Vol. V Number 8 - Serving Northern Dutchess & Southern Columbia County October 2020

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Postal Customer

Palmiter Business Solutions, Inc. Helps Clients Choose The Right Medicare

By Joe Doran

Medicare Annual Enrollment season in midstarts October. For anyone on Medicare, or newly eligible, it's a time to evaluate your current plan, different insurance plans, and to make sure you're getting

fit. Palmiter Business Solutions, Inc. provides that help at no cost to clients. With a spacious office Road, their brokers are ready to help people "shop plans",

needs.

Aaron Palmiter says it always makes sense to check medical insurance during the Annual Enrollment Period (AEP), which occurs from October 15th to

A New Take On

An Old Halloween

State Historic Site

Favorite at Clermont

Come to Clermont State Historic

Site on October 16, 17, 23 and 24

for Legends by Candlelight Ghost

Encounters which are the highlight

of Clermont's fall season. Guests

who come to Clermont will find

themselves at a special lecture

given by Clermont's curator when

something goes wrong and the

spirits of the house are released.

Ghosts will emerge from Clermont

to tell their stories of love, loss,

success and failure. Some ghosts

are scary, and some are funny, but

all the stories they tell are true!

Visitors will be seated on the

lawn of Clermont surrounded

by the nickering specters of

Jack-o'-lanterns; hand carved

by the museum's staff. Visitors

for the ghost encounter should

bring their own chair or blanket

as none will be provided. As

the entire event is outside it is

suggested to dress for the weather.

event on October 4, 2020. Three

encounters will be given each

Tickets go on sale for the is

adhering to Covid-safe protocols.



Randy Ezekowitz, Breana Palmiter, Colleen Palmiter & Aaron Palmiter.

With so many carriers, plans December 7th. "First of all, plans and options out there, it takes change every year. Everything expert guidance to find the right from providers in the network, to the costs of medications, to the benefits. They can become less, or more, the cost location at 4354 Albany Post share could go up or down.

"Our big thing is suitability, personal needs and the best whether virtually, or in person, fit for the client. You may be perfectly happy with your current provider and plan, because it's working for you. And every year you get your Annual Notice of Change letter that tells you what's

Continued on page 11

night at 6:00, 7:00 and 8:00 pm. Advanced tickets are required for this event and no walk ins will be allowed. Tickets are \$12 for adults and \$5 for children ages 5-12. To reserve your tickets or for more information call (518)537-4240

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 visitors until these guidelines are lifted by New York State Parks.

Clermont State Historic Site is located at 1 Clermont Avenue in Germantown, off Route 9G. The Historic Site features the Clermont is a private, non-profit educational corporation, founded in 1977 to support and supplement the museum education and historic preservation programs at Clermont State Historic Site. Designated a National Historic Landmark in 1973, Clermont is one of six historic sites and 15 parks administered by New York State Office of Parks, Recreation Preservation Historic Taconic Region.

