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Postal Customer

Foster's Coach House Tavern in Rhinebeck Friendly Home-Town Comfort Food

By Lisa Dudley

Elijah Bender has been the owner of Foster's Coach House Tavern in the center of the historic village of Rhinebeck – located at 6411 Montgomery St. – for four years. "It has been a wonderful journey," he declares. "Bob Kirwood had big shoes to fill. "My family roots in the hospitality industry run deep. Family digging has revealed that my Great-Great-Grandmother Mary McGinty is listed as a "Saloon-Keeper" in the 1880 Manhattan census. My Great-Grandfather Samuel William Gottlieb was a bartender his entire life, as was my grandfather Irving whom we called "Bob." He ran a Bar & Grill with my grandmother Mollie in Washington, D.C. From what I'm told, his Bar was not as nice as Fosters as my father recalls him coming home on more than one occasion bloody and bruised from breaking up many bar fights."

True to his love of history, Elijah has maintained the tavern atmosphere and classic menu items that made Foster's an area favorite for decades - including the



Elijah Bender

legendary London Broil and Bob Kirwood's famous potato salad.

"Foster's has been a Rhinebeck tradition since 1890," Elijah explains, "and many fine folks have become regulars and very good friends." There are also a lot of great people who work at Foster's Coach House Tavern "creating and maintaining our friendly, home-town environment. "I owe our success to our wonderful staff. They give it their all."

Elijah continues to share the long and proud tradition of Foster's 130 years at the center

Continued on page 11

The Claverack Free Library,

located at 629 Route 23B/9 Route 9H, is pleased to present an exhibition of paintings by local artist D. Jack Solomon in the library's Marilyn and Bob Laurie Foundation Gallery, open to the public during library browsing hours Monday, Wednesday, and Friday from 2 to 5 pm and Saturday from 11 to 2 pm. D. Jack Solomon's colorful and complex paintings, which combine patterns and often-familiar images in unexpected ways, will remind viewers of pop art, geometry class, old photographs, and comic books, among other sources. Viewers will enjoy piecing together the puzzle of all the references. A video of a panel discussion with the artist will be posted www.claveracklibrary.org. Solomon received a BA in Art from San Diego State University and an MA in painting from San Francisco State University. He taught Virginia Commonwealth University at the Brooklyn

Museum School of Art, SUNY Purchase, SUNY New Paltz, and Parsons School of Design. He has been a visiting artist and lecturer at numerous universities and was an artist in residence at Altos de Chavon in the Dominican Republic. Mr. Solomon's paintings, found in many public and private collections, have been shown widely in solo and group exhibitions throughout the United States. Grants include the National Endowment for the Arts Individual Artist Grant and a Pollock-Krasner Foundation Grant. He is represented by Fox Gallery NYC. Now retired, he lives in Hudson.

The Rhinebeck Farmers' Market

houses 30 vendors providing a diverse and unique selection of farm fresh products that showcase the very best of the Hudson Valley. Market entry from 10:00 a.m. to 10:30 a.m. is for shoppers ages 60+, immunocompromised and expectant mothers. Open every Sunday until December 27, except December 6. For more information click here. Date: Sunday, Nov 8th, 2020 Time: 10:30 am - 2:00 pm Cost: F R E E Contact Phone: (845) 876-0500 Contact Email: info@rhinebeckfarmersmarket.com Contact URL: <http://www.rhinebeckfarmersmarket.com/> Location: Rhinebeck Farmers Market 61 East Market Street Rhinebeck, NY 12572

The 11th Annual Community Thanksgiving Dinner, in collaboration with Red Hook Responds, will take place this year on Thursday, November 26 as take outs only.

Let us cook a traditional Thanksgiving meal, without a fee, for you to enjoy in the safety of your home. There will be limited deliveries available, with the rest being take outs. **Reservations for meals will begin on November 1st, with the cutoff date on November 23rd. Please call Red Hook Responds, 845-640-4788, between 9am-5pm or online at, redhookresponds.org** Meals will be delivered by Red Hook Responds, while take-outs will be picked up at the Red Hook Firehouse, on Firehouse Lane in Red Hook, at the assigned times. While not being able to share the day with you in person, we hope to still be a part of your day. Please join us. Stay safe everyone! And Happy Thanksgiving!

BE THANKFUL

Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for each new challenge, because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.

~~Author Unknown~~

Design Furniture Outlet: Refreshingly Different

By Hilary Hart

Design Furniture Outlet at The Warehouse at 99 South 3rd Street in Hudson is not like a regular design store, nor like a traditional furniture store, nor like an outlet store, but like an entity all to itself. Opened at the Hudson location in early 2018, it has evolved into what might have been called an "anchor store" of sorts in a regular mall setting -- although the warehouse is distinctly not like a regular mall setting. Located at the Door 15 entrance to The Warehouse, it is by far the largest area in the assemblage of over 30 individual booths and shops gathered there, and is the first place you encounter if you park in the Door 15 parking lot and go in at that end.

Of course, the historic little City of Hudson in upstate New York has for decades become a cultural center for people from far and near – not only famous for the MANY antiques dealers, but now also for vintage clothing and art galleries and all manner of the performing



Gary Grossi & Lesly Zamor

and visual arts. The main drag in Hudson, Warren Street, has been written up in national magazines and highlighted in travel guides. Less known but increasingly discovered is the enormous warehouse location, walking distance from the Amtrak train station, where one can spend the entire day just meandering around.

As much as one might meander, however, there is no other venue there (or really anywhere in Hudson) like the Design Furniture Outlet. People these days want direction, not dictate. In most establishments, there is a definite "theme" to their offerings, not much choice or imagination involved. At Design Furniture

Continued on page 2

Grady CPA, PC - Accountable, Since 1995

For 25 years, Terry Bogush and John Grady made their firm, Bogush & Grady, CPAs, LLP, now located at 47 West Market Street, Suite 3, in Rhinebeck, a trusted resource for people and businesses, with deep connections to the community and



John Grady

knowledge of the region. With Mr. Bogush retiring recently, Mr. Grady has rebranded the firm, *Grady CPA, PC*, and commissioned the design of a new logo and tag line: "Accountable. Since 1995." He has added staff and the firm has never been busier.

With forward-thinking business support services more crucial now than ever, Grady CPA, PC is helping clients survive and succeed. In addition to providing tax preparation for individuals and businesses, the Rhinebeck-based firm offers innovative à la carte bookkeeping and related analytic services, as well as auditing and financial statement reviews.

"Everyone has their own different needs and wants when it comes to bookkeeping, especially small businesses," firm president John Grady explains. "We've been trying to accommodate in that regard, so that they can have a better picture of their financial health at any given point in time, and they're able to compare that with prior periods. Far too often, businesses just gauge their success

or failure based on how much money they have in the bank. But that may not be the best indicator of trends. We find that having good bookkeeping outside of 'just for tax purposes' is helpful."

Personal Attention and Tailored Solutions

With an M.S. degree in Taxation, John is not only expert in helping clients with their personal or

Continued on page 14

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 December Edition Of The Hudson River View Will Be In Area Homes On December 2nd The Deadline For Advertising And Press Release Submission Is November 18th

ACCORDING TO QUACKERS

The name 'November' derived from the latin word *novem* means nine. It should have been the ninth month of the year. However, thanks to January and February which were added to the calendar some 2700 years ago, November is now the 11th guy in the 12 member team.



Design Furniture from page 1
Warehouse, there are hundreds of meticulously selected items scouted and procured from all over the world, but nothing is "written in stone," so to speak. Owners Lesly Zamor and Gary Grossi have decades of experience in the design field and travel to multiple shows each year, both stateside and abroad, keeping abreast of the newest offerings. Design Furniture Outlet has other locations in downstate New York and Long Island from which they can also pull inventory. Not many stores anywhere have the experience that they and their design staff have, but these are presented as options, selections and combinations of which are only limited by your own imagination as to how a

particular piece of furniture or accent piece can enhance your OWN space. There is no "schlock" here, just an enormous variety of great high-end items at less than high-end prices. The warehouse is set up so that even when Design Furniture Warehouse is not personally staffed, there is a manned desk there where customers can inquire about more information for a certain piece and speak to them or one of their staff about it. They are open (safely – masks, distancing, etc.) every day from 10am to 6pm unless severely inclement weather – although walking through an inside warehouse where there is parking (handicapped entrance, by the way) and even restrooms and limited refreshments available on premises beats the heck out of walking up and down cold windy streets in the colder months.

A huge difference also is that the store offers choices for many different types of spaces, from modern and contemporary to country and beach settings, so whatever home or escape location you are trying to furnish, there will be multiple items there for you. They carry indoor and outdoor furniture, sofas, lighting, dining room sets, paintings, mirrors and other wall art, candles, accessories, plants and silk flowers, and many unique items. If you don't see something specific that you have researched, go onto their website at www.designfurnitureoutlet.com to see if they can get it for you.

Trends evolve in the design world, but some of their advice quoted over two years ago in an article elsewhere remains the

same, no matter what space is involved, and that is bringing nature into the space somehow, whether by actual plants or organic accessories or flower accent décor. Even more now than ever, people don't want to be living in what resembles a sterile hotel room, no matter how wonderful the furniture. Everyone is soothed by natural and organic.



of choices. There are pieces there to relax you, pieces there to have you envisioning a happy place by the beach, pieces there to make you smile. It is not what you expect. Endless options for your imagination for a current or future space. Or, as we come into the holiday season, it might be the perfect place to find an unusual gift for someone for a new or long-loved

And even the smallest accessory piece can enhance any interior very quickly, without breaking your pocketbook. Because of their buying expertise, you can get some items here at severely reduced cost from when getting them elsewhere.

All in all, from the quirky and whimsical to the elegant and eclectic, Design Furniture Warehouse is a treasure house

home. Something probably not found in stores normally visited.

Think about spending a day here. There are amazing choices available. Nobody will crowd you into certain selections. You will not have to worry about being in a crowded retail space during a pandemic, as the warehouse itself and their space in it are cavernous.

It is a refreshingly different experience.

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members). Details and maps and
recognition forms are available
on the website. Inquiries: Sara
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or text - 646-303-1448. Covid-19
We offer open-air walks and tours
involving small groups, with
masks and proper social distancing
required. Participation will be
by reservation only. Notices

of any such walks and tours
will appear on our website,
Facebook, Instagram and in our
eBlasts. The Keepers House is
still closed until further notice.
Maps of the Westchester and
New York City portions of the
trail are available for purchase on
our website. Retail locations also
are listed there. Of course, the
Aqueduct trail is still available
for personal use and enjoyment,
consistent with whatever the
current health advisories are
at the time. We are especially
lucky to have the trail readily
at foot during this time. Watch
the website of the Friends of the
Old Croton Aqueduct for pop-up
small group, socially distanced
walks (pre-registration and
masks required): Aqueduct.org

**How New York
Became the Empire
City**

Welcome to our virtual tour
of Tom Tarnowsky's Fall and
Winter 2019-2020 exhibition
at the Keeper's House. This
exhibition was the culmination

of years of research and
collecting material related to the
construction of this engineering
marvel. By the 1830's New
York City had depleted its own
natural freshwater resources.
The 300,000 citizens voted in
1834 to approve an expensive
and daring project to bring
"pure and wholesome" water
to the city through an aqueduct
41 miles long, forever changing
the fortunes of the city. This
exhibition shows in detail how
this miracle of engineering was
accomplished. Architectural
drawings, many unseen since
they were made, illustrations,
maps and photographs give the
context of how the successful
Croton Aqueduct made New
York the Empire City. We have
divided the virtual show up into
"panels" which gather together
visual and reference materials
related to the different features
of the Old Croton Aqueduct's
construction. In each page, you
can click through the slides and
at the bottom move on to the
next panel by clicking on the
"Next" link. <https://aqueduct.org/how-ny-became-empire-city>

**Morton Memorial
Library 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.

Gilded Age Estate

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Age estate of Ruth and Ogden
Mills, uncovering hidden
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life in the Gilded Age, while
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and labor that made the estate
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the grounds, this tour will show
what visitors would have seen
100+ years ago, but also reveal
what was hidden from them.
About one mile of mostly

level terrain, with some uphill
walking, the program will
take about 1 1/2 hours. Space
is limited, preregister here.
The event will be canceled
in the event of heavy
rain or excessive heat.
Date: Sunday, Nov 8th, 2020
Time: 2:00 pm -
Cost: Free, registration required
Contact URL: <https://www.eventbrite.com/e/landscape-tour-tickets-111843781762>
Location: Staatsburgh State
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ACROSS

- 1) Steadfast
- 6) Charlie Chaplin played one
- 11) In favor of
- 14) Bakery pleasantry
- 15) Shield for Zeus
- 16) Excellent Vegas card
- 17) Like many models
- 19) Permit
- 20) Not even a single time
- 21) Free-for-all
- 23) No longer working (Abbr.)
- 26) Calla lily family
- 28) Prearranged combats of old
- 29) It makes waves
- 30) Electrically charged atom
- 32) Walking pace
- 33) Grand ___ (wine bottle words)
- 34) Appealing to feelings
- 38) Allergy sufferer's aid
- 40) Where things are kept
- 43) Things held to be always true
- 45) "Andy Capp" cartoonist Smythe
- 46) "Giovanna d' ___" (Verdi opera)
- 48) Mental agility
- 49) Ryan of "You've Got Mail"
- 50) Crazy's, south of the border
- 52) Confined (with "up")
- 55) Answers a "Jeopardy!" question
- 56) Visit very briefly
- 58) Grammar book chapter
- 60) Grounded Australian
- 61) Certain secret compartment
- 66) Yang's go-with
- 67) Back of a long wedding gown
- 68) Farm equipment name
- 69) Collector's collection
- 70) Bawl out
- 71) Straight up and down

DOWN

- 1) Back muscle, for short
- 2) "Bobby Hockey"
- 3) "What do ___ think?"
- 4) Modify, in Congress
- 5) Like some bloomers
- 6) Electric dart shooter
- 7) Boot camp attendee
- 8) Khan's title
- 9) Jazz legend Jackson or cartoonist Gross
- 10) Prefix meaning "false"
- 11) Firefighter's frustrations
- 12) Spots that look like eyes
- 13) Kind professor's allowance
- 18) 42-Down, to biologists
- 22) Cotton candy, essentially
- 23) ___ of Gibraltar
- 24) Viscount outranker
- 25) What some dramatic films are based on
- 27) Like fresh brownies
- 31) Hemidemisemiquaver, for one
- 34) Cincinnati threesome
- 35) Persian remark
- 36) Primrose type
- 37) Negative responses
- 39) Online novel
- 41) Old sideshow attraction
- 42) Dairy shipment
- 44) Funnel or stirrer
- 46) Bowling sites
- 47) Apartment sharer
- 51) Examines, as evidence
- 53) Annoy to ___
- 54) Place to soak
- 55) Daisy's look-alike
- 57) Pusher cuffer
- 59) Lymph ___
- 62) Thai language
- 63) Golf peg
- 64) "The Two Towers" monster
- 65) New York museum, briefly (with "the")

EXAMINATION

By Kyle Kelly

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Clarion Concerts to Present Masters of Maqam

Multi-faceted Composer and Trumpet / Santur Virtuoso Amir ElSaffar Taps into Iraqi Roots
Hamid al Saadi, Greatest Living Exponent of Maqam Tradition, to Join ElSaffar + 3 in Streamed Concert
05 December

Clarion Concerts forges a new path on **05 December 2020**, as it presents the composer, jazz trumpeter, vocalist and santur player **Amir ElSaffar** in a streaming concert at **5pm EST**. Mr. ElSaffar, an Iraqi-American called “one of the most promising figures in jazz today” by the *Chicago Tribune*, will on this evening reach back to his father’s roots in Iraq, and perform a collection of sacred maqams on santur in collaboration with **Hamid al-Saadi**, the singer said to be the greatest living exponent of maqam, and an ensemble to include Dena ElSaffar (joza), Tim Moore (percussion) and George Ziadeh (oud). The concert will be pre-recorded at the Stissing Center in Pine Plains, NY, and will be accessed via the Clarion Concerts website, clarionconcerts.org. The stream will post on

