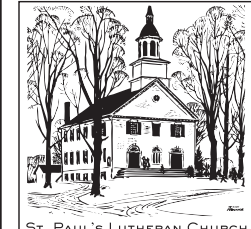

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St. Paul's Lutheran Church of Wurttemberg

Sunday Worship at 10:00 am
The Rev. Mark D. Isaacs, D.Min., Ph.D.

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

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

Back By Popular Demand!
Sunday morning drive-in services return as of May 2, 2021 at 10:00am. Listen to the services on 87.9 FM while in the parking lot.

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Daily Vacation Bible School will be July 26-30 9:30 am-12:15 pm Ages: 3-Teen

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



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9:45 am – Third, 31 Livingston St., Rhinebeck
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May 2021 Events at Clinton Community Library

StoryWalk at the Library
 May 2021–October 2021
 Starts Saturday, May 22nd
 Check out our new StoryWalk at the Clinton Community Library! What is a StoryWalk? It's a series of pages from a book that are posted around the library property. Families can walk and read together. Look for the start of the story by the gazebo, then follow the pages around the ball field to read a wonderful tale. Remember to sign our guest book at the end of your stroll! Ages 3-8 recommended.

The StoryWalk Project was created by Anne Ferguson of Montpelier, VT, developed with the help of Rachel Senechal at the Kellogg-Hubbard Library.
Gazebo Story Time
 Tuesdays at 10:30 AM
 Gazebo outside the Library
 Soak up every minute of sun this summer! Story Time has moved outside. Enjoy songs, stories, and play by the gazebo outside the library with Miss Susan. Please bring a chair or picnic blanket to sit on for your comfort. Social distancing guidelines will be followed and masks are recommended. Registration is not required for this program.

Virtual Field Trip: Climate Science, Part 2 (Ages 8-12)
 Wednesday, May 5th at 4:00 PM
 Online via Zoom
 Join the Ashokan Center for live lessons in environmental science for ages 8-12, from home! What's the difference between climate and weather? What are the scientific indicators of Earth's changing climate over time and how are young people and adults studying its causes and effects? Learn and investigate with biologist Hailey Luedtke and discover what you can do to make a positive difference. This program is sponsored by Clinton Community Library, Starr Library, Staatsburg Library, and Morton Memorial Library.
Virtual Field Trip: Explore & Draw (Ages 8-12)
 Wednesday, May 19th at 4:00 PM
 Online via Zoom
 Join the Ashokan Center for live lessons in environmental science for ages 8-12, from home! Students 7-14 are invited to learn about nature, color, and form with world-renowned botanical artist Wendy Hollender. Explore and Draw lessons will inspire you to forage outdoors for materials and engage in drawing and painting with newly opened eyes to discover and draw the beauty of the natural world. This program is sponsored by Clinton Community Library, Starr Library, Staatsburg Library, and Morton Memorial Library.
Bird Walk
 Saturday, May 22nd at 9:30 AM
 Nature trail outside the Library

Spring bird migration is beginning to move into high gear in May. Our summer residents will be returning to their nesting areas having spent the winter in Florida, the Caribbean, Central America, or even South America. We will search for Eastern Towhees, Yellow Warblers, Common Yellowthroats, Gray Catbirds, Chipping and Field Sparrows, Tree Swallows, and Eastern Bluebirds. The

Clinton Nature Trail has grassy paths and the trail in the wetland may be muddy. Be sure to dress appropriately and, as always, protect yourself from ticks. Bring your binoculars if you have them but this is not a requirement. Mask and social distancing guidelines will be followed. Please call the library at 845-266-5530 to register or sign up online.