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

2020 Car Show At Staatsburgh Rescheduled To 2021 "The Gathering of Old Cars,"

the annual October car show at

Staatsburgh State Historic Site,

will not take place this year because of the ongoing COVID-19 health crisis. The show is slated to continue next year. "We'll miss seeing all the devoted fans of the Gathering," Staatsburgh's Educator, Don Fraser, "It's one of our most popular events, and a longstanding tradition at Staatsburgh. Our wonderful partner, the Red Hook Car Club, has been hosting the Gathering here for 33 years." Fraser noted that the dramatic setting of the car show adds to its appeal. Cars of every class and era are displayed before the 1895 Beaux Arts mansion, with autumn foliage and the Hudson River in the background. Car clubs from throughout the Hudson Valley attend the event. "We hope to be back as big as ever next year," Fraser said. Staatsburgh State Historic Site and the Ogden Mills & Ruth Livingston Mills Memorial State Park are located on Old Post Road in Staatsburg, off Route 9 between Rhinebeck and Hyde Park. The historic site is one of 6 sites and 15 parks administered by the Taconic Region of New York State Office of Parks, Recreation and Historic Preservation. For more information, call 845-889-8851, or visit Staatsburgh's websites at parks.ny.gov, www.facebook. com/StaatsburghSHS and www. staatsburghstatehistoricsite. blogspot.com. Staatsburgh's listed events parks.ny.gov/events New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual parks, historic sites, recreational trails and boat launches, which were visited by a mansion, formal gardens, scenic record 77 million people in 2019. Hudson River views and miles A recent university study found of hiking trails. The Friends of that spending by State Parks and its visitors supports \$5 billion in output and sales, 54,000 privatesector jobs and more than \$2.8 billion in additional state GDP. For more information on any of these recreation areas, call 518-474-0456 or visit parks.ny.gov, connect on Facebook, or follow us on Twitter. The free New York State Parks Explorer mobile and sales associates. app is available for iOS and Android devices. To download, visit: Google Play Store, NY State Parks Explorer App or Apple Store, NY State Parks Explorer App.



The Hudson Polish Deli: A Very Special Place By Hilary Hart

The Hudson Polish Deli is a very special place, in so many ways. In the first place, the charming little stonefaced building tucked behind 14K jewelers at 303 Fairview Avenue in Hudson is such a private,

one-on-one shopping experience. on their grocery shelves, without Yes, they are safely operating and requiring masks, but they are friendly and informative and have time to answer questions as you browse, so unlike the hassled experience (especially these days) of shopping at a large store

You wouldn't think you could "browse" much in this seemingly small building, but you will be AMAZED at the amount of product they carry. Even though their inventory this year is slightly less extensive due to some import and availability complications, there is still an unbelievable amount of stuff to be discovered. Not only do they have many many foodstuffs -- fruits, vegetables, meats and fish – all unique – but they also have every condiment and spice you can think of, all this

Margaret & Slavek Golebiowski

even counting the enticing deli counter and refrigerated cases with extensive choices. Virtually all of these are items you won't find in other stores.

Before going into those delicious choices, one of the primary reasons more and more people return to the Hudson Polish Deli is to visit owners Margaret and Slavek Golebiowski. Although there have been many changes since they arrived from their native Poland almost forty years ago, and even since opening up the shop six years ago this month, they remain unfailingly cheerful and welcoming. They raised their son Jacob and daughter Joanna here, who have now given them grandchildren, and have made

Continued on page 2

Paul Hallenbeck Real Estate Where Hard Work and Experience Make the **Difference**

By Lisa Dudley

If you're wondering if now is a good time to buy a home or sell, Paul Hallenbeck, of Paul Hallenbeck Real Estate, Inc., located at 6370 Mill Street in Rhinebeck (across from M & T) is here to help you navigate your decision.

Mr. Hallenbeck really enjoys his life and after 35 years in the business he still gets great satisfaction from his work. "I love what I do," he proclaims, "and I'm a firm believer there is a house for everyone, whatever land along with the ability to sign your budget. We don't give up up for alerts that automatically until we find the perfect home for all our buyers. Persistence is our virtue! Every home can be sold. It needs to be priced for the market and properly marketed. We are experts here and we never give up until our listings are sold.

"We are experienced brokers have a long term reputation honesty, enthusiasm, persistence, and hard work."

Paul Hallenbeck Real Estate is a family-run business which also includes his wife Sally Hallenbeck and his son Stephen Hallenbeck as principal broker. Additional agents include Peter Clark, Susan Peckmann, Patricia Karr Seabrook and Sean Warman -- along with office manager Linda Honicker.

The Paul Hallenbeck Real Estate website has idyllic photos of houses, condos, rentals and



Paul Hallenbeck

"We are match your criteria. always listing new properties," he adds, "so if you don't find what you want, call us to see what's in our listing pipeline or contact us about listing your property."