05 December at 5pm, but will be available on the Clarion website indefinitely thereafter. A **donation of \$20 is requested, but any amount is welcome**. In the words of Mr. ElSaffar, “**maqam**” refers to highly structured, semi-improvised compositions learned through years of disciplined study under a master. Often rhythmically free and meditative, they are sung to classical Arabic and colloquial Iraqi poetry. This is an urban vocal tradition which is not written down, but rather performed in a semi-improvisational context based on established melodic modes. “One hundred years ago, maqam would be the only music you would hear in Baghdad and other Iraqi cities”, says Mr. ElSaffar. Maqam is found in both religious and secular contexts, and amazingly, not only serves liturgical purposes in Islam but in the Jewish and Christian traditions as well. **Amir ElSaffar** is an expert trumpeter with a classical background who is conversant in the language of contemporary jazz, but has also created techniques to play microtones and ornaments idiomatic to Arabic music that are not typically heard on the trumpet. He is also known as a purveyor of the centuries old, now endangered, Iraqi maqam tradition, which he

performs actively as a vocalist and santur player. As a composer, ElSaffar has used the subtle microtones found in maqam to create an innovative approach to harmony and melody, and has received commissions to compose for jazz ensembles, traditional Middle Eastern ensembles, chamber orchestras, string quartets, and contemporary music ensembles, as well as dance troupes. He currently leads five critically-acclaimed groups: The 17-piece **Rivers of Sound Orchestra**; **Two Rivers**, which combines the musical languages and instrumentation of Iraqi maqam and contemporary jazz; the **Amir ElSaffar Quintet**, performing ElSaffar’s microtonal compositions with standard jazz instrumentation; **Safaafir**, the only ensemble in the US performing and preserving the Iraqi Maqam in its traditional format; and **The Alwan Ensemble**, the resident ensemble of Alwan for the Arts, specializing in classical music from Egypt, the Levant, and Iraq. Among the jazz artists with whom he has collaborated are Cecil Taylor, Mark Dresser, Gerry Hemingway, Marc Ribot, Henry Grimes, and Oliver Lake. ElSaffar has appeared on numerous recordings, and has released six under his own name. A 2018 US Artist Fellow and a recipient of the Doris Duke Performing Artist Award, he has just commenced a year as Mary Mackall Gwinn Hodder Fellow at Princeton University’s Lewis Center for the Arts. Through **Hamid al-Saadi’s** powerful and highly ornamented voice, and in his comprehensive knowledge of the intricate details of the music and poetry of Iraq, generations and layers of the maqam tradition resonate through his magnificent presence on stage. The only person in his generation to have memorized and mastered all 56 maqamat from the Baghdadi repertoire, al-Saadi is one of the few vocalists who is keeping the maqam alive today, at a time when so many elements of this profound tradition are in danger of extinction. Born in Iraq in 1958, Hamid al-Saadi’s artistic, musical and scholarly journey with the Iraqi maqam began from childhood, inspired by his avid love of the Iraqi and Baghdadi culture, the Arabic language, music and poetry. He learned the art of singing and performing the Iraqi maqam from the legendary Yusuf Omar (1918-1987), who pronounced al-Saadi his successor. Muhammed

Al-Gubbenchi (1901-1989), who taught Omar and was probably the most influential maqam reciter in history, said that he considered al-Saadi to be the “ideal link to pass on the maqam to future generations.” The original line-up for **Clarion Concerts’ Leaf Peeper season 2020** featured four concerts, but by necessity the plan has been modified to two. **Dave Hall**, president of the board of Clarion Concerts, says “We’ve been concerned for months that, due to the challenges of the coronavirus, it would not be possible to mount our fall season at all. But our board was eager that we find a way to bring great music to Hudson Valley and the Berkshires, as we have been doing annually since 1957. With a combination of their very helpful ideas and some logistical shape-shifting, we have realized this dream with two terrific concerts which are being pre-recorded and streamed. The first was the remarkable duo **Lark & Thurber**, who played a beautiful concert that we streamed from the Stissing Center, and we’re greatly looking forward to **Amir ElSaffar** and **Hamid al-Saadi**, who will bring our 2020 season to an exciting close.” “We couldn’t be more thrilled that a *Leaf Peeper* season has come together this fall,” says **Eugenia Zukerman**, Artistic Director of Clarion Concerts. “Dave and I and our entire board look forward to building on the adventurous directions we’re taking this year and restoring our full

complement of concerts in 2021.” **Newell Jenkins** and **Jack Hurley** established the **Clarion Music Society** in New York City in 1957. Jenkins, who specialized in music of the Baroque period, studied extensively in Europe, and there unearthed the music of Giovanni Battista Sammartini, ultimately introducing his work and that of many other composers of the Baroque era to music lovers in the United States. Under Jenkins’ direction, Clarion became known worldwide for early music concerts played on both modern and period instruments. For nearly forty years Jenkins programmed the *Leaf Peeper Concerts* in Columbia County. Upon Mr. Jenkins’ death in 1996 Clarion Concerts of Columbia County, Inc., became independent of the New York City organization and New York Philharmonic violinist **Sanford Allen** was appointed Music Director. Mr. Allen expanded Clarion’s range of repertoire to music of the 19th and 20th centuries, and under his leadership Clarion began commissioning new works. He retired in 2014 and flutist/broadcaster/author/poet **Eugenia Zukerman** became the third Artistic Director of Clarion Concerts. Since her tenure began, Clarion has continued to commission new works, present exciting new artists, expand the breadth of styles and periods of music presented, and has also established music education programs in schools in the city of Hudson NY.

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Nov 7 | 9:00 am - 1:00 pm | Raven's Rock Hike (8 miles, 4 hours)

This will be an eight-mile hike to the site of one of the Park's many myths and landmarks. We will start and end at the visitor's center. **This will be a hike - NOT a walk.** We'll keep up a steady pace, briefly pausing at landmarks along the way. Plan for about four hours, so make sure you bring water and something to snack on. If it's cold, dress in layers to ensure that you can prevent getting overheated. Limited to 15 participants. No young children. **SUBJECT TO NY STATE COVID-19 RESTRICTIONS** **Face coverings are required at all events as is social distancing.** Please register this event at www.rockefellerstateparkpreserve.eventbrite.com

Cost: FREE
Nov 12 | 4:00 pm - 6:00 pm | Sunset Hike at Rockwood
Come join us for a Sunset Hike at Rockwood Hall for what we hope

will be a spectacular view over the Hudson and the Tappan Zee Bridge. **PLEASE NOTE: THIS HIKE IS AT ROCKWOOD HALL!** **SUBJECT TO NY STATE COVID-19 RESTRICTIONS** **Maximum 20 PARTICIPANTS ONLY.** You must be on the list. **ALL OTHERS WILL BE TURNED AWAY.** **Face coverings are required at all events as is 6 feet social distancing.** Please dress according to weather conditions. Please bring water. Dogs welcome. **PLEASE NOTE: THIS HIKE IS AT ROCKWOOD HALL!** We will gather at the main Kiosk. We will leave ON TIME. Parking lot is right below Phelps Hospital, off 117. Across the street from the parking lot is the path that leads up to the park. Leashed-dogs welcome. In case of bad conditions, event may be cancelled, please watch for notices from Eventbrite. Please register this event at www.rockefellerstateparkpreserve.eventbrite.com

Tickets available on November 1, 2020 10:00 am ET
Cost: FREE

Nov 18 | 10:00 am - 12:00 pm | Jean's Jaunt
SUBJECT TO NY STATE COVID-19 RESTRICTIONS **10 PARTICIPANTS ONLY.** **YOU MUST SHOW YOUR PRINTED EVENTBRITE CONFIRMATION.** **ALL OTHERS WILL BE TURNED AWAY.** **Face coverings are required at all events as is social distancing.** Join Jean for a jaunty walk through the Preserve! Do you like hiking with an experienced hike guide who knows the terrain and all the stories behind them? Then you'll love joining Jean for her jaunts through Rockefeller because no one knows these roads like Jean! Leashed-dogs welcome. Meet in the park office courtyard. We leave promptly at scheduled times. In case of bad conditions, event

may be cancelled, please watch for notices from Eventbrite. Please register this event at www.rockefellerstateparkpreserve.eventbrite.com

Cost: FREE
Nov 26 | 12:00 pm - 1:00 pm | Tree ID Hike with Kim Castaldo at ROCKWOOD HALL! **PLEASE NOTE: THIS HIKE IS AT ROCKWOOD HALL!** **SUBJECT TO NY STATE COVID-19 RESTRICTIONS** **Maximum 10 PARTICIPANTS ONLY.** **YOU MUST SHOW YOUR PRINTED EVENTBRITE CONFIRMATION.** **ALL OTHERS WILL BE TURNED AWAY.** **Face coverings are required at all events as is social distancing.** **PLEASE NOTE: THIS HIKE IS AT ROCKWOOD HALL!** Learn how to identify trees across the Preserve with our resident tree tracking expert, Kim Castaldo. Please dress according to weather conditions. Please bring water. Dogs welcome. Meet park office courtyard. We leave promptly at scheduled times. In case of bad conditions, event may be cancelled, please watch for notices from Eventbrite.com. Leashed-dogs welcome. **PLEASE NOTE: THIS HIKE IS AT ROCKWOOD HALL. MEET AT THE ROCKWOOD HALL KIOSK** In case of bad conditions, event may be cancelled, please watch for notices from Eventbrite. Please register this event at www.rockefellerstateparkpreserve.eventbrite.com

PLEASE NOTE: THIS HIKE IS AT ROCKWOOD HALL!
Cost: FREE
Nov 30 | 5:00 PM - 7:00 PM | Full Moon Hike
SUBJECT TO NY STATE COVID-19 RESTRICTIONS **10 PARTICIPANTS ONLY.** **YOU MUST SHOW YOUR PRINTED EVENTBRITE CONFIRMATION.** **ALL OTHERS WILL BE TURNED AWAY.** **Face coverings are required at**

all events as is social distancing. Every month we give hikers an opportunity to experience the Preserve after dark in our "Full Moon Hike" series. Please join us for this very popular and special event. Please bring a flashlight or headlamp. Please dress according to weather conditions. Please bring water. Dogs welcome. Meet park office courtyard. **IMPORTANT: We leave promptly at scheduled times.** This is a night hike, after the park has officially closed. Late-comers will not be allowed to enter the park after the group has departed. In case of bad conditions, event may be cancelled, please watch for notices from Eventbrite. Please register this event at www.rockefellerstateparkpreserve.eventbrite.com

Cost: FREE
PLEASE NOTE: We must limit attendance at this event to 18 people maximum. Tickets are free and are on a first come first serve basis. If you do not get tickets this time, please sign up for the wait list as we almost always have cancellations. If you reserve tickets and then must cancel, please go to Eventbrite and cancel so those tickets will be shown as available to others who are wait listed. Thank you for your cooperation. **TICKETS AVAILABLE Nov 23, 2020 at 10:00 am ET**

Please register this event at www.rockefellerstateparkpreserve.eventbrite.com

Cost: FREE

Virtual - Art in the Loft
Oct 5 - Nov 22, 2020
Art in the Loft is a collaboration between [Millbrook Vineyards & Winery](http://www.millbrookvineyards.com) and Arts Mid-Hudson which began in 1998. One participating artist's work is selected each year by the public as the winner of the wine label competition. We are thrilled to present Art in the Loft this year virtually and to host the Wine Label competition on Arts Mid-Hudson's Facebook page. The winner of the Wine Label competition will be announced on November 22, 2020. Millbrook Vineyards & Winery has been called "the Hudson Valley's flagship winery" by The New York Times and "a great place to visit" by The Wall Street Journal. The winery is conveniently located in the magnificent Hudson River Valley just 1.5 hours from both New York City and Albany. It is a glorious place to visit any time of year for a tour and wine tasting. **Participating Artists:** Barbara Bravo, Stacie Flint, Jerome Goldberg, Hana Gordon, Cara B. Hochhalter, Pam Krinsky, Diane-Ellen McCarron, Stephanie Santiago, Karl Schmitz, Jamie Taylor, Jerry Wein, and Ilga Ziemins-Kurens

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Nuvance Health launches self-referral screening mammogram program at new locations

Women who meet criteria can now schedule a screening mammogram without a physician order at Nuvance Health imaging centers in Carmel, Fishkill, Kingston, Poughkeepsie, and Rhinebeck NY, and Sharon, Conn.

Nuvance Health has launched a self-referral screening mammogram program at imaging centers in Connecticut and New York. Self-referring screening mammogram means that women who meet criteria can schedule a routine mammogram without a physician order. This improves access to these important screenings and is a convenient way for women to schedule a routine mammogram.

Breast cancer is the second most common cancer among women in the United States. Screening mammograms are currently the most reliable and effective way to detect breast cancer early before it's big enough to feel or cause symptoms. Results from decades of research show that women who have regular screening mammograms are more likely to have breast cancer found early, are less likely to need chemotherapy and aggressive treatment like surgery to remove the breast (mastectomy), and



are more likely to be cured. The self-referral screening mammogram program at Nuvance Health is available for women who meet the following criteria: Age 40 and older Not experiencing symptoms of breast cancer Don't currently have breast cancer No history of breast cancer Last mammogram was at least 12 months ago Women who don't meet these criteria for a screening mammogram should speak with their physician. Women who don't have a physician can call 888-525-4767, Monday-Friday, 7am-6pm, to be connected with a Nuvance Health Medical Practice physician. Imaging centers at the following locations are accepting self-referral patients for screening mammograms: DRA Imaging, A Division of Vassar Brothers Medical Center, Fishkill, NY



Northern Dutchess Imaging Center, Rhinebeck, NY Nuvance Health Kingston Multispecialty Center and Urgent Care, Kingston, NY Putnam Imaging Center, Carmel, NY The Dyson Breast Center, Poughkeepsie, NY Sharon Imaging Center, Sharon, Conn. All Nuvance Health imaging locations have American College of Radiology accreditation and provide the highest level of image quality to our patients including advanced 3D mammography technology. A board-certified radiologist reads the mammography images. Results are sent directly to self-referring patients by mail and are available in the Nuvance Health patient portal too. Results are also sent to the patient's consulting physician if requested. Nuvance Health will connect self-referring patients to a physician if they request one. Complete information about the self-referral screening mammogram program is

available in these Frequently Asked Questions.

To schedule a screening mammogram by phone, call 845-790-8855 and then press option 1 for imaging. To request a screening mammogram



online, visit nuvancehealth.org/breastcare and select Request an Appointment Online. A scheduling specialist will then contact patients by phone to confirm their appointment. *Self-referral screening mammograms are also available at imaging centers affiliated with Nuvance Health's Danbury Hospital and Norwalk Hospital in Connecticut. To schedule a mammography in Danbury, please call: 203-739-4999. To schedule a mammography in Norwalk, please call: 203-838-4886*

CONTACT
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About Nuvance Health
Nuvance Health is a family of award-winning nonprofit hospitals and healthcare professionals in the Hudson Valley and western Connecticut. Nuvance Health combines highly skilled physicians, state-of-the-art facilities and technology, and compassionate caregivers dedicated to providing quality care across a variety of clinical areas, including Cardiovascular, Neurosciences, Oncology, Orthopedics, and Primary Care. Nuvance Health has a network of convenient hospital and outpatient locations — Danbury

Hospital, New Milford Hospital, Norwalk Hospital and Sharon Hospital in Connecticut, and Northern Dutchess Hospital, Putnam Hospital and Vassar Brothers Medical Center in New York — plus multiple primary and specialty care physician practice locations, including The Heart Center, a leading provider of cardiology care, and two urgent care offices. Non-acute care is offered through various affiliates, including the Thompson House for rehabilitation and skilled nursing services, and the Home Care organizations. For more information about Nuvance Health, visit our website. TTY: 1-800-421-1220

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The Friends of Mills at Staatsburgh announce, "Virtually Staatsburgh," a compilation of all the wonderful interpretive material—from family activities to videos and blog essays—available online to learn about and enjoy the site's mansion and beautiful landscape: millsfriends.org/Virtual. Also, follow the Friends on Instagram, [@friendsofmills](https://www.instagram.com/friendsofmills) for updates on everything we are doing and planning. **November 7, 8, 14 — Guided Landscape Walk of Staatsburgh's Grounds 2pm** A guided walk through the estate's grounds that explores how the landscape was designed to reflect the luxurious lifestyle of Staatsburgh's owners, while deliberately hiding the turn-of-the-century technology and labor that made the estate run. Reservations required; number of participants will be limited for social distancing. To make reservations, visit our Eventbrite page at www.staatsburgh.eventbrite.com. Participants will meet outside Staatsburgh's museum shop. Threatening weather will cancel. **Cost: free**

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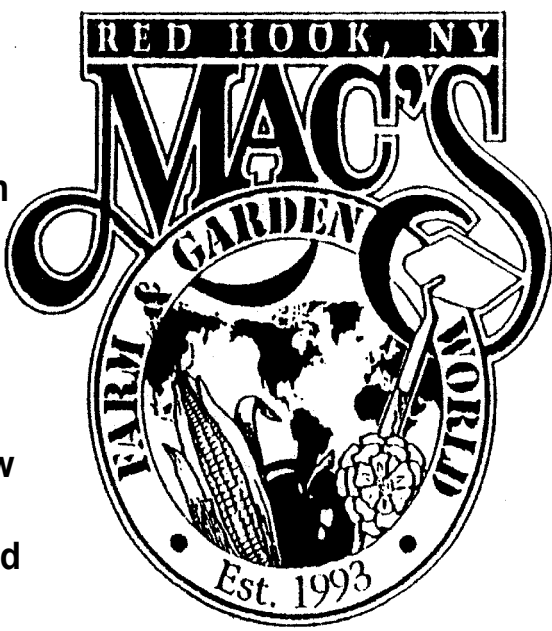
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Dear American Legion Family Members and Friends,

WE ARE HERE TO ASSERT in the strongest terms possible that The American Legion stands for equal rights for everyone, regardless of race, ethnicity, gender or any other characteristic. There is no qualifier to that statement.