Continued on page 16

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Barkbusters from page 12

and can create a potentially dangerous atmosphere. LEAVE YOUNG PUPPIES AT HOME - Puppies less than four months old aren't fully immunized yet and are at higher risk for contracting diseases. They are also very vulnerable to being traumatized by another dog's aggressive behavior. DO NOT BRING TOYS OR FOOD - Most parks are already littered with balls and toys that other people have brought. Rewarding your dog with treats or giving him toys in front of other dogs can create jealousy and aggression. Don't do it! BODY LANGUAGE - Educate yourself about dog body language and communication signals so you can tell the difference between fear, play and anger. KNOW WHEN TO LEAVE - You should remove your dog from the park if he is being threatened or bullied and seems fearful; begins to display aggressive behavior by becoming overexcited or threatening toward other dogs; is panting heavily or seems overly tired. Keep your dog's welfare a top priority.

DO NOT PHYSICALLY INTERVENE IN A DOG FIGHT - Never reach in to breakup fighting dogs. Keep a water bottle close by to squirt the dogs in the face, if necessary, or try to distract them by throwing something near them but never physically intervene. I like to use larger water bottles with the sports top that give a bigger gush of water when you need it.

PREVENT INJURIES - Be aware of the signs of a possible dog fight before it might happen. If your dog injures a person or dog, give your name and phone number to the injured party. Responsible dog ownership includes taking responsibility for what your dog does.

An outing at the dog park can be lots of fun, provide your dog with the opportunity to socialize with other dogs, give him some exercise and an opportunity to release some energy. The results? Happy Dogs = Happy Families

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treats or physical force and we provide Guaranteed Support for the Life of the Dog. We teach our clients how to view the world through the eyes of the dog and to "Speak Dog". By learning how to effectively communicate with a dog and tapping into what he already instinctively understands, you build a relationship with the dog based on trust, respect and bonding.

Barbara Sweeny Fassett is the Owner of Bark Busters Home Dog Training, Dutchess County and has conducted 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 the area from Saugerties on the north to Newburgh on the south and Kerhonkson on the west.

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

your group separately. *** Please call the library at 845-266-5530 to register. Masks are recommended. **Tea Time Book Club - Virtual Meeting** Thursday, May 13th at 2:00 PM Outside the Library The Tea Time Book Club meets for tea and discussion of books that are chosen for diversity, genre variation, and often award-winners. Join us each month for a lively discussion and meet other readers in your community. In May, the Tea Time Book Club will discuss Hamnet by Maggie O'Farrell, a short, piercing, deeply moving novel about the death of Shakespeare's 11 year old son Hamnet--a name interchangeable with Hamlet in 15th century Britain--and the years leading up to the production of his great play. A luminous portrait of a marriage, a shattering evocation of a family ravaged by grief and loss, and a tender and unforgettable re-imagining of a boy whose life has been all but forgotten, and whose name was given to one of the most celebrated plays of all time, Hamnet is mesmerizing, seductive, impossible to put down--a magnificent leap forward from one of our most gifted novelists. Call the library at 845-266-5530 to reserve your copy. Email Susan at susanr@clintoncommunitylibrary.org for meeting information.

The Global Literature Book Club Monday, May 17th at 7:00 PM Masonic Hall & Online via GoToMeeting The Global Literature Book Club discusses prize-winning

novels from around the world, in translation, selected by members of the club. These works are challenging, but gratifying, and provide insights into a wide variety of nations, cultures, and styles of writing. The club meets monthly on Monday nights at 7 pm. We welcome new members. In May, the Global Literature Book Club will discuss *Tokyo Ueno Station* by Yu Miri, a surreal, devastating story of a homeless ghost named Kazu who haunts one of Tokyo's busiest train stations. Through Kazu's eyes, we see daily life in Tokyo buzz around him and learn the intimate details of his personal story, how loss and society's inequalities and constrictions spiraled towards this ghostly fate, with moments of beauty and grace just out of reach. A powerful masterwork from one of Japan's most brilliant outsider writers, *Tokyo Ueno Station* is a book for our times and a look into a marginalized existence in a shiny global megapolis. Call the library at 845-266-5530 to reserve your copy. Please meet us at the Masonic Hall or email cbancroft@clintoncommunitylibrary.org for the meeting link. **Friends of CCL Meeting** Monday, May 24th at 4:30 PM Online via Zoom Are you interested in becoming a Friend of the Clinton Community Library? Friends support the goals and programs of the Library through advocacy, hospitality & fund raising. For more information or to join, email Carol at cbancroft@clintoncommunitylibrary.org.