Hallenbeck's (as they are sometimes called) is a "busy and dynamic office in Rhinebeck

Continued on page 19

The November Edition Of The Hudson River View Will Be In Area Homes On November 4th The Deadline For Advertising And Press Release **Submission** Is October 21st

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

ACCORDING **TO QUACKERS**



Fall leaf colors are actually present year-round

The gorgeous red, orange, and yellow pigments in fall foliage are actually there all year, just under the surface. Sunlight helps fuel plant cells containing a chemical called chlorophyll, which gives leaves its vivid green color while working to turn light into energy. When sunlight diminishes in fall, chlorophyll breaks down, letting the plant's hidden red, yellow, and orange hues shine.

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308 East of 9G, left on Pilgrims Progress, bear right on Cedar Heights & follow signs

From Rte. 9, take Wey Road just North of 9 & 9G intersection & follow signs

Hudson Polish Deli from page 1

hundreds of friends here from near and far. These devoted patrons return often and can even call Margaret ahead to order specialty items. In fact, Margaret can be reached by calling (518)828-1800 to ask about her selections and set things aside for pick up. They also now are associated with HUB so folks can order through HUB for what they need. Margaret is a wealth of information and suggestions for how to prepare and combine various of her wares for occasions, and is a pleasure to speak with.

They come from the second largest city in Poland (after Warsaw), Wroclaw, in southwest Poland, which is known as the home of "the pierogi guy," that cute gnome that appears on their ad and logos everywhere. They tell me that in Wroclaw, these little gnomes are all over, representing every profession. This is appropriate for their deli also as pierogis are one of their most popular items, and they offer 14(!!) different kinds in their deli case for take home. These include

Day Weekend

for the 2020

Season!

Cheese, Potato Dumplings, Fresh Cabbage, Sauerkraut alone or with Mushroom or Potato, and Potato alone or with Cheese, or Onion, or Mushroom or Spinach or Garlic. There are also many Kielbasa choices, also a favorite with their customers. If you come in to browse

and sample the food, they even have limited outdoor seating as weather permits. Margaret makes at least two homemade soups every day (Potato, Split Pea, Chicken, Tomato - to name a few) that can be consumed there or taken home. The sandwiches she makes are legendary and delicious. Hudson Polish Deli has several different kinds of cheeses as well as many hams, bologna, liver sausage and goose pate and Gypsy style, Village style, Danish style, and Hungarian style bacon. In all of these categories, it would be impossible to list everything.

One very special category is Hudson Polish Deli's breads and pastries. They always carry certain breads, rice cakes and waffles for special treats, and their regular breads and pastries are delivered usually on Fridays. Even though it is only October, inquire about their holiday pastries, which have to be ordered weeks in advance. At this printing, they are not available

of the items you might want to order in advance for yourself for Christmas or for gifts, or as part of a holiday gift basket, which can be made up of anything. There are European chocolates with liquers

highlights some

other candies, cookies and sweet goods that would make any gift better! ASK about their holiday items and when the deadlines are for ordering them. These are also unique so not likely to be duplicated, whether for a housewarming or hostess gift or at any occasion.

Even beyond edibles, the store is a perfect place to find a very special NON-edible gift that will be unique. They have women's slippers made in Poland with real wool and real leather. They have adorable 100% Eurowool childrens vests in various sizes and colors. There are decorated soaps in wooden boxes. And again, visit and order early to make your holiday gift giving this season really wonderful, both from the foods you prepare or bring to other gifts people have never seen before.

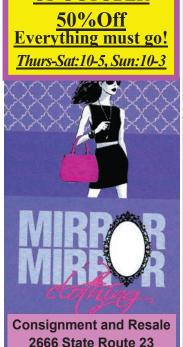
This authentic store is open Tuesday, Wednesday

Thursday from 10 to 4, Friday from 10 to 5 and Saturday from 10 to 3. Hours may be expanded as it gets closer to Call 518-828-Christmas. 1800 for further information.

All in all, this is the ideal place to visit before and during the holidays. Everything there is special. The people there are wonderfully helpful with whatever you need, and if they don't have what you are looking for, they will try to order it for you. Margaret will make up any combination of items into a fabulous gift for you. There is a privacy and unheard-of peace in taking your time to look around and savor all their goodies. Everything they have and make is superb. Don't you need a break from the maddening rush? THIS IS IT!!