It's a belief The American Legion has held since our founding just after the end of World War 1. At that time in 1919, Black veterans were among our organization's founders who adopted a mission statement - the Preamble to The American Legion Constitution - that rings as true today as it did more than a century ago.

At every official American Legion meeting, we pledge among other things "to maintain law and order," as well as "safeguard and transmit to posterity the principles of justice, freedom and democracy."

We grieve for Black American citizens George Floyd, Ahmaud Arbery, Breonna Taylor and far too many others. Their senseless deaths have brought the topic of race relations to the forefront of our hearts and minds.

Just as we believe in equal rights for all, we believe in law and order. Those sentiments were thoughtfully shared in a special two-part episode of The American Legion's Tango Alpha Lima podcast. We encourage everyone to listen and reflect on the messages brought forth by the guests, all of whom are Legionnaires with unique stories to share regarding their experiences in law enforcement.

At this time, we have seen tensions rise. Rioters have taken advantage of peaceful protests to burn and loot buildings. White supremacists have targeted black Americans going about their daily lives. Angry citizens have recklessly hurled objects and insults at law enforcement officers.

It has to stop. America is better than this. We are better than this. Together, let's find common ground to stand on so that every American can enjoy the freedom we vowed to protect with our lives.

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Foster's from page 1

of Rhinebeck -- at the crossroads of history. Wally Foster, who took over the restaurant in 1933, was an authority on horse racing and revived horse shows at the Dutchess County Fair. "We still display his many ribbons and jockey silks above our famous horse stall booths.

"We've had incredible support from the Village of Rhinebeck during the Covid-19 pandemic. At first, we were only open for takeout during the lockdown. Then locals, who deliberately wanted to help us stay open, supported us with their takeout orders. The Village supported our tenting the entire parking lot when we opened for outside dining. It was phenomenally successful. Our best season yet -- and we were able to keep our support staff working."

Elijah and Fosters have given back to the community, delivering meals to Northern Dutchess Hospital as well as to Covid-testing workers throughout the ongoing Pandemic crisis.

Elijah wants to give a shout out to the Rhinebeck Fairgrounds, otherwise called the Dutchess County Agricultural Society, for helping him with tables and chairs to create an outdoor restaurant.



"Andy and Vicky Imperati were extraordinarily helpful -- emblematic of what Rhinebeck is. We are so grateful for good neighbors. And we look forward to the Fair opening again-- when we can be back at our second location Foster's at the Fair."

As of November, Foster's Coach House Tavern will move back indoors with seating to half capacity, subject to any new restrictions. "We are providing all necessary protection beyond what is mandated including UV air filtration throughout." They will be closed Thanksgiving Day but are already accepting takeout orders for Thanksgiving Eve on Wednesday, November 25th --

for those who do not want to cook a Thanksgiving meal at home.

"We actually serve hot turkey Thanksgiving sandwiches year-round with stuffing and cranberry sauce. It's a part of our traditional, hearty, stick-to-your-ribs American menu. Our prices are extremely competitive, especially for the generous size of our portions. We are the most affordable family restaurant in

love the food and the service. For many years operated by Bob Kirwood and reinvigorated by the people who bought it a few years ago. Food is excellent and very clean. Always get the London Broil - and the baked stuff clams are amazing! Perfect. **EXCELLENT FOOD AND VERY CLEAN** -- I've been to several restaurants during the COVID Pandemic and love to see how they have adapted. My meal (London Broil and Steamers) was out of this world. I could tell the servers and busboy went

The sweet potato fries were crispy and plentiful. What a great [meal.] The food is always excellent; the beer is cold! **DEFINITELY WORTH IT** -- Nice friendly tavern/diner-type place. Old building with lots of horse-related decor. Especially liked the booths made of old stables and the full-size horse in the lobby. My BLT was substantial with plenty of nice crispy bacon. My wife had a grilled chicken sandwich. Cooked just right. Prices were great. **CLASSIC AND CLASSY** -- The most delicious food in Rhinebeck. Staff is amazing. Restaurant is immaculate and the steaks are worth the trip from Connecticut every single time! **WE LOVE THIS PLACE** -- Great food, cozy atmosphere, great view of street and lights, fair prices! My Hubby and I have always loved Foster's, especially at our favorite little table for two by the window. So romantic. Best steak sandwich ever! **FROM ALBANY** -- Nice old inn has charm and character. Located in the middle of the Village. Walking distance to other attractions. The service was spot on and the food delicious; hot and perfectly cooked. We had a variety of food; their signature slices London Broil

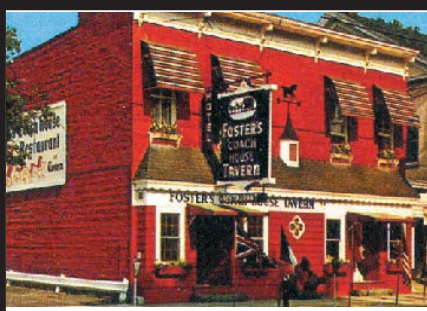


Northern Dutchess County.

Here are some recent five-star reviews from Trip Advisor and Facebook online: **OUR FAMILY FAVORITE** -- We have been going here since I was a child with my parents. Never disappointed. My mom and dad went to Foster's in the late 40's when they first got engaged! We

above and beyond to sanitize and provide a nice experience during these tough times. Love the historic look of the building. **RETURN VISIT FROM TAMPA** -- Foster's was always known for their London broil - just like I remembered it. My friend got a Reuben sandwich with pastrami and enjoyed it.

Continued on page 12



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Foster's from page 11

(super yummy), lasagna, salads, sandwiches. Relaxing and casual with great portions!

Elijah Bender says, "We are extremely grateful for our loyal customers and their wonderful reviews. After the Pandemic, Foster's Coach House Tavern expects to participate in the Christmas Tree Lighting, the Hanukkah Candle Lighting, the Sinterklaas Parade and all winter holiday celebrations and private parties as allowed.

"In spite of the pandemic, we will double up on our old-fashioned painted holiday lights and we will carry the past into the future -- feeding people from all walks of life."

Be sure to keep in touch by liking their Facebook page @FostersCoachHouse, follow them on Instagram @FostersRhinebeck or visit their website FostersCoachHouse.



com to see photographs of favorite cocktails, a beautiful historic bar, hearty food and their friendly, home-town ambiance.

Current hours are Tuesday through Sunday, 11:30am-9pm. For more information call 845-876-8052. Foster's Coach House Tavern follows all Covid-19 precautions including sanitizing menus and tables after every use and cleaning the restrooms on-the-hour. "We are keeping it clean and safe for all."

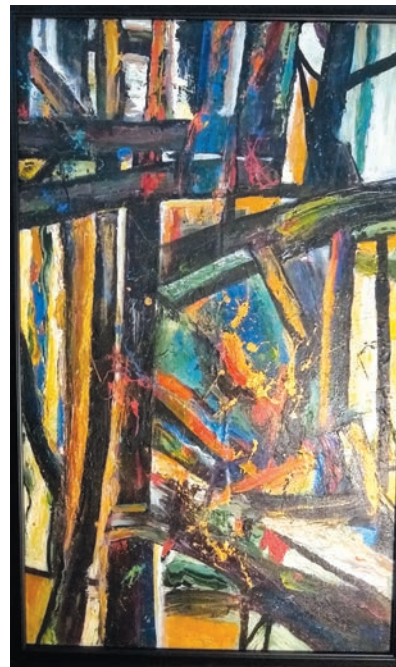
The Stockbridge-Munsee - Not the Last of the Mohicans: a Virtual Local History Talk

Join us on Thursday, November 19, 6pm for a talk on the history of the Stockbridge-Munsee Community, an integrated society with indigenous families and European immigrants. Heather Bruegl, director of community affairs for the Stockbridge Munsee Community and member of the Oneida Nation of Wisconsin, speaks on this vibrant community. Attendees also learn about the people who inhabited the land that makes up New York, Connecticut, Massachusetts, New Jersey, Pennsylvania and Vermont. A question and answer period follows the talk. Visit our website, hudsonarealibrary.org, for Zoom registration link or contact Brenda Shufelt at 518-828-1792 x101 or brenda.shufelt@hudsonarealibrary.org. The mission of the Cultural Affairs Department of the Stockbridge Munsee Community is to protect, preserve and tell the history of the Stockbridge Munsee Band of the Mohican Indians. The organization does this through the archives at the Arvid E. Miller Memorial Library and Museum, protection of their ancestral lands through Historic Preservation, and revitalization of their Language. The Hudson Area Library History Room houses a special collection that pertains to the history of the City of Hudson, Greenport and Stockport; as well as Columbia County and New York State. The History Room also hosts the Local History Speaker Series at the library, offering free monthly talks on diverse topics related to the history of Hudson, Greenport, Stockport, and Columbia County. The History Room is closed to the public at this time but online research requests for information on local history are available at <https://hudsonarealibrary.org/history-room/>. This is a free service to the public. The Hudson Area Library is located at 51 North Fifth Street in Hudson, NY. The mission of the library is to enrich the quality of life by providing free and equal access to programs, services and resources, and by

creating opportunities for all members of our community to connect, create, learn and grow.

S. L. Rika is Art Gallery 71's featured artist for November.

Rika's energetic painting style uses bright, bold colors against darks, riveting the eye and bringing a smile to the lips.



The artist paints in both oils and acrylics using a brush or palette knife and sometimes fingers. In addition, textures may vary from light to heavy.

Rika enjoys painting a variety of subject matter from chickens, martinis, florals, landscapes and portraits with styles ranging from contemporary to impressionistic to abstract.

This exhibit will feature predominately large contemporary abstracts with some smaller subject matter and styles included.

AG 71, 71 E Market St - Rhinebeck, NY. Open Fri, Sat & Sun, 845-516-4878

Clermont State Historic Site

Join a Clermont State Historic Site's historic interpreters for a walk and talk tour of the grounds that will discuss the important role Clermont and the Livingston family played during the American Revolution which culminated in the British army assault on Clermont in 1777. Hear the stories of the Livingston family and other residents of Clermont including enslaved people and local Palatine tenants and free holders. Comfortable shoes are suggested. This program is free, but REGISTRATION IS REQUIRED. Space is limited. on is required. For more details, click here. Date: Sunday, Nov 15th, 2020 Time: 2:00 pm - 3:00 pm Cost: Free; Registration is required

Contact URL: <https://www.friendsofclermont.org/> Location: Clermont State Historic Site 1 Clermont Ave. Germantown, NY 12526

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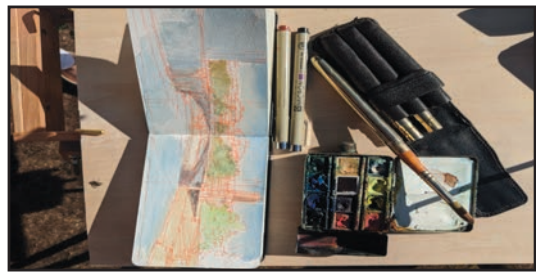
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OLANA OFFERS VIRTUAL DRAWING WORKSHOPS LED BY ACCLAIMED ARTIST AND AUTHOR, JAMES L. MCELHINNEY

The Olana Partnership announced their collaboration with James L. McElhinney on "Sketchbook Traveler," a series of virtual drawing workshops throughout November. Participants will work alongside a professional artist from the comfort of their own homes and backyards. This virtual workshop series is inspired by McElhinney's most recent book, Sketchbook Traveler: Hudson Valley, and explores the practice of drawing landscapes with the legacy of Frederic Church and his masterwork Olana as a backdrop. "In all three workshops, James will highlight how drawing serves as both an experiential exercise and a way to deepen our awareness," said Carolyn Keogh, Director of Education and Public Programs. "I'm

thrilled these virtual workshops will give participants a chance to experience the views at Olana from anywhere." James Lancel McElhinney is a visual artist, author, blogger, independent scholar and fine-press publisher. He is the



author of Sketchbook Traveler: Hudson Valley, released in 2020 by Schiffer Publishing. McElhinney received an MFA in painting from Yale, a BFA from the Tyler School of Art, and attended the Skowhegan School of Painting and Sculpture. He is the recipient of fellowships and grants, including a 2017 Pollock Krasner Grant and a prior Visual Artist fellowship from National Endowment for the Arts. Recent exhibitions include James McElhinney: Discover the Hudson Anew at the Hudson River Museum in



Yonkers, New York and On the Water: The Schuylkill River, at Independence Seaport Museum in Philadelphia, and Reimagining New Mexico at Gerald

Peter Gallery in Santa Fe. His work is represented by Gerald Peters Gallery in Santa Fe, and by William Havu Gallery in Denver. "For many landscape artists, field work is prep for the studio. For me it's the opposite," said McElhinney. "Drawing is to visual experience what writing is to verbal expression. As a mindful practice drawing can benefit anyone, regardless of artistic talent or ambition. Personal encounters with nature sharpen the senses, increases environmental awareness, and builds durable memories. That's the message." During each session, McElhinney will lead participants through a short conversation and model techniques while sketching from different viewpoints onsite at Olana, livestreaming the view and his process in real time. Register for one or all three workshops on Saturday, November 7; Saturday, November 14; and Saturday, November 21 at 11 AM. Sessions will be approximately an hour and a half and conducted via

Zoom. Access to reliable internet and a computer compatible with Zoom is required. Advanced registration for this workshop series is required. Enrollment costs \$45 a person per class for non-members and \$30 a person per class for members of The Olana Partnership. A suggested materials list will be sent to participants in advance of the class. For more information or to register visit OLANA.org

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Fri., November 13: Mid-Hudson Astronomical Association Monthly Star Party, 6:00 PM. The Mid-Hudson Astronomical Association hosts a monthly stargazing party in the West Beach parking lot. Bring your own telescopes and binoculars or use those provided by our members. RSVP is required at least one day beforehand. You will be asked to provide your license plate number and make/model car, so Park Management and Police have a record of who will be in park after hours. More info at <https://www.meetup.com/mhastro>. Registration: Required



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Grady CPA, PC from page 1

business tax returns, he also advises on common-sense tax strategies, and has performed audit work for more than 200 organizations throughout the region. John is well aware that many businesses have never faced the kinds of existential challenges that 2020 has brought to the table.

Helping main street and other local business owners through those challenges is something Grady, CPA, PC takes personally. "What we do is try to tailor our services to individual needs," says John. "Some clients may want us to be involved on a monthly basis, reviewing their financials and perhaps doing bank reconciliations and different filings. Others may want us to only look at their information quarterly. And then there are others that want us to do all of it. They want us to cut the checks for their signature, and maintain their full set of books. We try to find that sweet spot."

John knows that the last thing businesses need at the moment is unnecessary costs. The balance is in making sure clients do have the tools that can help them understand what's working for their business, and what's not. "We don't try to force a specific product or service on them. What we do in the initial interview, or maybe as we understand more, is try to ascertain what they in fact need, and then provide just that service, so that they're not paying for something that they don't require."

A Tax Season Like No Other

It's been an unusual year in almost every sense, and that certainly includes everything surrounding the tax season, changing laws, new programs and tax preparation. Grady, CPA, PC has stayed ahead of the curves, advising clients to help them take advantage, where possible, of all the changes and pandemic-relief programs available and make decisions most beneficial



that figured into the equation. And there are still potential changes and wrinkles in a very fluid tax and regulatory climate.

"What we had advised a lot of our business clients earlier was related to the PPP (Paycheck Protection Program coronavirus relief) loans and Economic Injury Disaster Loans, and the various other funds that were available out there for them. Now there are the new potential payroll tax deductions that may be implemented.

that the tough times aren't over.