Continued on page 20

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Clinton Community Library from page 15

Discovering Your Immigrant Ancestors

Monday, May 24th at 6:00 PM Online via Zoom Discover your ancestor(s) who came to America. Learn how to find and examine ship passenger lists, naturalization records, and other documents. This is a great program for people looking to find the town or city of origin of their immigrant ancestors. Sponsored by Clinton Community Library, Pleasant Valley Library, LaGrange Library, Millbrook Library, and Staatsburg Library.

No One Walks Alone (Online)

Thursday, May 27th at 7:00 PM Online via Zoom The public libraries of Dutchess County virtually present "No One Walks Alone", a personal and open discussion about depression, mental illness, and suicide and how to talk about it. James's Warr:ors goal is to teach our communities to talk about mental illness without shame and secrecy and to stop the stigmas associated with depression, anxiety, and suicide. Presented by Donna Thomas and Dr. Jaime Arnoff of [James's Warr:ors.com](http://James'sWarr:ors.com). Please call the library to register or sign up online.

Poisonous Plants: Friends, Foe, and Folklore

Thursday, May 27th at 11:00 AM Online via Zoom Is an apple poisonous or not? For Eve, the apple was her downfall. Join a Master Gardener volunteer from Cornell Cooperative Extension to learn about the dangers and benefits of poisonous plants and their characteristics. Folklore, references in literature and historical footprints will also be shown in this presentation.

Mushroom Walk

Saturday, May 29th at 4:00 PM Ferncliff Forest Did you know there are more species of fungi than plants and animals combined? Join John Michelotti of Catskill Fungi on a mushroom walk at Ferncliff Forest and learn about the characteristics and ecological functions of fungi. Find some common edibles and medicinal mushrooms. Learn about their uses throughout history and some present day innovations. All ages welcome. See you in the woods! *** Registration is required for this for this program. Please register each individual of

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Rhinebeck 60 Acre Parcel



60 Sub dividable acres located 3 miles east of the Historic Rhinebeck Village in the Rural Country Side 5 Acre Zoning district. This parcel has a rising ridge that overlooks the 18 acre meadow that is currently home to Christmas trees and is home to a meandering stream that trickles through the property. Asking **\$929,000**

Rhinebeck 90 Acre Farm



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

Clinton Raised Ranch



Classic 5 bedroom 3 bath raised ranch located on a private 3.1 acres. The home boast a large family room with fireplace, central vac, radon system and private rear deck. In 2008 the septic field was expanded. The home needs updating...Asking **\$289,000**

Red Hook Mixed Use Building



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

Red Hook Village Lot



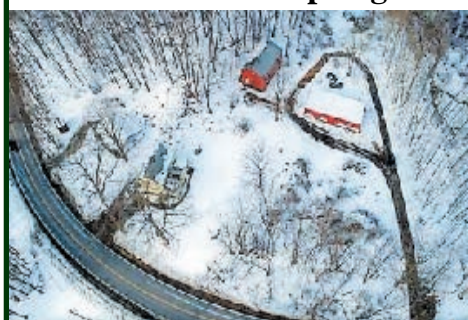
Red Hook Village .62 acre lot located in the Neighborhood Mixed Use Zoning District (NMU). This property offers a variety of permitted uses such as Residential, Single-Family, Two-Family, Multifamily, plus much more. Asking **\$119,000**

Country Cape on 12 Acres



Located just minutes from the Pine Plains Village and Millbrook. This 2002, 3,000 SF cape offers radiant heated floors, 3 large bed rooms, 2.5 baths, family room, office, 3 season porch, bonus room with pellet stove, heated attached 2 car garage. 12.82 acres and a 30 X 40 workshop with 12' high garage doors and radiant heated floor. Asking **\$814,000.**