"You know, for some of these, depending on their seasonality, it's going to be quite a challenge as we run into the wintertime here, and trying to get through to the next busy tourist season. It's going to be challenging, for sure. There's a lot between here and six months out. The election is going to play a big part in it. A vaccine, and the safety thereof, is going to play a big part."

Grady, CPA, PC has been laser-focused on helping clients implement strategies that preserve needed short- and medium-term cash flow. John is optimistic that more rhythms and ways of doing business will return. He sees things like remote working and virtual interfacing as necessary exigencies, but stresses that life and business need real world, face-to-face interaction and experiences to be truly vibrant and sustainable.

"I know even from our own perspective on things, it's all well and good to have folks working from home, and trying to do all of that. But it slows everything down. It's just not the same. It's not the same pace. Things don't get accomplished as fast, working that way."

John adds, "We're not first responders, but we do feel somewhat as if we've also been on the front lines. People have been impacted quite severely financially as well as in all the other ways. We are committed to our community, which is why we have always been willing to provide advice to even those who are not our clients, and offer a complimentary initial consultation. That's part of what we mean by being "Accountable." For more information, visit www.gradycpas.com or call John Grady at (845) 876-4911, Ext. 23 for a free consultation.

for their specific circumstances.

John acknowledges the uncertainty that the Covid-19 pandemic continues to exert. "It's hard giving any solid guidance on how this will affect next tax season. The original tax due date of April 15th was pushed out to July 15th in this past tax year, of course. That made the extended tax filing season, which is normally a six month period from April 15th to October 15th, that much shorter. So, it compressed things down.

"Normally we'd be working a lot of hours during the late winter, when it's cold and dreary out, with snowing and ice. But this season's been much different in that regard."

John admits it was a little surreal having clients show up around July 4th, with tax documents in tow, hoping they could get their taxes done by a filing date in the middle of summer. But the season included a lot more than just a filing date change. There were individual and business-related pandemic relief initiatives

"Also now, we're into the phase of trying to help clients apply for and qualify for forgiveness of their PPP loans, and additionally, just trying to help them structure things differently with the cash flow that they do have, weather the storm, and get through to the other side."

Helping Clients Plan and Position for the Future

It's hard to overstate the impact of restrictions, event cancellations and disruptions that have hit small and medium-sized businesses disproportionately. The Mid-Hudson Valley, renowned for its scenic beauty and unique attractions, has cultivated tourism as a strength, especially given the drawn-out decline of IBM in the region. But tourism, like everything else, has been tested by current realities and political decision-making.

Few have seen the story in as much detail in the financial data and ledgers of businesses, and in the diminished incomes of "non-essential" workers, as John Grady; and realistically, he understands



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During these challenging times, accounting firms have found themselves on the front lines, too, providing critical tax planning, advice and reassurance as individuals and businesses struggle with economic uncertainty.

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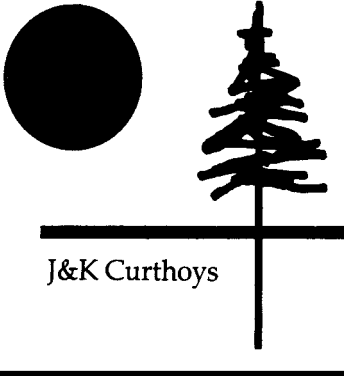


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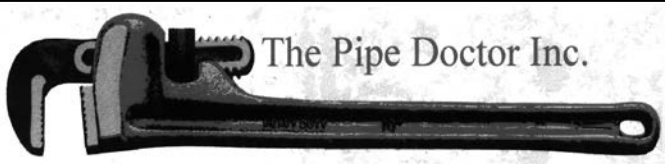
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Veterans Day



November 11, 2020



RD Bergan

Easy Buttermilk Mashed Sweetpotatoes

Side dishes are often the best part of a meal, and mashed potatoes are among the top contenders. Here's a very simple take on that old favorite with a modern twist—mashed California sweetpotatoes with buttermilk and fresh herbs. The buttermilk provides a hint of tang and the herbs add brightness, making this a versatile dish that offsets a heavy winter meal yet pairs perfectly with lighter springtime or summer fare. Plus, California sweetpotatoes are a nice change of pace from regular mashed potatoes—and with more fiber.

Easy-to-Make Buttermilk Mashed California Sweetpotatoes with Fresh Herbs

Serves 6 to 8

2 1/2 lb orange or yellow-white fleshed sweetpotatoes, or a combination, peeled and cut into 1-in chunks

4T butter

3/4c buttermilk (see note)

1T chopped fresh cilantro

1T chopped fresh dill

1T chopped fresh parsley

2tsp chopped fresh mint

1tsp salt, or more to taste

1tsp pepper, or more to taste

Place sweetpotatoes in large saucepan or small stockpot, cover with water by 1 inch, and bring to a boil over high heat. Reduce to a simmer; continue to cook until very tender, 6 to 8

minutes. Drain sweetpotatoes; return to saucepan. Add butter and mash. Add buttermilk, cilantro, dill, parsley, mint, salt and pepper. Add more salt and pepper to taste and serve. *Note: If you prefer, substitute plain yogurt, sour cream, milk, half and half or cream for the buttermilk.*

Learn More
For further facts, tips and recipes visit www.casweetpotatoes.com.

Editor's Note: This story can be useful to anyone and of particular interest to readers in the states of California, Arizona, Oregon, Washington, Nevada, Utah and Idaho.

Good Health Reset

A good health reset can happen any time of the year. It simply takes a commitment to making small, sustainable changes that add up to impactful, healthy habits. Dr. Samara Sterling with The Peanut Institute says it's best to begin by concentrating on the good habits you already follow. "Set yourself up for success by building on the healthy things you like to do," says Sterling. "For example, if you typically eat one serving of fruit a day, figure out a way to increase that to two servings." Over time, as you amp up your healthy habits, the detrimental ones tend to fade away more easily. As part of a good health reset, Dr. Sterling recommends incorporating more protein, especially plant-based

proteins, into a daily diet. "Proteins and healthy fats make you feel fuller for longer and can help eliminate the urge to snack and consume empty calories," explains Sterling. Peanuts are an example of a powerful plant protein. Just one serving of peanuts delivers seven grams of protein, 19 vitamins and minerals and heart-healthy fats. "Peanuts are categorized as a superfood because they're nutrient-dense and deliver superior health benefits in a very small serving," says Dr. Sterling. "If you combine superfoods, like kale and peanuts or quinoa and peanuts, you're really maximizing your nutritional intake." There's more good news because peanut butter also packs protein. "Research has shown that the consumption of small amounts of peanuts or peanut butter has been associated with a reduced risk of cancer, heart disease and diabetes," says Sterling. "It's easy to incorporate peanuts and peanut butter into breakfast, lunch or dinner."

Mediterranean Grain Medley with Peanuts

3 Tbsp. peanut oil

2 garlic cloves, minced

1/2 tsp. hot pepper flakes

1/2 red bell pepper, diced

1 yellow squash, diced

8 oz. snap peas

2 cups beluga lentils or brown lentils, pre-cooked

1 cup jasmine rice, pre-cooked

2-inch piece of ginger, grated

1 cup peanuts, plain, roasted

1 bunch green onions, chopped

Salt to taste

Lime juice to taste

Cilantro as garnish

Heat a sauté pan and add peanut oil. Add garlic and pepper flakes, cook for 30 seconds. Add bell pepper and squash, sauté for 3-4 minutes. Add snap peas, cook for an additional minute. Add lentils, rice, ginger, lime juice and salt, mix well. Heat the grains for 1 minute then toss in the peanuts and green onions. Serve warm, enjoy! For more delicious and healthy recipes, visit peanutinstitute.com.

Start Your Day Right With A California Sweetpotato Breakfast Bowl

When you're looking for a healthy, tasty way to jumpstart your day, try this breakfast bowl. In addition to the usual fruits and nuts, it features a secret ingredient: California sweetpotatoes. With more than 80 nutrients, sweetpotatoes are high in vitamin B6, vitamin A, carotene and potassium. Plus, sweetpotatoes are rich in antioxidants and a great source of manganese and dietary fiber.

Easy Sweetpotato, Apple and Cinnamon Breakfast Bowl

Serves 2

1 small or 1/2 large apple, shredded

1 c shredded sweetpotatoes

2/3 c old-fashioned oats

1/2 tsp cinnamon

1/4 tsp salt

2 Tbsp chopped nuts, such as

walnuts, pecans, or almonds

Milk or milk alternative, for serving

Sweetener, such as honey, maple syrup, or agave, for serving

Set aside about 2 Tbsp apple.

In a medium saucepan over medium heat, combine remaining apple, sweetpotatoes, oats, cinnamon, salt and 1 1/2 cups water. Bring to a boil, reduce to a simmer and cook, stirring occasionally, until done, 5 to 10 minutes depending on brand. (Alternatively, combine ingredients in a large microwavable bowl and microwave on high 2 to 3 minutes, depending on brand.) Divide mixture between two bowls. Top with nuts and reserved apple. Serve with milk and sweetener alongside.

Note: If you have some cooked

grains on hand—quinoa, farro or barley, for example—toss in up to 1/2 cup during the last few minutes of cooking. You can also add chopped dried fruit, coconut or both. For more recipes and information, visit www.casweetpotatoes.com.

November

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Lincoln's Lemon Custard Pie



Lemon custard pie was one of Honest Abe's favorites. His first taste of it came from Nancy Breedlove, the owner of a hotel he frequently stayed at. He loved her lemon custard pie so much, he asked her to share the recipe. Our version may not be exactly the one that's been used at the White House for years since, but it's still amazing!

What You'll Need

- 1 refrigerated pie crust (from a 15-ounce package)
- 1 1/2 cups plus 6 tablespoons sugar, divided
- 6 tablespoons cornstarch
- 1/4 teaspoon salt
- 1/2 cup fresh lemon juice
- 1/2 cup water
- 4 eggs, separated
- 1 1/2 cups boiling water
- 2 tablespoons butter
- 1 teaspoon lemon zest
- 1/4 teaspoon cream of tartar

What to Do

Place pie crust in a 9-inch pie plate, pressing crust firmly into plate, then flute edges. Bake according to package directions.

Meanwhile, in a medium saucepan, combine 1-1/2 cups sugar, the cornstarch and salt; mix well. Whisk in lemon juice and water until combined. Whisk in egg yolks. Add boiling water and butter and bring to a boil over medium heat, stirring constantly. Boil 1 minute, then remove from heat and stir in lemon zest. Pour into pie crust.

Preheat oven to 350 degrees F. In a medium bowl, with an electric mixer, beat egg whites with cream of tartar until soft peaks form. Add remaining 6 tablespoons sugar and continue beating until stiff peaks form. Spread meringue over pie filling, sealing to edges of crust. Bake 12 to 15 minutes, or until golden. Let cool 6 hours, then slice and serve. Store leftovers in refrigerator.

God's Corner

Give Thanks Give thanks in all circumstances 1 Thessalonians 5:18

By Naomi Fata
President of Christian Resource Ministry Inc. (CRM) www.christianresourceministry.com
With thanksgiving right around this corner, we look for the familiar traditions that have been carried out year after year. In 2020 with a pandemic still running its course this year will be different because this year we have learned that life as usual can come to a screeching halt. Perhaps it feels harsh or perhaps we are all getting used to the change. This year we have faced loss of life and loss of lifestyle, bringing emotions of anger and grief. Yet, look at the exhortation of the Apostle Paul to give thanks in all circumstances. Paul was in jail, writing letters to the churches. Instead of complaining about his situation and begging God for release, Paul gave thanks and turned his attention towards encouraging others. There is an old hymn entitled It is Well with my Soul by Horatio Spafford. Spafford penned the words after the death of all five of his children, and great financial loss. Even in his heartbreak he was able to find peace, that is found only in Christ. He wrote "whatever my lot, Thou hast taught me to say, It is well, it is well with my soul."

As the season of Thanksgiving is upon us, even with the uncertainty of the world as forefront in your mind, can you also turn your gaze towards Christ and say like Spafford, "It is well, with my soul.?" This type of peace is supernatural. It doesn't come from within, instead is a gift that God gives. Peace comes as a result of a thankful heart.

Thankfulness is a choice, that does not need to be focused on our external surroundings. Since the pandemic I have seen more families together than ever before. 2020 has brought pain and hardship, but it has also brought blessing. We have been forced to rest from our busy lifestyles, filled with events and activities. It has made us search for creative ways to stay connected with the people who matter most to us. And I pray that it has also caused you to seek Your Heavenly Father, who holds this world in His hands.

THE JOY AND BLESSINGS OF THANKSGIVING!

"Make a joyful noise unto the LORD all ye lands. Serve the LORD with gladness: come before his presence with singing. Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his

name. For the LORD is good; and his mercy is everlasting; and his truth endureth to all generations" (Psalm 100:1-5).

Psalm 100 is known as the "Old One Hundredth." This year we celebrate Thanksgiving on Thursday, November 26. While one day is set aside each year for Thanksgiving for the Believer every day is a Thanksgiving Day. We have so much to give Thanks to God for in our own personal lives and in our Families. We read Psalm 100 on Thanksgiving Day at our Dinner Table. It is a favorite Psalm of mine and always speaks to my Heart about the Joy and Blessings of Thanksgiving!

This year has been a very difficult year for us with the Coronavirus and all the unrest in the Country, as well as all the different things we each face in our own personal lives. It is easy to focus on all the negative things, but it is imperative that we let the Truth of God's Word and the Ministry of the Holy Spirit in our lives draw our attention to the LORD and the Blessings we receive from Him every day. We need to trust and rest in His Sovereign Grace and His everlasting love for us. When we do then our lives will result in giving Thanks to God for His Presence as He watches over us and provides for the needs that we have in our lives! "He that spare not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?" (Romans 8:32).

The Joy and Blessings of Thanksgiving is so much needed by all of us. If you take time to give Thanks to the LORD you will realize how much He has blessed your life and you will praise Him with a grateful Heart. "In everything give thanks: for this is the will of God in Christ Jesus concerning you" (1 Thessalonians 5:18).

The greatest thing we can give thanks to God for is the wonderful Gift of Salvation that we have in

His Son, the Lord Jesus Christ. I trust that you have believed on and received the Jesus as your Personal Savior and Lord. If you haven't trusted Him, I encourage you to do so now! "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16). "Thank be unto God for his unspeakable gift" (2 Corinthians 9:15).

If you would like to know more about being a Christian and/or about the Joy and Blessings of Thanksgiving, contact us by Email at cdfeirone@aol.com or by Phone at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is located at the intersection of Route 9 and Route 9G, 1/4 Mile North on Route 9 in Rhinebeck, N.Y. Pastor Frank L. Cirone

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Would the person who left 8 grave stones at Gallatin Church please call 518-398-9464 to let us know about them.

News For Noses

Nasal congestion is nothing to sneeze at. It affects roughly 20 percent of the population and is associated with reduced quality of life, difficulty sleeping, reduced daytime performance, and increased need for healthcare. In addition to the physical misery, it is estimated the annual financial impact of chronic congestion is more than \$5 to \$10 billion. Fortunately, scientists are coming up with new and better ways to deal with the problem.

New Device

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Continued on page 23

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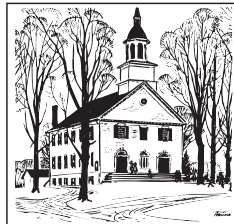
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Part II: The Realities of The COVID Vaccine

by Charlotte Michos, RN, MS, CNS, CLNC

Last month was Part I of this topic. As an overview, I started with the ending: If the full regulatory licensing process is carried out (even with Operation Warp Speed in place), a COVID-19 vaccine will likely be available for distribution well into 2021. But the vaccine will not be a magic bullet that will put an end to wearing masks and practicing physical distancing. These practices will have to continue, and it will take until 2022 before we see some “normalcy” again. Recovery from a world-wide pandemic takes time; here’s why. In the previous column, I addressed general information about how vaccines work to build antibodies against a disease – thus it is not a cure, but a form of prevention. I also reviewed the phases of vaccine development and the challenges with the COVID-19 vaccine being that this corona virus was found in bats and crossed over to humans, making it an atypical infection for humans. I also explained why vaccine development cannot be done hastily – much of which scientists have no control over because it simply takes time for the virus to activate in the body and for the immune system to respond. Finally, the research is in progress and changing almost daily, so things have already changed since this article was written (I keep my articles archived on my website if you missed Part I: www.besthealthconsultant.com). One of my sources was an excellent interviewee, who addressed the COVID vaccine. His credentials are impressive: Paul A. Offit, MD, is the director of the Vaccine Education Center at Children’s Hospital of Philadelphia (CHOP), and he serves as the *Maurice R. Hilleman Professor of Vaccinology at the Perelman School of Medicine at the University of Pennsylvania. An internationally recognized expert in virology and immunology, he has published more than 150 papers in medical

and scientific journals. *Maurice R. Hillman is considered the “father of modern vaccines” and is credited with saving more lives than any other medical scientist of the 20th century (https://www.medscape.com/viewarticle/936937?src=mkmcovid_update_200910_msc_pedit_uac=64796DZ&impID=2558382&faf=1#vp_8). Part II: Could we see a vaccine come out at an earlier date? Yes, if the office of the presidency and its administration approve an Emergency Use Authorization (EUA) for a vaccine. The federal government could choose to push to truncate the studies prior to the completion of a phase 3 trial and pull out a vaccine for use. But even if this occurred, submitting data does not signify that the vaccine will be ready for distribution, nor does it mean Americans will be immediately inoculated (<https://www.sciencemag.org/news/2020/08/here-s-how-us-could-release-covid-19-vaccine-election-and-why-scares-some>). EUA would be risky and highly unlikely. Why? 1.) The American public is already skittish about the way the federal government has mismanaged COVID-19. Many would likely decline the vaccine and this would end in the failure of curtailing this corona virus infection. The domino effect would be a further delay in getting our nation, especially our economy, into recovery mode. 2.) The use of EUA already has two strikes against it with the approval of hydroxychloroquine and convalescent plasma. Both failed, and the current administration would have a big 3rd strike if a vaccine for the whole nation failed because it was pushed out a few months to a half year too early. 3.) The company, who develops the vaccine, is ultimately liable for this EUA decision. We already have Operation Warp Speed in place; adding another layer of speed would pile on the risks. It will mean the company’s reputation is on the line. The company would be taking a big risk to push out a vaccine – to an entire nation – that is unsafe or ineffective. “Many of these companies have other vaccines, international portfolios of vaccines, and that would tarnish all of them” (https://www.medscape.com/viewarticle/936937?src=mkmcovid_update_200910_msc_pedit_uac=64796DZ&impID=2558382&faf=1#vp_8). Who Develops Vaccines? Vaccines have traditionally been researched and developed by pharmaceutical companies

(Pfizer, Merck & Co, Johnson & Johnson, Clover). However, many pharmaceuticals started getting out of the vaccine research business because it was so expensive and not profitable. Now with COVID-19, pharmaceutical companies have jumped back into the research arena. The financial gain will be enormous. In addition to universities, biotech companies (BioNTech, CureVac and Moderna) and research labs doing vaccine research, these companies are also working in conjunction with each other. For example BioNTech and Pfizer are working together; AstroZeneca is working with Oxford; and Alexion and Lilly are working with the NIH Cambridge Biomedical Research Centre and the Cambridge Clinical Trials (<https://www.cnn.com/2020/03/17/hopes-of-a-coronavirus-vaccine-mount-as-three-key-biotech-players-make-progress.html>). Who Approves Vaccines? After clinical trials are completed and before vaccines are produced and distributed, the data goes through the following approval boards:

1. Usually the Data Safety Monitoring Board (DSMB) evaluates the research data. This is multidisciplinary group, including people who are experienced with clinical trials, biostatisticians, bioethicists, immunologists, vaccinologists, and virologists. They review “blinded” data at all of the phase 3 clinical trials in order to move toward vaccine approval. This board can carry out a “stopping rule” of the research for either a problem with the study (deaths or severe adversities) or if the study is overwhelming pointing toward effectiveness. The DSMB is independent of the government and companies and members are not paid; they are academicians.

The manufacturer submits an application for licensing of the vaccine to the FDA (Food and Drug Administration). FDA files a biologics license application; the VRBPAC (Vaccine and Related Biological Products Advisory Committee) reviews the data at a public meeting, then votes on whether the vaccine should receive approval – a recommendation by the FDA normally follows (<https://abcnews.go.com/Health/vaccine-developers-hustle-meet-fda-data-requirements-submit/story?id=72886902>). Then the data is reviewed by the FDA Advisory Committee, which makes recommendations to the FDA Commissioner. The FDA Commissioner can honor the recommendation or override it. The FDA is an agency of the United States Department of Health and Human Services. The commissioner is appointed by the president of the United States and must be confirmed by the Senate. As part of the typical approval process, the inspection of the vaccine’s manufacturing

plants can often take 1 year (<https://www.sciencemag.org/news/2020/08/here-s-how-us-could-release-covid-19-vaccine-election-and-why-scares-some>).

What are Some of the Concerns for a COVID-19 Vaccine? Dr. Offit states: “I wish there was a little more humility from some of these companies. They’re always sort of pounding their chests as to how they’re going to have this vaccine. I think, just in the past day, the CEO of Pfizer said, ‘I think we can have a vaccine by the end of October.’ I’m sorry; are you on the Data Safety Monitoring Board (DSMB)?” (https://www.medscape.com/viewarticle/936937?src=mkmcovid_update_200910_msc_pedit_uac=64796DZ&impID=2558382&faf=1#vp_8). The U.S. will need at least 400 million initial doses, (or as many as 700 million depending on which vaccine candidate is approved). Worldwide, the demand is two billion. Kaiser Health News announced that the U.S. is experiencing a huge setback in the development of a vaccine because we are no longer a part of the World Health Organization (WHO). On a daily basis, participants in WHO share critical data including disease surveillance, research and emergency response and vaccine development ideas. Since our withdrawal in July 2020, we are missing out on all of this. Because we cannot wait years for the vaccine studies to be done, we will not be able to rule out rare side effects from the vaccine until after it is in use. As long as we stay on track with Operation Warp Speed and not be forced by the current administration to take on Emergency Use Authorization, we will at least know the common and uncommon side effects of the vaccine. The research studies are being carried out with mostly healthy, fairly young, Caucasian testing pools. This is because this virus adversely affects the greater-than-65-year-old population, certain minority groups, obese people and persons who are compromised with health issues. As a result, there will not be adequate data to substantiate these groups getting the vaccine. Yet, these are the people more likely to die from COVID-19.

There is hope:

- We have the technology and systems in place

to move vaccine development and production much faster than in the past; we just need to be smart and patient in order to carry it out in the most effectual manner.

- Once we know the characteristics of these vaccines, it’ll be much easier to try to explain what we know and what we don’t know. It is best to be honest and transparent about this to earn the public’s trust.
- Depending on who is in office, we could see the government actually offer the vaccine for free. That would be the ethical thing to do in my opinion, especially since the American public has already paid billions in tax dollars for vaccine research.

We have to accept that this vaccine is not the magic bullet to make it all go away. There are two ways to stop this virus: One is hygienic measures — face masks, physical distancing, and handwashing — and the other is the vaccine. Initially the COVID vaccine effect could actually increase the number of people who are asymptomatic carriers. There will be vulnerable populations who cannot be vaccinated right away. Thus, people have to have realistic expectations: We will still need to wear masks and practice physical distancing and handwashing. With hygienic measures and a vaccine, we will be able to bring this virus under control. That is – if Americans do care about each other and recognize that we are a community, dependent on each other for many things, including survival. And America cannot practice isolation when it comes to this virus; we are connected to the world.

Note: Medscape requires a login registration; it is free. 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.

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Corneal Ulcers in Dogs and Cats

Jessica Gelernter, DVM

It can happen so easily: a dog runs into a low-hanging tree branch while on a hike; a cat swats his housemate during playtime. Later, the squinting, redness, tearing, and rubbing of the face: these signs together are suspicious for potential damage to the cornea of the eye. The cornea is the transparent outer layer of the front of the eye, and serves to refract and transmit light, as well as to protect the inner structures of the eye.

If your pet is showing these signs, and you are worried about damage to the eye, it is best to schedule an appointment with your veterinarian in a timely manner. The vet will begin by visualizing the structures of the eye with the aid of an ophthalmoscope or other similar

instrument. Depending on the findings, the next step will most likely be a "corneal stain"; the vet will put a few drops of a fluorescein dye onto the surface of the eye. If there is a corneal ulcer, the dye will highlight it and provide the veterinarian with more information about its depth.

The majority of uncomplicated corneal ulcers heal quickly with the aid of ophthalmic antibiotic drops given three to four times daily. Pain can be managed with prescribed medication. If your pet is scratching or rubbing at their face, your vet may recommend an Elizabethan collar (or "cone") to prevent additional damage to the eye. For more complicated or chronic ulcers, or those that have surrounding inflammation of the cornea itself, there are additional therapies and procedures that can aid the healing process. It is not recommended to try to self-treat your pet's eye

without the guidance of a veterinarian, as several types of eye medications can do a corneal ulcer more harm than good.

During the treatment process, it is critical to monitor the eye closely. Depending on the type and chronicity of the ulcer, a veterinary recheck will be recommended two to seven days after the initial evaluation, and regularly thereafter until the eye is completely healed. It is also important to watch at home for such signs as acute increase in pain, discharge, or dramatic changes to the appearance of the eye, and to contact your veterinarian if any of these occur.

There are serious complications that can develop if the ulcer does not heal appropriately. One such possibility is known as a "melting" ulcer, which happens when the associated infection causes the cornea to soften and deteriorate. Another severe form of a corneal ulcer is a "descemetocoele". This type of ulcer is so deep that all that is left of the local cornea is one cell layer between the outside and the inside of the eye. As you may imagine, this causes the eye to be extremely fragile, and makes it very vulnerable to rupturing: this is considered to be an ocular emergency.

In addition to making sure that the ulcer heals appropriately, the veterinarian will also consider the underlying cause. Traumatic injuries as those described at the beginning of this article are most commonly to blame, but there are also certain ocular abnormalities, such as dry-eye or a hair growing in the wrong place along the eyelid, that can predispose to corneal damage.

If you are concerned that your pet may have a corneal ulcer, the safest approach is always to reach out to your veterinarian as soon as possible. This way, they can evaluate the eye and develop and discuss a plan for treatment and observation that will give your pet's eye the best chance of healing comfortably and completely.

KEEPING THE HOLIDAY SEASON FUN & SAFE FOR YOUR DOGS

Presented by Barbara Sweeney Fassett

And Bark Busters Home Dog Training Dutchess County

It is hard to believe but the holiday season is once again rapidly approaching and although this year's festivities are likely to look different than they did before the Covid19 pandemic, I would hope that many of us will still find a way to modify our celebrations to enable all of us to enjoy the holidays while remaining safe.

Good times with family and friends; decorations, parties, excitement and gifts are still likely to be abundant but we should remember that the holiday season can be stressful for our dogs that don't quite understand what is going on. While we humans try to get more done in the time we have, our dogs only see an upset to their normal routine,

trees growing in the living room and, in many homes, an unusual amount of kitchen activity that produces amazing aromas.

HOLIDAY FOODS

- While the array of food that comes from our kitchen are treats to be had by the human members of our households, they can be dangerous when consumed by our dogs; some even toxic. These include fatty or spicy foods, bread dough, fresh herbs, alcoholic beverages and sweets of all kind, especially those with chocolate or xylitol, an artificial sweetener.
- Particularly dangerous are cooked poultry bones. Cooked bones easily splinter, and the bone shards can cause choking or get stuck in your dog's gums. Instead, give "dog bones" specifically designed

for dogs to chew. Ask your veterinarian or trainer for suggestions.

- Discourage your dog from foraging in the garbage. Secure all trash cans. It's natural that you do want to share holiday treats with your dog. While a small taste of turkey or sweet potatoes can make your dog happy, don't over do it. Too much of a good thing can make him sick.

DECORATIONS ARE NOT PLAYTHINGS

- Keep your pets away from holiday plants, many of which are poisonous, such as holly, mistletoe, poinsettias and amaryllis.
- Snow globes can contain antifreeze, which is extremely toxic to dogs. Keep any antifreeze products away from your

Continued on page 23



Midnight is an adorable domestic short hair, black kitten, born May 8, 2020. Midnight loves to snuggle in her foster's arms for a brief moment to rest. Then she's back to playing with her sister, Stormy, who is also available for adoption. Midnight would love to go to a home that can lavish lots of love on her and her sister. When those big eyes look up at you, your heart will just melt. They are fully vetted: Will be Spayed; negative for Leukemia and Feline AIDS; vaccinations are up-to-date; dewormed. Complete the online application at www.pant.org under "Adoption Center." If you would like more information, you can send an email to info@PANT.org or call (845) 486-7075.



Midnight would love to go to a home that can lavish lots of love on her and her sister. When those big eyes look up at you, your heart will just melt. They are fully vetted: Will be Spayed; negative for Leukemia and Feline AIDS; vaccinations are up-to-date; dewormed. Complete the online application at www.pant.org under "Adoption Center." If you would like more information, you can send an email to info@PANT.org or call (845) 486-7075.

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Barkbusters from page 22

happy, tail-wagging dog. If there is an antifreeze spill, send your dog out of the room while you clean up the liquid. Dilute the spot with water and floor cleaner to ensure your dog does not lick the area later.

- Keep electrical wires and batteries out of your pet's reach. Chewing or biting anything electrical can cause shock or burns.
- Don't leave lighted candles unattended. A lit candle knocked over by a swinging tail can burn your pet or cause a fire.

CHRISTMAS TREES CAN BE HAZARDOUS

Anchor the tree to the ceiling or wall to prevent it from tipping over.

- Hang non-breakable ornaments near the bottom of the tree. Avoid putting tinsel on your tree. If ingested, tinsel can twist in your dog's intestines and be deadly.
- Don't let your dog drink Christmas tree water. The water may contain preservative chemicals, which can trigger severe indigestion in dogs. Stagnant clean water can breed bacteria and cause nausea or diarrhea to the pet which imbibes.
- Regularly sweep up fallen pine needles, as they can puncture holes in a dog's intestines if ingested.

HELP YOUR DOG FEEL SAFE AND RELAXED

- Most dogs get very excited when guests arrive. To help your dog be calmer, exercise him prior to the festivities. After 30 minutes of walking or playtime, your dog will likely be relaxed or want to nap.
- As a general rule, don't allow the family dog to greet unfamiliar guests since unusual activities and commotion can cause him extra stress.
- Give your dog a break from the hubbub by putting him in his crate or in a quiet room with his bed. Allow him to rejoin the festivities after guests have arrived. Don't put your dog outside, especially in cold temperatures, where you might forget about him.
- Pets stressed by unfamiliar events typically pant more, so keep your dog's water bowl filled with freshwater.

PETS LIKE PRESENTS TOO

- Help your dog stay busy and out of the holiday trimmings by giving him fun, safe gifts.
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A FINAL NOTE

Please, please, please don't give a pet as a surprise gift.

A cute puppy might seem like the perfect gift choice, but many of these holiday presents end up in animal shelters. Owning a dog takes a genuine commitment of time and responsibility, and adoptive owners must be ready to participate in training and other activities. If you are absolutely certain the recipient is **up to the challenge and wants the responsibility**, seriously consider giving a leash and a collar or, better yet, a gift certificate for Bark Busters training along with the note saying a dog of the recipient's choice will come with it. This helps ensure the lucky person gets just the right pet to bring into the family.

Caution and common sense in caring for your dog during the holidays will help ensure a safe and happy holiday season for all. And the results?

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relationship with the dog based on trust, respect and bonding. **Barbara Sweeney Fassett is the Owner of Bark Busters Home Dog Training, Dutchess County.** As such, she has done business in the mid-Hudson Valley **for the past 12+ years.** On the eastern side of the Hudson River, her territory includes all of Dutchess County and on the western side of the Hudson her territory extends from Saugerties on the north to Newburgh on the south and Kerhonkson on the west. For more information about Bark Busters, please visit our website at www.BarkBusters.com where you can take a free 20 question quiz to rate your dog's behavior. You can also contact Barbara directly by phone at **845-489-0764** and join in the fun by "liking" us on Facebook at <https://www.facebook.com/>

Helping People With Hearing Loss Connect

If you or someone you care about is among the 48 million Americans who experience hearing loss, here's some news for you. Access to communication is especially vital during national emergencies such as the COVID-19 pandemic, which has left many Americans isolated due to physical distancing. Fortunately, services such as Internet Protocol Captioned Telephone Service (IP CTS)

empower people to connect. **How It Works** IP CTS, also known as captioned telephone service, allows people with hearing loss to use their residual hearing and speak during a phone call and read captions on a telephone or mobile app when the other person responds. Speech recognition technology, along with skilled transcribers, are used to provide this live service. The Clear2Connect Coalition is a group of disability and veterans service organizations working together to preserve the quality of and access to captioned telephone service through advocacy and education, as well as meeting with Congress and the Federal Communications Commission. The coalition is committed to protecting the right, as described in the Americans with Disabilities Act, for Americans with hearing loss to communicate using a phone. **Learn More**

For further information, visit Clear2Connect.org.