104 Acres W/Spring



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

Estate-Like Ranch



located in the town of Red Hook a top of a grassy knoll is this 4 BR, 2.5 bathroom ranch with sunk in LR, FPL, HW floors, full unfinished basement, attached 2 car garage, detached 3 car garage w/electric and is located on a 3.02 park-like acres within a short drive to Bard College, Tivoli and both the Red Hook/Rhinebeck Villages. Asking **\$495,000**



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This 4 BR, 4 bath, 3049 SF Rhinebeck Village colonial is in a special location on Chestnut Street, just a short walk from the V center for dining & shopping. There are 9 ft. ceilings, huge windows, 2 porches, a garage. A worthy candidate for your transformation. **\$850,000.**



ONE STORY LIVING is convenient & easy @ this 2 BR, 2 bath home in Pine Plains. You will love the grand, vaulted Kitchen w/granite & a gas range, the open, vaulted DR/LR, the MBR suite & guest suite, the heated sunroom, + a 2-car garage & 2 car.ports for all your toys. **\$320,000.**



THIS HUDSON RIVER ESTATE, on 25 private acres, enjoys dramatic views of the Hudson & Catskills. W/6 BRs, & 10 baths, this brick mansion has a 700 SF LR w/16-foot ceilings, a dome topped w/skylights, new mechanicals including AC, & is awaiting your completion of the interior. **\$5,250,000.**



ON A DEAD-END ROAD in Rhinebeck where it's private & quiet, this 3 BR, 1.5 bath country home has a wonderful kitchen w/an island, a completely open K/DR/LR, a heated sunroom w/32 feet of glass sliders, a 15 x 21 FR w/a FPL, an office, mud room, + an auto generator, porch & garage. **\$410,000.**



A FABULOUS RENTAL, this 3900 SF 4 BR. 4.5 bath Tudor Contemporary is sited privately on 3.9 acres @ the end of a dead-end road, has dramatic Catskill & Hudson views, a dream chefs K, first floor MBR suite, 33 ft. LR w/a FPL, a sunroom/office, & s 60 ft patio. Incredibly special. **\$7000 per month.**



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**Stefan's Painting from page 7
Glazing and cleaning windows**

Spring weather brings that welcome feeling of being able to throw open the windows and let in a fresh breeze and sunshine. Unfortunately fall and winter build-up can often block light, and worse, spread dust and dirt that can take the healthy fresh out of the air.

"There's been a tremendous demand for somebody to clean windows, and that's something we're available to do," says Stefan. "Many homes have windows so high the customer won't even attempt them, even on interiors. I've had 28-foot ladders in peoples' living rooms. While I was up there, they would see other things that needed cleaning or repairing."

As far as window glazing, it's a project beyond the average homeowner's skill set. The actual glazing and painting are best done by a pro, since serious issues can otherwise result. "The glazing has to be removed very carefully," Stefan explains. "There are air pockets between the wooden mullions and the glass due to expansion and contraction. This is why you hear a rattling sound when you close the sill, and eventually the glass brakes. Next you put oil primer on the window, corresponding to the height of where the glazing will be. It has to be an oil primer. A latex primer will suck all the linseed oil out of the glazing, and it will crack and fail."

Taking Care Of Decks

Spring is also a time when homeowners notice issues with decks, says Stefan. "I can really do a nice job with decks. I'll re-sand them if needed. People are often in a hurry to do decks at the beginning of the season. But often, it's better that they schedule to have it done in later spring, or early summer, when

superior conditions arrive."

Stefan says moisture is a major reason why deck paint jobs can fail. "Just because the top of a board feels dry, doesn't mean the bottom is dry. If it's still wet, that moisture must go somewhere. It's important to clear foliage and man-made obstructions, so air can circulate underneath and dry the bottom of the deck board out. Air is the best dryer, and decks that are at least 18 inches off the ground or higher dry out much faster."

In cases of rot, Stefan can replace affected boards. He says sometimes applying an epoxy can be a cost-effective solution.

Property Maintenance Services Year-Round

Stefan also handles property maintenance services, which

are much appreciated for dual residents. Stefan says he saw opportunities in property management, because he can handle things personally that others leave to sub-contractors.