News For Noses from page 20

treatments for nasal congestion and season allergies were drugs that must be regularly ingested in the form of nasal sprays (decongestants or steroids), pills (decongestants or antihistamines) or uncomfortable nasal irrigators. Each of these has its own side effects and risks. In addition, current

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Brookmeade Community Couple Celebrate 70th Wedding Anniversary



Jack and Betty Woods, Brookmeade Community Couple, celebrated their 70th wedding anniversary at Meadows at Brookmeade Community. They have both been at Brookmeade Community since 2018. For senior citizens in the skilled nursing facilities, the COVID-19 pandemic can be particularly tough as visitation was suspended at the start of the pandemic but that did not stop Brookmeade Community and the Woods families from participating in this joyous occasion. It is a great reason to celebrate when a couple is able to live and love long enough to celebrate their 70th wedding anniversary together. Jack, born in St. Albans, West Virginia, and Betty, born in Rhinebeck, NY, met in their early 20's and were married in 1950. Jack said "The way I proposed to Betty was one day I looked at her and said "let's get married" and we did! The Woods have been inseparable ever since. Together, the couple has 1 daughter, 3 sons, 8 grandchildren, 8 great grandchildren. When Jack is asked what the secret to such a long marriage he said "To

always say Yes Dear and to check on her always". When asked Betty she said "Just to love him and make sure his nearby". Big plans with family and friends, however, are hard to make in the autumn of the pandemic. On October 7th the Woods couples celebrated and were cheered on by their via Zoom. The Woods couple felt the incredible kindness and support as the celebrations were setup by Brookmeade staff and assisted by the

Woods family. Family members have expressed their appreciation and was very gracious for the help we were to make this



milestone special for them. "We want to celebrate and we want to recognize and say thank you to the Woods couple for this beautiful love story and for the staff for going above and beyond, showing compassion

and kindness to get our couple to celebrate with their loved ones" said Karen Zobel, CEO & Administrator "We proactively closed our doors early March prior to the mandated closing and our residents have been unable to receive visitors in person as a consequence of the



COVID-19 pandemic. With the assistance of Social Services and dedicated staff our residents have become accustomed to visiting their families and loved one through video chatting platforms and window visits. Our staff has conducted over 6,000 virtual and window visitations. **About The Brookmeade Community:** The Community at Brookmeade, located on 75 country acres just outside the Village of Rhinebeck, is a senior living retirement community serving the Hudson Valley and surrounding areas. Arbor Ridge offers independent living, The Terraces offers assisted living, and Meadows provides long term care, sub-acute rehabilitation, palliative care and Out-Patient Rehabilitation Services. Meadows Adult Day Healthcare Program, medical & social model, providing independence and wellness.

Resident of Arbor Ridge at Brookmeade Community in Rhinebeck turns

On October 27th, 2020 Ellen Steinhart, resident of Arbor Ridge at Brookmeade Community in Rhinebeck, NY, will be celebrating the 100th Anniversary of her Birth. Ellen Steinhart, who at 99 years old enjoys her daily exercise routine, writing and reading original poems and sharing laughs with her friends. We are excited to have New York State Senator Sue Serino and Executive Director of Rhinebeck

Area Chamber of Commerce Carolyn Bernitt share in the honor of celebrating Ellen Steinhart and sharing proclamations from the Senator Serino's office, Dutchess County Executive Molinaro's office, and proclamation from Queen Elizabeth as well as special treats from local Rhinebeck businesses by the Chamber. Ellen Steinhart has demonstrated continued fortitude throughout her life and has always come out ahead of her struggles with humility and grace. She has shown an unwavering commitment to others even in the face of adversity, and her expressed gratitude and appreciation for each day lived has inspired many. Steinhart is an Arbor Ridge pioneer; she moved into Brookmeade's independent living senior residence just 3 days after its opening in 2008. Every year, for the anniversary of our opening, she honors us with an original poem to read at our celebration. Steinhart is a woman of true appreciation, always looking through the glass half full. At 99, she lights up the room with her gentle soul and positive outlook. She never misses a chance to attend a concert, participate in our exercise programs and swim in our pool. Ellen Steinhart was born in Berlin, Germany in 1920. Steinhart overcame, with strength and courage—and some help from family friends who helped her and her mother to emigrate to England—Nazi Germany, her escape and then refuge in England, and emigration to

Canada and the United States. Still, she never gave up, always striving to be the best, working hard to overcome school challenges, and successfully earning degrees and working as a nanny, nurse and midwife. Steinhart will tell you her life was enriched as she became a wife, mother, grandmother and great-grandmother to 14. If you acknowledge Steinhart's strength and resilience she will credit her Jewish upbringing and strong commitment to her faith. She states, "I wake every morning and pray, thankful to be alive." We are thankful too; she is a true heroine to admire. The Community at Brookmeade (www.brookmeadecommunity.org), located on 75 country acres just outside the Village of Rhinebeck, is a senior living retirement community serving the Hudson Valley and surrounding areas. The Community is comprised of three entities: Arbor Ridge, offering independent living, The Terraces, offering assisted living, and Meadows, formerly known as The Baptist Home, which provides long term care, sub-acute rehabilitation, palliative care and Out-Patient Rehabilitation Services. Coming soon The Pavilion that will be providing a medical model Adult Day Health Care Program. **For more information contact:** Contact Name: Brian Zeidan Title, Position ADHC Director Center/Company The Brookmeade Community Email: BZeidan@brookmeadecommunity.org Phone 845-876-2071 x138



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Thursdays
12:00pm
The Homestead's expert staff offers a guided exploration of our collection – join us on Instagram Live for short curatorial talks. This month's programs include:
November 5 – Staff Favorites
November 12 – Objects from the Kitchen
November 19 – John Jay's Office
November 26 – Holiday Season
Visit our website for lots of digital content!
Virtual tour of John Jay's Bedford House
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Women Voted Here-Before
Columbus Sally Roesch Wagner
Sunday November 8
2 PM Facebook Live

In celebration of the 100 anniversary of the women's suffrage movement we are excited to welcome Dr. Sally Roesch Wagner for a special ONLINE LECTURE! Imagine that women have the right to choose all political representatives, removing from office anyone who doesn't make wise decisions for the future. When women in New York State began to organize for their rights in 1848, they took their cue from the nearby Haudenosaunee communities, where women lived in the world that non-native women dreamed. In celebration of the 100 anniversary of the women's suffrage movement we are excited to welcome Dr. Sally Roesch Wagner to Clermont! Feminist pioneer Dr. Sally Roesch Wagner is a nationally recognized lecturer, author and storyteller of women's rights history. We are proud to announce that this lecture is funded by a Humanities NY grant. To learn more about their work, visit www.humanitiesny.org.
FREE. Registration is required.
The Livingstons and Their Community in the Revolutionary War
Sunday November 15, Sunday November 29
2:00 pm
Join one of Clermont's interpreters for a walk-and-talk tour of Clermont's grounds. The tour will discuss the important role Clermont and the Livingston family played during the American Revolution, culminating in the British army assault on Clermont in 1777. Hear stories of the residents of the manor—the Livingston family, the enslaved people, local Palatine tenants and free holders. Comfortable shoes are suggested. There is no charge to attend the program, but visitors must register in advance on Eventbrite. Attendance will be limited to aid in social distancing. This event is FREE. PLEASE NOTE : Clermont follows all NYS Department of Health guidelines for safety during the COVID 19 pandemic. Masks and social distancing will be required of all tour participants until these guidelines are lifted by New York State Parks.

Ed's Story—Everyone With ALS Counts

Amyotrophic lateral sclerosis (ALS) is a fatal neurological disease that attacks the nerve cells. It first gained national attention as Lou Gehrig's disease, named after the famous baseball player who was diagnosed with ALS in 1939. To date, the cause of ALS is unknown, and there is still no known cure. The disease strikes quickly, usually leading to death within 2–5 years of diagnosis. But every person with ALS has an individual story, and understanding these stories will help researchers ultimately piece together clues about the disease. Ed Tessaro was diagnosed with ALS in 2009. As he learned to cope with this diagnosis, he reflects, "I've never considered myself a victim of the disease, because I believe in my heart all of us have a wheelchair. In my case, it's quite literal, but with everything that goes on in my life, I realize that every family has had a crisis." One of the things that helps him and others with ALS is reaching out for community support and resources. "The ongoing struggle is to encourage newly diagnosed people to come in and talk about their condition. I want to help people learn about the National ALS Registry, clinical trials, and other resources that can provide support and hope." The National ALS Registry helps gather information from those who are living with this disease. Researchers from all around the world can access

the Registry data to help scientists learn more about what causes this disease. Everyone's story is different, and everyone's piece of the puzzle is essential. The Registry has found that more than 16,000 people with ALS live in the United States. It is important to include as many people as possible living with the disease to get the most accurate information. When patients join, it helps give researchers more information. This could lead to a better understanding of the causes of ALS, because learning more about the disease is one step further in the battle to defeat it. If you or someone you care about has ALS, consider learning more about the National ALS Registry by visiting: www.cdc.gov/als.

A Dozen Helpful Hints For Building Your Company

Now is an excellent time to start or grow a business. While this may seem surprising, there are several reasons and very simple ways to go about it. For one thing, consumer needs and desires are increasing—and so are their savings accounts. According to the U.S. Bureau of Economic Analysis, the personal savings rate is at an historic 33 percent. Once the country opens up, people will want to buy products and services they've been missing. Entrepreneurs can meet that need, suggests Nicole Rodrigues, founder and CEO of NRPR Group, an award-winning, exclusive public relations and marketing machine serving game changers and disruptors around

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7 Tips for Readyng Your Outdoor Power Equipment for Winter Storage

Prep Equipment for Season Changes, Save Time and Future Headaches

After your lawn gets its last cut before winter, it will be time to put away spring and summer outdoor power equipment, like lawn mowers, leaf blowers, and trimmers. What's next? Snow throwers, generators and other small engine equipment need to be readied for winter use. How and when you prepare your equipment for seasonal changes can save you time and money later, says the Outdoor Power Equipment Institute (OPEI). With record-breaking sales of outdoor power equipment, homeowners are spending more time during the COVID-19 pandemic working or renovating their family yards. This means more people are using outdoor power equipment, and OPEI reminds everyone the importance of proper outdoor power equipment storage, maintenance and safe handling. "During this very challenging pandemic, we've learned our outdoor spaces are more important than ever," says Kris Kiser, President and CEO of OPEI and the TurfMutt Foundation, which encourages outdoor learning experiences, stewardship of our green spaces, and care for all living landscapes. "Our yards, parks and schoolyards are our safe space for connecting with friends and family, acting as outdoor classrooms and offices. Green space also contributes to the health and wellbeing of people, pets and wildlife, and having the right outdoor power equipment to take care of it is key. But preparation is everything — understanding how to store equipment and get it serviced, how to operate it safely, and how to ready your space to use that equipment." He adds, "Always follow your manufacturer's guidelines, and remember to keep kids

and dogs away from operating equipment at all times." Here are a few tips from OPEI to ensure your lawn mower and other spring equipment will be available for use when warmer temperatures return, and snow throwers and other winter equipment will be ready for use when the snow falls.

- 1. Review owner's manuals.** Re-familiarize yourself with how to handle equipment safely. Lost manuals can be found online. Save a copy on your computer if possible, so it can be consulted when needed. Be familiar with your equipment, and all its features, including how to turn it off quickly and safely.
- 2. Service all equipment.** Before storing spring and summer equipment, clean and service it or take it to a small engine repair shop. Drain and change engine oil and safely dispose of the old oil. Service the air filter, and do other maintenance as directed by the owner's manual. Check winter equipment and see if any maintenance and repairs are required.
- 3. Handle fuel properly.** Unused fuel left in gas tanks over the winter can go stale and even damage equipment. Before storing equipment, add fuel stabilizer to the gas tank, then run the equipment to distribute it. Turn the engine off, allow the machine to cool, then restart and run until the gas tank is empty. For winter equipment, buy the recommended type of fuel no more than 30 days before use. Use fuel with no more than 10% ethanol in outdoor power equipment. Use a fuel stabilizer if recommended by the manufacturer. Get more information on safe fueling for outdoor power equipment at LookBeforeYouPump.com.
- 4. Charge the battery.** Remove and fully charge batteries before storing. Don't store batteries on metal shelves or allow them to touch metal objects. Store them on a plastic or wood shelf in a climate-controlled structure.
- 5. Shelter equipment from winter weather.** Store spring and summer equipment in a clean and dry place such as a garage, barn

or shed. Winter equipment should be kept away from the elements, but be easily available for use.

- 6. Prepare, prepare, prepare.** Make space in the garage or basement before the weather changes, so there is room to store larger yard items. Clean up the yard of sticks, debris, dog and kid's toys and other items that can damage or destroy equipment. Clear the paths used regularly in your yard, especially during the winter when snow can "hide" things.
- 7. Have the right weather appropriate extension cord for your generator.** Keep heavy duty weather proof extension cords on hand to use with it. Ensure the length of the cord is necessary to operate the generator a safe distance from the house or building. Never operate a generator indoors, in a garage, breezeway or under an open window.

You Can Help Fight Lyme Disease

As the summer months wind down, many will continue to flock outdoors and enjoy outdoor activities like hiking, camping, and fishing. What you may not realize is that despite the weather cooling off, ticks are still very prevalent outdoors. It is important to check for ticks after spending time in the grass or garden, as ticks can transmit a bacterial infection known as Lyme disease.

The Disease
A bull's-eye rash is one of the hallmarks of Lyme disease, but other symptoms can be non-specific and even overlap with symptoms of COVID-19. These include body aches, fever, breathlessness, eye pain, diarrhea, chest tightness, headache, fatigue or joint pain. According to the Global Lyme Alliance, there are approximately 427,000 new cases of Lyme disease in the United States every year. However, Lyme

disease is often missed—or misdiagnosed—due to unreliable testing. In fact, only 30% of people with early Lyme infections have a positive test result with existing tests because the disease is difficult to detect in its earliest stages, even though this is when it is easiest to treat. If you suspect you have Lyme disease or have been recently diagnosed, you can be part of the solution to improve detection of the disease in others.

How You Can Get Involved
If you've recently been infected with Lyme disease, your immune system can provide important information about how to detect and treat the disease that current tests cannot. To help advance new tests for Lyme disease, Adaptive Biotechnologies has launched the ImmuneSense Lyme study to better understand our body's immune response. You may be eligible to participate in the study if you have signs and symptoms of Lyme disease, or were recently diagnosed and have not taken antibiotics for more than three days. To participate, you can visit a participating doctor to have your blood sample collected or schedule an at-home visit compliant with social distancing guidelines.

Why Your Participation Matters
If left untreated, Lyme disease can become a serious illness for many people, but if caught early, it can typically be treated with antibiotics and long-term complications can be avoided. Early detection is key for early treatment and now there is an opportunity to help bring about new detection methods for this serious and often overlooked disease.

Learn More
Visit www.immunesensestudy.com to learn more about the study, and how you can be a part

of the solution for better testing.

Editor's Note: This article can be of interest to anyone but is of particular use to those living in Rhode Island, Pennsylvania, Maryland, Washington, D.C., New York, Virginia, New Hampshire, Massachusetts.

A Dozen Helpful from page 26

the world. She suggests 12 ways to start and build a company:

How to Entrepreneur

- 1. Conduct market research.** This will tell you if there's an opportunity to turn your idea into a successful business. Gather information about potential customers and about businesses already operating in your area.
- 2. Write your business vision.** You don't need a full plan. You need a clear vision to guide your road map for how to structure, run, and grow your new business.
- 3. Fund your business.** Figure out how much money you'll need to start your business and how to either self-fund, raise or borrow the capital. Be sure you have a separate bank account for your business, to keep personal expenses out so there's no confusion.
- 4. Pick a location.** Whether you're setting up a brick-and-mortar business or launching an online store, the choice could affect your reputation, audience, taxes, legal requirements and revenue.
- 5. Choose your business name.** You'll want one that reflects your brand and captures your spirit. You'll also want to make sure it isn't already being used by someone else.
- 6. Be smart about staffing.** Do you need a team yet? Your team needs to align in both skills and attitude with your overall vision. When people

Continued on page 28

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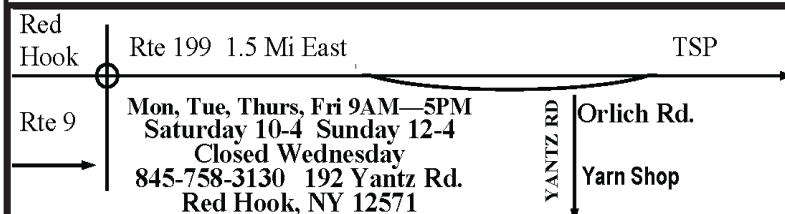
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Mutt Mulligan, TurfMutt Spokesdog, Celebrates Adoptaversary, Her First Year Wearing The Superhero Cape

Outdoor learning experiences, stewardship of green spaces, and care for all living landscapes, is the aim of the TurfMutt Foundation, now celebrating the one-year “adoptaversary” of its new spokesdog, Mutt Mulligan (a.k.a. Mo-Mo). Mo-Mo is a mixed breed pup who was adopted by Kris Kiser, the TurfMutt Foundation’s President and President & CEO of the Outdoor Power Equipment Institute (OPEI), at the 2019 Lucky’s Mutt Madness adoption event at GIE+EXPO, the national landscape, outdoor living and equipment exposition. “Mulligan has had quite a year growing into the paw prints left behind by the original TurfMutt, my rescue dog, Lucky,” says Kiser. “The Foundation’s work has been important, even more so today. People are starting to realize what the TurfMutt platform has been saying for the past 10 years—your family yard, parks and schoolyards are safe spaces to de-stress and to reconnect with family, friends and nature.” In addition to the typical puppy training, Mulligan has also learned how to take on her duties as a backyard superhero. Here’s what she’s up to:

1. Getting to Know Her Backyard: A dog’s favorite

“room” is the family yard, and Mo-Mo is no exception. She loves exploring her living landscape. As TurfMutt the superhero, she encourages everyone to realize that nature starts in your own backyard and community parks. Having green space accessible is part of a balanced, healthy life.

2. Sharing with Backyard Wildlife: TurfMutt advocates the family yard as an important part of the local ecosystem, offering food and habitat for all kinds of backyard wildlife, insects and pollinators. Mo-Mo has had to learn to share her outdoor space with deer, foxes, birds, butterflies and bees, and encourages everyone to do the same.

3. Reminding Humans to Spend Time Outdoors: One of the top tasks for TurfMutt’s top dog is urging people to get outside, work in their living landscapes and enjoy the benefits of being in nature, starting in the safe space of our own backyards. Mowing the lawn, trimming bushes, playing fetch with the dog, planting a butterfly bush, or playing a game of tag with the kids are all ways to tap into the health and well-being the family yard can provide. Reducing stress, improving memory, boosting heart health, and more are just a few of the benefits received when spending time outdoors.

4. Putting the Right Plant in the Right Place: Throughout the year, Mulligan has been busy “helping” Kiser take care of the family yard. (She likes to dig holes.) As TurfMutt’s spokesdog she advocates selecting plants

that are native to local climate zones, which is good for the environment and will ensure the plants thrive. (For more information refer to the USDA’s Plant Hardiness Zone Map.)

5. Sharing Resources for Families Stuck at Home: During these turbulent times, Mo-Mo reminds families about the TurfMutt resources available to them. The TurfMutt Foundation, with the help of educational leader Scholastic, offers free, online activities, e-books, and games and STEM-based lesson plans, to teach kids in grades K to 8 basic science as well as get them outside.

6. Encouraging Families to Foster or Rescue a Pet in Need: Mo-Mo also is “pawing forward” her good luck in being adopted by encouraging families to consider fostering or rescuing a pet in need. Meanwhile, she has been a big help to Kiser and the other TurfMutt Foundation team members as they navigate this stressful time. According to a U.K. study, people who had relationships with pets had better physical and mental well-being during the lockdown period.

Learn More
To learn more about the TurfMutt Foundation, visit www.TurfMutt.com.

Seven Tips For Buying A New Mattress

A mattress is one of the most important purchases you’ll ever make—after all, you spend approximately a third of your life in bed. Although the number of choices can feel overwhelming, you don’t have to lose sleep over it if you heed these hints:

1. Size matters. If you’re sharing a bed, you should buy at least a queen-size mattress. A healthy person moves 40 to 60 times a night and makes lots of full-body turns. For sound sleep, you need freedom of motion.

2. Test-drive different models. Wear comfortable clothes and shoes you can easily slip off so you can lie down. Compare a variety of support levels and styles within your budget.

3. Look under the hood. Ask the salesperson to show you illustrated or actual “cutaways” of the interior of the different mattresses and foundations. The mechanics of innersprings and foams vary widely, which

can greatly affect comfort.

4. Use a reputable dealer. Furniture stores, department stores and sleep specialty shops all sell mattresses. Ask friends and family for referrals. If you don’t feel your salesperson is knowledgeable or helpful, take your business elsewhere.

5. Buying online? If you choose to buy a mattress online, you won’t have the chance to try it out, so read the reviews, carefully check return and shipping policies—and be certain there’s customer support should a problem arise.

6. Go for the best value, not the lowest price. To ensure long-term performance, buy the highest-quality sleep set you can afford. View it as a 7- to 10-year investment in your health and well-being.

7. Be sure it contains certified foam. A key consideration is that the flexible polyurethane foam in the mattress meets standards set by CertiPUR-US—a certification program administered by a not-for-profit organization—for content, emissions and durability. This internationally recognized foam certification program was established to combat substandard imported foams, some of which contained substances banned in the U.S. or listed by environmental and regulatory groups as containing chemicals that may cause cancer or genetic defects or damage fertility. The foam used in pillows and upholstered furniture can be certified, too.

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Learn More
For further facts and tips and a list of participating companies, visit www.certiPUR.us.

A Dozen Helpful from page 26

know they’ll get great service, it increases your chances of getting word-of-mouth advertising.

7. Tap into useful tools. For example, e-mail marketing has now become one of the best ways to connect with clients and prospective customers. Businesses use e-mails to continually engage with their target audience and convert them into paying customers. It’s a cost-effective approach to reach a wide range of consumers who regularly check out your content.

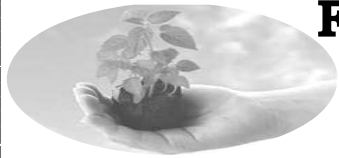
8. Look for low cost or even free resources. For instance, it costs nothing to post your information and pictures on Instagram, Pinterest, Twitter, LinkedIn and Facebook. Start accounts and slowly add relevant content for free to help build an organic following.

9. Turn to Earned Media and PR. Learn who covers your competitors and businesses in your community and get in front of them so they cover you regularly. Share earned media coverage on social media to save money and impress your audiences. Don’t be afraid to show off that great coverage. It’s impressive to prospective customers.

10. Remember: Perception is important. Think about how your website or storefront looks. Have great looking marketing materials and case studies on your site.

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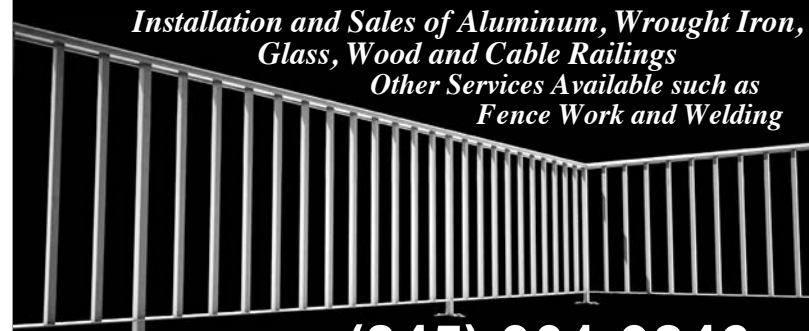
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NEW CONSTRUCTION - walking distance to village. A wonderful top quality 4 BR, 4 bath, 4500 foot cape on 23 wooded acres. All finishes are top quality, home is handcrafted with top quality cabinetry and tile baths. Ample room for a pool and garage is over sized. Private setting puts you in a world of your own. **\$1,375,000.**



RED HOOK
Exceptional log home on 7.5 pastoral acres. 3 BR, 3 bath, 2400 SF, vaulted ceiling, wood flrs and stone FPL in great room. Wonderful hickory kitchen cabinets, granite counters. Upstairs loft area. Large back porch overlooks breathtaking back yard and small pond. 3 car detached garage/studio and large machinery shed. **EXTREME PRIVACY & QUIET.** A one of a kind property. Offered at **\$775,000.** None nicer.



NORTON ROAD LOT #6, RED HOOK
7 PINES FARM SUBDIVISON-LOT#6 - A SPECIAL PROPERTY OFFERING 39 PRIVATE ACRES WITH view vista on top of driveway with cleared house site. No nicer proerty available in Red Hook. Privacy plus and driveway is roughed in and house site cleared. Board of health approved. Subdivision is a conservation subdivision that gives much protection to buyer. **\$335,000.**



WILLIAMS (2 LOTS) RD, RED HOOK
23 ACRES - Two beautiful adjacent lots, offered as one piece. Lovely wooded parcel 2 lots being offered as 1, quiet country location and forest is nice. Surrounding homes are lovely, great potential. Surveyor just flagged the lines. **\$250,000.**



Historic Clermont
4000 SF, 2 family, 5 BR, 4 bath Grand Estate Home. First time on market in 50 years. A grand home with all of the original detail retained. Currently used as multi family, but could easily be restored to its former statue on 3.7 acres. Also has an in-ground pool and unattached barn/studio. Set back from road gives the home an estate like feel. A must see home offered at **\$699,000.**



COUNTY ROAD 19, LIVINGSTON
Green Pastures Farm, 196 acres, privacy plus about 80 acres is cleared and in agriculture. Stream goes through property and there is a nice pond also. Soil is sand and gravel. Soil is well drained, great for crops or animals. Property is subdivable and in a nice quiet area, yet only 10 minutes or so from town. This is a gem of a property and it is getting hard to find this large a parcel in one piece. Call Tom for a look. The Western portion has wonderful **CATSKILL VIEWS. \$1,799,000**

I HAVE SEVERAL 1 ROOM COMMERCIAL OFFICE AND MANY OTHERS UP TO 1900 SQ FT - RHINEBECK & RED HOOK. CALL TOM FOR DETAILS



KINGSTON
Unique waterfront 6 BR home boasts your own private swimming hole w/gorgeous waterfalls, where you feel like you are on vacation in your own backyard located in the pristine Catskill park. This immaculate home features a master suite on each floor & has 2 additional full baths. Significant upgrades. Beautiful open concept, great for large family. The entertainment extends to an expansive Trex Deck w/cable railings, Gazebo & large patio. Whole house automatic generator ensures uninterrupted comfort. Extra large 2 car heated garage is perfect for workshop or personal gym. Great potential for other/daughter or Bed & Breakfast. Conveniently located 6 min from both NYS Thruway & historic woodstock. Mins from bridge.



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



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



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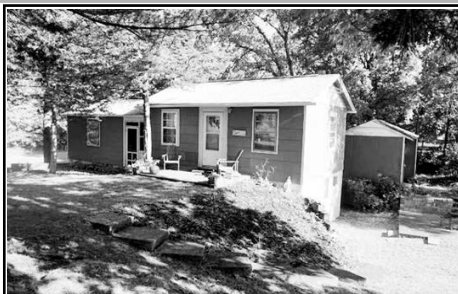
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Red Hook, NY 12571
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(845) 758-5555

www.mondello.com



Pine Plains: Clean As A Whistle! 3 BR/1.5 bath Ranch has been well maintained & loved by same owner for many years. It features a large LR, Galley Kit w DA plus a Sun/FR to relax in & watch the birds in the back yard. The FB allows for more square footage & separate det GAR. Semi Pvt yard w plenty of room for play. Set back on a quiet street within short walk to schools & town. **\$275,000**



Livingston: Country charmer w lake rights! Not your average one story Ranch. MBR suite w/garden tub & shower, plus 2 other BR's & FB. Open concept LR, DR, lovely Kit w/white cabinetry & stainless steel appliances. Vaulted ceilings, glistening cherry flooring, upgrades throughout. Finished WO lower level makes huge rec/media room w/add'l space for extra Bth. 5 minutes to lake front park, great weekender, first time or retiree. **\$249,900**



Tivoli: Privately set down meandering driveway this Cape home has so much to offer. Open LR & DR, Custom Kit w/breakfast bar, PR & MBR on Main Level. Upstairs features 2 generous guest BR's w/access to FB. BSMT w/potential for more living space & utilities are high energy efficient w/geothermal heat. Pvt 5 acre park, landscaped w/amazing trees & shrubs. Grow organic veggies & flowers in your own fenced raised bed garden. 18x24 Barn invites creativity & hobbyist. Enjoy listening to the peepers at night from the tadpole pond or the rushing sounds from your pvt stream frontage. Walk to Village for dining & drinks or just relax in your own beautiful back yard without a neighbor in sight. **\$495,000**



Red Hook: 3 BR/2 BTH 1950's Ranch w/original features still in place which includes a full wall brick Fireplace in LR & HW Floors throughout home. Finished FB & 2 car GAR. There are 2 outbuilding one which would make adorable playhouse for kids. Set on half acre w/lovely shade trees & a variety of vintage plantings waiting to be reclaimed. Prime location within 5 minutes to Village of Red Hook, Bard College & Kingston Bridge. Needs some TLC but worth every effort. **\$335,000**



Red Hook Village: Well cared for split level home in wonderful neighborhood, located on corner lot & walkable to all. Step into large LA w/new floors & bay window. Renovated Kit w/gorgeous counter tops & energy efficient appliances. Covered deck off Kit for al fresco dining in huge backyard w/pvt basketball court. Renovated bth, 3 good size BR's & walk up attic w/endlss storage. Walkout FR w/half bth could easily be converted into pvt quarters. Huge bsmt w/laundry room & more room for storage, office/gym. Space is not lacking here. Owners have meticulously cared for this home, updates include furnace, water heater, roof, doors, windows, gutters/guards, digital thermostat & generator hookup. Nothing to do but move in & enjoy. **\$325,000**



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. **\$175,000**

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Wishing you and yours a very Merry Christmas and a Healthy Happy New Year!

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Make The Most Of All The Stages Of Your Life

On average, women experience change of life at age 51 and, while September has been designated Menopause Awareness Month, any time of year is a good time for women of any age to consider their personal health and how to improve it. These facts and tips that may help. Menopause is usually defined as 12 months with no menstruation. It's often accompanied by hot flashes,

night sweats, irritability, pain during intercourse and dryness. What to do? To cool hot flashes, dress in layers, and avoid hot rooms and hot beverages, caffeine, spicy foods and alcohol. It also helps to eat a balanced diet, get enough sleep and exercise, not smoke and practice relaxation techniques. As for dealing with intimate dryness, there's now an all-natural, vegan, personal moisturizer and lubricant that helps women find pleasure and comfort through all stages of life. Called Chiavaye (pronounced: kee-ah-vay), it caters not only to

women in menopause but also those affected by pregnancy, endometriosis, chemotherapy and more. A high-quality all-natural moisturizer, made by women for women, it can also to remove makeup, hydrate the hair, treat nipple chafing caused during breastfeeding, as a bath oil and generally pamper dry skin. It's so pure, it's even edible. Endorsed by gynecologist Dr. Barb DePree, M.D., Chiavaye can help with vaginal dryness, discomfort, itching, chafing, burning, painful intercourse and thinning vaginal walls. It has a smooth, velvety feel that's never sticky and adjusts to your body temperature. It's sustainable, earth-friendly, comes in a sleek, discreet package and made in the USA from six natural ingredients. It's available at Walmart this autumn:

- Coconut Oil:** This penetrates multiple skin layers to deliver nourishment and hydration. Studies show it can have antibacterial and antifungal effects.
 - Almond Oil:** This locks moisture into the skin and is anti-inflammatory, plus it can act as a natural mild pain reliever. The almond oil soothes sore muscles and may be beneficial for healing.
 - Vitamin E:** An antioxidant that removes free radicals that damage the cell structure. Studies show it can promote blood circulation and regenerate cells.
 - Grapeseed Oil:** An anti-inflammatory that promotes anti-aging and can be antimicrobial. It's also an antihistamine to relieve dry, itchy skin, PMS and hemorrhoids.
 - Sunflower Seed Oil:** This retains moisture and can boost healing and acts as a barrier oil for friction.
 - Evening Primrose Oil:** Widely used in treating PMS, endometriosis, and symptoms of menopause, studies show this oil is beneficial in reducing inflammation.
- Learn More**
For further facts, visit chiavaye.com.

policy in as little as three days. You can even use the service to pre-plan and be sure things happen the way you want. The service includes 24/7 access to an expert consultant who assists with planning the funeral and negotiating funeral expenses, as well as online tools for creating a will and other estate planning documents and an online secure location to store these documents. As an independent consumer advocate, the company is not associated with any funeral home or funeral provider and does not profit from any of the family's decisions. It provides peace of mind and confidence when making difficult financial and emotional decisions. **Transamerica and Everest Life insurance** can be an important tool to protect loved ones from financial hardship. Individuals shopping for permanent life insurance should know that Transamerica offers a funeral concierge rider. Transamerica, a major finance and insurance company, has collaborated with Everest Funeral Package, LLC to add a unique feature to certain qualifying life insurance products. Consumers should contact a licensed life insurance agent and determine whether a life insurance policy best suits their financial plan. Permanent life insurance is a life-long financial commitment and is

not appropriate for everyone. "Everest exists to advocate for families, be their champion, and offer support during one of life's most challenging times," said Mark Duffey, President and CEO of Everest Funeral Concierge. "We're proud to collaborate with Transamerica as they continue to find ways to put families first. Our relationship is a natural fit. Both Everest and Transamerica are deeply committed to helping people make informed decisions today so they can worry less about tomorrow." **Learn More**
For further facts on the funeral planning concierge service, go to www.Everestfuneral.com.