"I noticed that a lot of property managers just use people's properties to generate money for themselves. They don't have a lot of maintenance expertise, so they just hire a lot of contractors to do the work. I actually do have the skills and mechanical abilities to perform the work myself."

Stefan is available to be on call, to come out to a property for any issues. He can handle common house issues, turning off an alarm, and pumping out basements. He takes care of minor plumbing problems,

Continued on page 20



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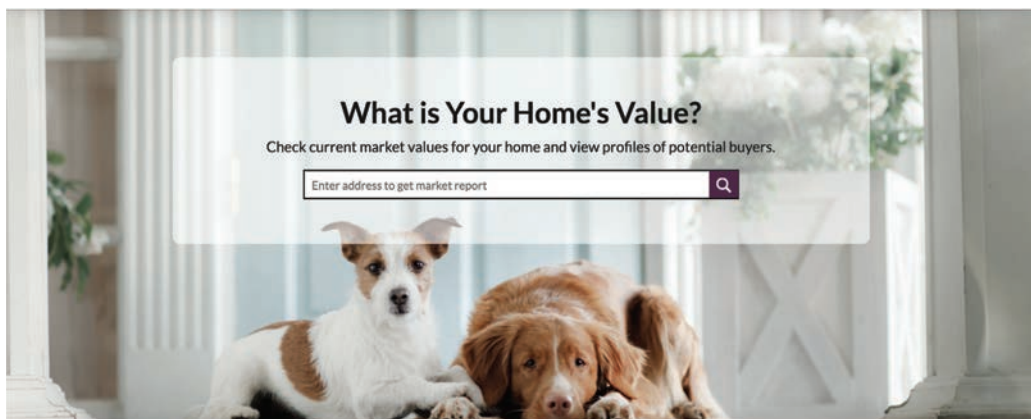
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Milan: Sundrenched Contemporary nestled on 7+ private acres within minutes to RH Village. Serene location, located off a no-outlet road.



ensuring quiet surroundings. Open & bright, this home offers a large Chef's Kit w/BA & sliders to the large sundeck overlooking the fenced in heated pool. Spacious LR w/ skylights & magnificent stone FP for those chilly Hudson Valley evenings. Intimate DR gives opportunity for formal dinners w/ friends & family. Generous sized office/den or perhaps a TV room. The sunroom is the place to kick back w/ a book, taking in nature or grabbing a quick workout. Master BR suite & 3 large guest BRs w/ substantial closet space. Partially finished lower level can easily be a studio, playroom or meditation area. Expansive property grounds are the perfect mixture of meadow, woods, stone wall borders & a natural pond for frog catching & fishing. This home was recently renovated & is practically brand new, affording the opportunity to do nothing but move right in! **\$1,025,000**



Red Hook: Executive style contemporary home is distinguished & located just 5 minutes from Red

Hook Village. Beautifully designed w/ large formal rooms & soaring ceilings. MBR suite w/ large FB & 2 WICs. The bonus room is perfect for crafting, studio space or a home office. Warm & welcoming sunroom walks out to the sundeck overlooking pool. Retreat to the lower level for hangouts, a workout or a sauna. Take a dip in the heated saline pool. Gather in the finished pool house w/ convenient kitchen. Gorgeous plantings & beautiful lawn (w/irrigation in place) is ideal for gardening and/or a ball game. Back up generator makes this listing complete. **\$975,000**



Rhinecliff: Charming country getaway looking for someone to make it their own. Nestled on a quiet road w/ 15 acres to explore & play. Walkable to the story book village of Rhinecliff, Amtrek & Hudson River. Sunroom w/ a stone FP for spending evenings by the fire listening to the sounds of the forest. Country EIK w/ cabinets & features that give this home it's cozy character. LR w/ beamed ceilings & large windows that let the sunlight pour through & frame the peaceful meadow like views. The possibilities are endless; subdivide, build another home while you live here, or expand the current house. New Roof, well & furnace; move in & dream up the possibilities. **\$825,000**