Continued on page 31

News For Noses from page 23

treatments provide only partial or temporary relief. Fortunately, there's a new patented device that uses a combination of acoustic vibrations, and gentle, resistant pressure to help open nasal breathing and relieve nasal congestion, naturally—in as little as three minutes. Called SinuSonic, it consists of a fully disposable medical-grade silicone nose piece on a resin body. A flutter valve on top creates gentle, self-guided oscillating expiratory resistance. A recent study published in the prestigious International Forum of Allergy and Rhinology (IFAR)—the official journal of the American Rhinologic

RED HOOK FARMHOUSE

Circa 1900, 1200 s.f. farmhouse is located on the Bard campus. Residence's main level features kitchen/dining room, living room and bath. Second level has three bedrooms and hall bath. Sited on .13 acres with detached garage. Walk to the Fisher Center, minutes to Red Hook Village and Tivoli. \$235,000.



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Comfort For Your Family

Here's a look at something you may not like to think about—but could still be good to know: a funeral concierge can help you navigate planning a funeral and negotiating related expenses. Funeral concierge services are available from Everest Funeral Package, LLC. **How It Works**
Expert Everest consultants compare and negotiate best prices to save money, personalize the funeral plan, and assist in paperwork. In addition, their services include a secure online vault for copies of such vital documents as a will, medical directive, and power of attorney, saving families the time and worry of locating these documents after the passing of a loved one. Everest not only assists the family in completing paperwork it helps them coordinate with the insurance company and may even be able to get a portion of the death benefit available from the life insurance

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HINTS FOR HOME BUYERS

3 Ways To Get The House You Want

Over five million homes are sold in America every year, according to realtors. If you'd like one of them to be yours, there are a few facts you should know. In a perfect world, you'd fall in love with a new home, submit an offer, and have the seller accept it. The world, however, is rarely perfect. So how can you make your offer stand out when there's competition for the home you want? Here are three hints that can help.

1. Shorten the timeline: Sellers want to move on. Offering a quick close lets them get to their own new home sooner and alleviates worries about the transaction falling through. Removing contingencies is a strategy to fast-track the closing timeline. You can work with your agent to determine whether waiving contingencies is a good option in your situation.

2. Make a cash offer: Nothing appeals to sellers like cash. When you offer cash instead of getting a mortgage, you eliminate the time for the mortgage to close. You also remove the risk of the mortgage loan not going through.

Don't have the cash? There are still options. Companies such as Flyhomes make the cash offer on your behalf, close with the seller, then sell the home to you at the same price after your mortgage is finalized. That firm also supplies you with a Client Advisor who is your coach from start to finish. You're supported by specialists for touring, research and more. Plus they'll help you deal with title and escrow.

3. Find out why the seller is selling: A great real estate agent will tailor your offer to the seller's goals. A seller who's lived in a home for a long time is likely looking for a buyer who will cherish the home as much as they did. In that case, you might choose to write a letter to the seller to accompany your offer. On the other hand, the home may be owned by an investor, who will be most interested in selling to the buyer with the highest price and best terms.

Learn More - For further facts and tips on buying a home, go to www.flyhomes.com.

News For Noses from page 30

Society (ARS) and the American Academy of Otolaryngic Allergy (AAOA)—found the relief from chronic nasal congestion can be life changing. Eighty percent of participants enjoyed a clinically relevant improvement.

Doctor's Opinion - "We were excited to see measurable positive changes in both objective nasal airflow as well as patient-reported symptom scores and quality of life," said Dr. Rodney Schlosser, an internationally known sinus specialist and one of the lead researchers on the study. "Our initial results demonstrate that SinuSonic is a safe and effective treatment alternative to conventional pharmacologic and surgical treatment for these patients."

Learn More - To see the device in action or purchase online, go to www.SinuSonic.com.



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JUST LISTED, this fabulous, one of a kind Contemporary is in a completely private 3 acre setting at the end of a dead-end road, totally back from traffic & noise. With large, stunning open spaces, vaulted ceilings, walls of glass, wood & tile floors. 2 stone FPLs, AC, a fabulous MBR suite w/a glorious bath, great K w/a breakfast rm., FR + two separate offices, this is a home to love. THE CENTRAL ATRIUM is very special & lets the light come in. Garages for 4 cars, even a coop for the chickens. **\$679,900.**



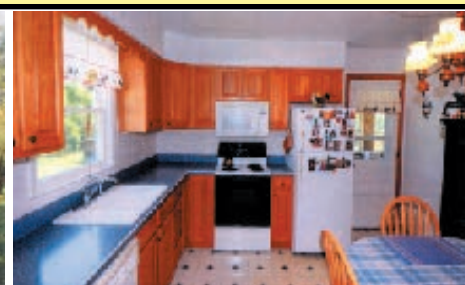
IN THE RHINEBECK school district, this 4 BR, 2.5 bath, 3134 SF custom built colonial is the perfect country home. Lovely amenities include CA, a great floor plan, marvelous K, breakfast & DR, LR, FR, & rec room + a great MBR suite. Outdoor living includes a vaulted screened porch, deck & stone patio. 5 acres is open & wooded, quiet beautiful +++Swimming, boating, & fishing are included @ deep, glacial BROWNS POND where you have lake rights. This is one special home!! **\$595,000.**



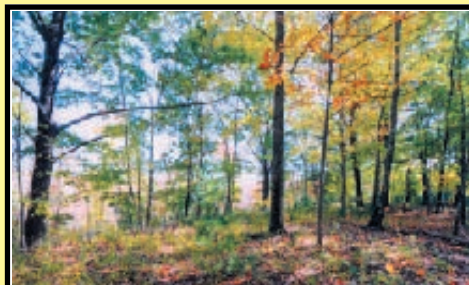
TOTALLY RENOVATED this 5, yes 5 BR, 2.5 bath Red Hook colonial is a wonderful home that is MOVE IN READY. There's the grand, custom, new K w/new stainless appliances, new tiled baths & redone & shining wood floors in every room. There's the FR w/FPL & the 15 x 20 3 season room, a porch + a large deck that overlooks the shady backyard. Here there's a new boiler, 2 car garage, 200 amp electric, + a basement area for projects/storage. WOW! **\$489,900.**



FLOODED W/LIGHT from large windows, skylights, & glass doors, this Red Hook Contemporary home has a modern vibe, a great room vaulted to 18 feet w/a wood burning FPL, an open K/DR, first floor heated sunroom & a first floor BR & full bath. Children or guests are upstairs where there are 2 BRs & another bath. There's a full basement, garage, 3 decks, & a dock where you can relax on the bank of the SAWKILL CREEK. Walk to BARD! **\$379,900.**



WALKABLE TO RHINEBECK Village, this 3 BR one story home is in an especially beautiful location w/large trees for shade & a level, useable lawn for family activities. This home has a really lovely EIK, 19 foot LR, + there is a semi-finished FR on the walk out lower level where there's a wood stove. The screened porch is off the K & perfect for relaxing or dining & there's a great 23x24 2 car garage. There is the most perfect starter or retirement Rhinebeck home. **\$295,000.**



IF YOU WOULD LIKE TO BUILD your dream home, now is the perfect time with mortgage rates at a very low level. Here are two BOHA building lots, side by side, on Lake Road in Pine Plains. Purchase one or both. One lot requires no fill, the second 1.6 feet of fill. These lots are open & lightly wooded, are near the Preserve & hiking trails, & are in a quiet country area of beautiful homes. What an opportunity! **\$89,000 & \$99,900.**

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WE HAVE MANY RENTALS AVAILABLE

Rhinebeck Village Ranch



Located in the Rhinebeck Village within walking distance to shops & restaurants is this 2 BR and 2 bath Ranch that boast central air, large LR w/fireplace, master BR with in suite bath w/shower, hardwood and ceramic tile floors plus much more. Asking **\$409,900**

Rhinebeck 90 Acre Farm



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

Rhinebeck Cottage



Located 2 miles south of the Rhinebeck Village is this 2 bedrooms, 2 baths cottage with hardwood floors, gas fireplace, updated kitchen, 2 floor loft, central air, one car detached garage and storage shed. All located on a park-like 3.4 acres....Asking **\$459,000**

The Veranda House



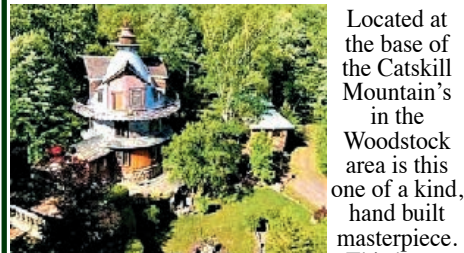
Opportunities abound with this Rhinebeck Village 6 BR, 6 bath historic 1840 Federal Colonial known as the Veranda House. This former Bed & Breakfast is Located just 3 blocks from the Village Center and offers many Opportunities....Asking **\$1,500,000**

Red Hook Ranch



Located within a short drive to the Red Rock Village is this large 3 BR Ranch that boasts 3 nice sized BRs, 2 full baths, 2 half baths, large LR w/pellet stove, adirondack rm w/vaulted ceiling & woodstove, partial finished basement w/custom bar & fitness rm, CA, EIK plus much more. Asking **\$495,000.**

Tower House



Located at the base of the Catskill Mountain's in the Woodstock area is this one of a kind, hand built masterpiece. This home was the work of Artist John Kahn and was constructed with the finest materials including walnut, copper, and bamboo. Connect with us today to find out more about this spiritual retreat where the vibe is positive and the mood is chill...Asking **\$750,000**

JOHN JAY HOMESTEAD STATE HISTORIC SITE // 914.232.5651

Our Carriage Barn Education & Visitor Center is OPEN! Saturdays during the Farm Market (thru Nov. 21), 10am-2pm More than 200 years after it was built, John Jay's original Carriage Barn has been given new life as the Homestead's Education & Visitor Center. Open daily May through October, the Carriage Barn hosts educational exhibits; a 12-minute biographical video about John Jay and his accomplishments; a gift shop; and a reading room.

WALKWAY OVER THE HUDSON STATE HISTORIC PARK // 845.834.2867

Flag Changing Ceremony Sunday, November 15 @ 12:00 pm - 1:00 pm The American Legion Post 739 organize and present monthly Flag Changing Ceremonies on the Walkway to honor our region's veterans and their service to our country. These events, organized and presented by these local veterans' organizations, are open to all who wish to attend. Contact: [Ross Hartlipp](mailto:Ross.Hartlipp@americanlegionpost739.org) with American Legion Post 739 for information and updates. Location: Center Overlook

of the Walkway Over the Hudson State Historic Park Event Organizer: American Legion Post 739

Naturally Boost Your Immunity Year-Round With Vitamin C-Rich Frozen Strawberries

As greater importance is placed on building strong immune systems these days, nutrients such as vitamin C are gaining in popularity. According to the Office of Dietary Supplements, fruits and vegetables are the best source of vitamin C. Getting your vitamin C from food helps the body absorb the vitamin better and minimizes any risk of toxicity. A serving of 8 large strawberries has a full day's worth of vitamin C, about the same as a large navel orange. Strawberries' vitamin C may work in synergy with their fiber, flavonoids and other compounds to promote health beyond the immune system. In June 2020, six different universities presented research on the potential health benefits of strawberries at a top nutrition conference. Some of the findings included strawberries' potential to lower cholesterol, fasting blood glucose, insulin resistance, and Alzheimer's dementia risk. Changes to the gut microbiome were also found after people

ate strawberries, which may have positive effects on intestine, colon and heart health. Recent surveys showed that people associated these heart-shaped berries with feelings of joy and memories of summer, yet strawberries can be enjoyed throughout the year. Fresh California strawberries are hand-picked year-round and frozen strawberries can be found in most grocers' freezers winter, spring, summer, and fall. **Frozen Strawberries Just as Nutritious as Fresh** Frozen strawberries provide the same nutritional benefits as the fresh ones. They're harvested at their peak nutrition and frozen immediately. Science shows no significant differences in vitamins, minerals, fiber or antioxidants between fresh and frozen strawberries. People can feel good about having affordable, nutritious frozen strawberries with a longer shelf-life all year long. When peak season ends, freezing strawberries can be a great option. It's easy to do. Simply rinse strawberries under cool, running water and gently pat dry. After removing the stems, place strawberries on a parchment-lined cookie sheet and freeze for 24 hours. Then transfer the strawberries to a plastic freezer bag. Strawberries can stay in the freezer for several months. Frozen strawberries maintain their sweetness and are versatile enough to be used in recipes ranging from smoothies to ice cream, baked goods to breakfasts. Here's a nutritious recipe using frozen strawberries in waffles: **Strawberry Oat Waffles**
Time: 15 minutes
Yield: 6 mini/3 regular waffles
1cup oat flour
1/2cup plant-based milk
3Tbsp oil
1egg

1tsp vanilla extract
1tsp baking powder
1/2cup chopped frozen California strawberries
Cooking spray
Optional Toppings: maple syrup, fresh California strawberries

Preheat a waffle maker. Whisk together flour, milk, oil, egg, vanilla, and baking powder until smooth. Gently fold strawberries into the mixture. Grease the waffle iron with cooking spray and pour in 1/2 cup batter. Cook until golden brown on both sides for about 2-3 minutes. Repeat until all batter is cooked. **Optional: Serve fresh with maple syrup and fresh strawberries.** Nutrition for this recipe is available at www.CaliforniaStrawberries.com/strawberry-oat-waffles.

A Dozen Helpful from page 28
11. **Downloadable brochures are also a good idea.** This is an example of marketing materials from the last point. For example, a hair salon can create a flier about an online event where the stylists will give virtual tips for trimming split ends; a restaurant can put out a flier about offering special curbside pickup or outside dining options; a nail salon can create a brochure about how it's protecting people by erecting barriers between technicians and showing off the visuals, so people see and want to come in. **12. Don't hesitate to call in the experts.** You don't have to do everything on your own. Hiring professionals can be expensive—but hiring amateurs can cost you a lot more in the end. **Learn More** For further facts and tips about starting or growing a business, visit www.nrprgroup.com.

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Source: MHMLS, 1/1/19-12/31/19, total dollar volume of residential detached sold by Houlihan Lawrence agent, Red Hook

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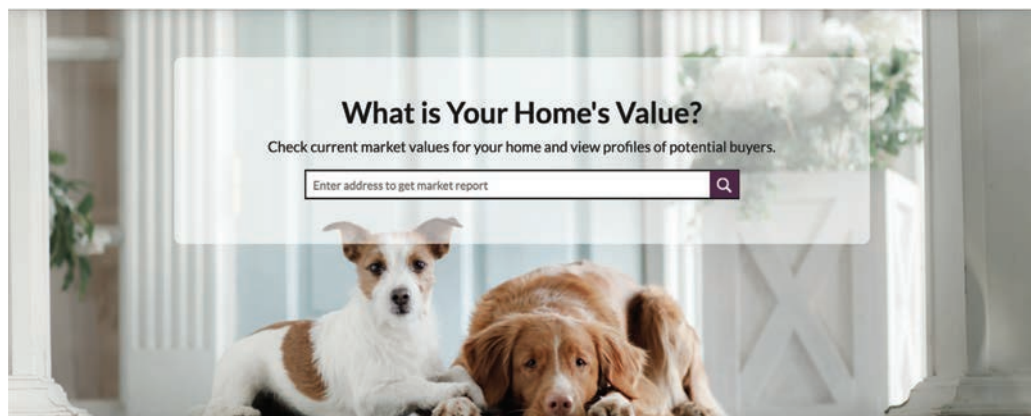
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