Red Hook: This expansive ranch is a MUST see! Impeccably cared for, move in ready w/ 2 MBR's. Large EIK w/ granite counter tops & custom cabinets. Bright & spacious great room off the KIT lends itself to many possibilities. MBR 1 w/ giant custom WIC. MBR 2 w/ Master bath. Huge basement ready for finishing & generator. Enjoy al fresco dining or reading a nice book on your back deck. Yard has a garden but is big enough for a pool & play set! Walkable to the park, village & schools this is the perfect house to start your upstate dreams! **\$439,000**



Clinton: Come home to this vintage 1970s Ranch owned & loved by the same family for over 50 years. Gather your friends & family in the oversized LR w/ lovely brick hearth, exposed beams & sliders to the deck. Bright & sunny EIK w/ ample cabinetry & work space. Formal DR w/ pass through perfect for holiday meals together. There are 3 comfortable BR's and tiled FB w/ laundry. Full Basement allows for add'l living space w/ one car attached GAR & baby barn. Open & rolling 4 acres w/ magnificent shade trees & mature plantings. Open vistas encompass the property. Located on a quiet road in minutes to TSP, Clinton wine trail, dining, farmers markets & antiquing. **\$349,000**



Water Frontage! Ancram: Beautiful home privately situated on 2+ acres surrounded by woods, nature & stream frontage. Features

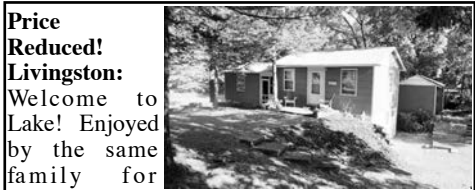
include: large open Kit w/ DR, LR & den. Upper level includes large MBR w/ soaring ceilings, skylights, FB w/ jacuzzi tub, laundry room & Juliette balconies off BR's overlooking peaceful stream. Partially finished bsmt w/ room for FR, storage or possible in law quarters. Come put your personal touches on this lovely home perfect for weekenders or full time living. Walkable to the village & conveniently located close to the Taconic for commuters. **\$349,000**



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



Gallatin: Spectacular 2 family! Totally renovated 1850's Vintage Victorian showcased in a bucolic setting w/ gorgeous, far reaching, open farmland views to the rear. 2 spacious units offer a special opportunity...live in one & rent out the other. Generate income in the vacation rental market or accommodate extended family/friends. Move right in as both units have been totally renovated w/ state of the art, quality finishing's throughout. Spacious 3500 sq ft floorplan is flooded w/ light w/ large rooms to accommodate family & guests. Finished attic is perfect for teen or home office/studio. Situated on a lovely 1+ acre parcel of just minutes to Pine Plains Village, 25 minutes to Rhinebeck & 20 minutes to Hudson. A short distance to TSP for easy commutes to NYC or a day trip of skiing at Catamount. One of a kind opportunity in this market! **\$575,000**



Price Reduced! Livingston: Welcome to Lake! Enjoyed by the same family for many years this 3 BR/1.5 Bth home invites you to enjoy the lovely LR w/ FP, Open Kit w/ formal DA, Den, FR w/ wood stove & access to patio for cook outs or fire pit. Separate little cottage lends itself to studio/play house. Just a short stroll to the private beach & enjoy swimming, boating or fishing. Home sits on a double lot w/ easy access to TSP, Red Hook & Hudson. Come make your own memories here! **\$229,000**



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



Price Reduced! Milan: The perfect upstate cottage awaits! Perfectly cozy home w/ open LR, dining, Kit w/ wood stove. This is the perfect home for down sizing, a weekend getaway or buy as an airbnb investment. 6 acre parcel w/ gorgeous ravine running through, set on back country road. Minutes to TSP. Two outbuildings for storage. **\$179,000**



Livingston: Located off pretty country road in the Historic Town Of Livingston this 10 acre parcel is perfect for building your homestead to cultivate & commune w/ nature. Short distance to Twin Lakes & within 15 minutes to Red Hook & Hudson. Pine Plains Schools. **\$159,900**

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RED HOOK - A wonderful 3 BR, 2 bath log on 7.5 pastoral acres yet close to village. Home offers an open floor plan w/ vaulted ceiling & stone fireplace on first level. A home office area & unattached 3 car garage & a workshop studio. Grounds are manicured & back deck overlooks small pond. Home was custom built by a master craftsman & is in immaculate condition. If you are looking for a charming country home look no further. Beautiful hickory cabinets & whole house generator. Top quality craftsmanship throughout. Grounds are park like, home needs nothing. A very quiet tranquil setting very quiet. A must see home. **\$775,000.**



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

is to die for. A wonderful setting, private and quiet and Schultz Hill road is local traffic e only. One of the most quiet in the area. A must see home. The apt is wonderful w/ an open floor plan, 2 BRs and 1 bath. A nice getaway for extended family in these times. 2 car oversized garage is attached. A must see home. **\$895,000.**



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



983 County Rte 6, Germantown
Nice mini farm in quiet country location. Nice 3 BR home with 40+ acres currently in agriculture. Good well drained soil, small pond on property and mostly cleared. Nice package ALSO has a mobile home pad that pays \$450 per month. **\$499,000**

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INVESTMENT
Property Restaurant. A 3 bedroom modular and a rented mobile home in Claverack. All are fully rented, but month to month so a buyer could take over restaurant. Great cash flow, all in good repair. Asking **\$495,000.**
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WEST MARKET, RED HOOK
A wonderful duplex office/Apartment in heart of village. A wonderful; multi room office, 4 with a large reception area, small kitchen and ample off street parking. Zoning would allow any office, medical or professional user. Also half the building is a lovely 2 bedroom apartment, large and spacious. Would make a great home for office user or rental income. Call Tom.



RED HOOK
49 wooded acres in two parcels, frontage on Rt. 199 and Willets Woods Drive. Property is subdividable and has a nice forest, rolling topography. 2 miles from Red Hook Village. Priced to sell at **\$350,000.**

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Stefan's Painting from page 18

and shutting off the water, if a house will be unoccupied for a period of time. He can also perform outside upkeep.

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services, free estimates and references available, spring is the perfect time to call Stefan's Painting. You'll not only beat the rush in scheduling projects, ensuring that your home, windows and decks are ready for summer

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Clinton Community Library from page 16 Library Board of Trustees Meeting

Monday, May 10th at 6:30 PM
The public is invited and encouraged to attend the Board of Trustees Meeting. Learn what's happening at your library! Email clinton.director@gmail.com if you wish to attend and you will be sent meeting information.

Chair Yoga Online (Optimistic Aging)

Fridays, 11:00 AM
Online via Facebook Live
Samantha Free guides you through the basics of breath, meditation, and movement. This class will help you stretch and strengthen. Email jchin@clintoncommunitylibrary.org for the link. Funding for Optimistic Aging programs is provided by the Northeast Dutchess Fund of the Berkshire Taconic Community Foundation.

All-Level Yoga Online

Saturdays, 10:00 AM
Online via Zoom
Join Mia Tomic and explore classical seated, standing and supine yoga poses linked with breath in a creative way to stretch, strengthen, and rejuvenate your body, breath, and mind. Email miayoga7@gmail.com to sign up. (You will only need to register once.)

Qi Gong with Vince (Optimistic Aging)

Mon, Wed, Fri, 9:30 AM
Online via Zoom
Vince Sauter will teach you how to lower stress and keep calm with Tai Chi. Class will focus on breathing in the calm and

breathing out the tension. Email jchin@clintoncommunitylibrary.org for the link. Funding for Optimistic Aging programs is provided by the Northeast Dutchess Fund of the Berkshire Taconic Community Foundation.

Yoga in the Park

Wednesdays at 6:00 PM
Behind ball field next to Library Join Mia Tomic for yoga in the park! Please bring a yoga mat, towel and water. Social distancing & mask are required. Masks will not be worn during class. All levels welcome. *Registration is limited and required for every session. Please email Mia at miayoga7@gmail.com to register or sign up in a previous class.

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