Congratulations, Margaret and Slavek, for six terrific years in business!!





After 6 great years, THANK YOU to our

wonderful patrons!!

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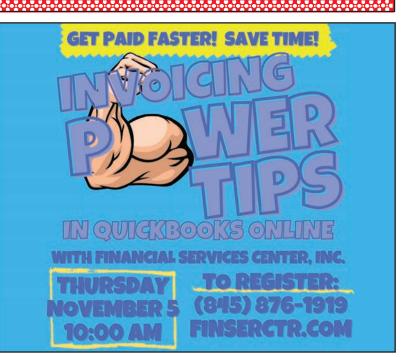
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TWO Special Local Mentions from the Garden Club

By Pat Owens

Garden Club

Here we are ushering in autumn and still able to find particularly fine gardens in the area. With all the sheltering and selfdistancing, the happiest things you can see make it all tolerable. The Old Dutch Village

has

"staked"

places this month. The first is the Countryside Self Storage facility at 81 Albany Post Road in Upper Red Hook. I am sure everyone has seen the establishment for years at the corner of Route 9 and Pitcher Lane. There has been a reawakening at this site. I first noticed that the area at the roadside was being treated to a beautifully created wall, then it was embellished with colorful plantings and just to gild the lily,

two blooming Rose of Sharon

bushes. Scott Cano, who is in

LoggingLand Clearing

Red Hook, NY

construction, is the owner since 1999. Scott likes to add beauty to his business with grapevines and flower beds throughout the property as well as the roadside. Previously, there was a sawmill on the property and the wee log cabin was used as an office and Scott uses it for an office also. The cabin has been spruced up and can be enjoyed by passersby even more so than before.

Staying on Route 9 south you will have undoubtedly watched the fantastic renovation of David and Lillian Tiberio house at 7752 Albany Post Road. The 1924 stucco bungalow did have a sunroom and large open porch added over the years, but the final step was removing the stucco, adding Hardie plank siding and a standing seam roof. It already looked quite different but when the columned front entry and bluestone walks were completed it was perfect. The final flourish was the cedar arbor designed and built by a

• Firewood

Tree Removal

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friend. While this outstanding improvement certainly deserves all the accolades it has gotten, the gardens are in their infancy in the front yard. Established shrubs were given a face lift as well by the addition of perennials and more landscaping with be forthcoming. I think the house looks very handsome. A complete transformation. I am sure the Tiberios must be thrilled.....I'm thrilled for them!

During these strange times, we are not meeting at all. We are seriously considering January. Remember, there are no requirements: you do not have to know anything, you do not even need a garden! You can visit the Club's garden in Red Hook. It looks extremely abundant now. If you have an interest in joining, (and we hope you will) the Old Dutch Village Garden Club usually meets at 12:30 on the second Thursday of each month, except for August, at St. John's Reformed Church in Upper Red Hook. New members and visitors are always welcome. Please contact Linda Lawson at 845-758-5653 for additional information.

WASTE NOT, WANT NOT-THE 7R'S FOR A MORE SUSTAINABLE FUTURE

On Saturday October 17 from 4 - 5:30 PM the Claverack Free Library will host a virtual program on Zoom aimed at adults, teens, and tweens who want to learn how to create a more sustainable environment. Members of the citizens' group Zero Waste Columbia and Columbia County's Department of Solid Waste Management

will offer practical ways to rethink, reduce, refuse, reuse, repair, recycle and recover waste to adopt a more sustainable lifestyle. Small changes can have a large economic, environmental and community impact. "Zero in" on more ways to act locally to lessen environmental degradation and create a more sustainable, resilient prosperous world for future generations. Zero Waste Columbia is a citizens group committed to volunteerism, education, and collaboration with individuals and organizations to reimagine

resource flows, adapting behavior,

toward zero waste. Members of Zero Waste Columbia come from many different towns across Columbia This program is sponsored by the Claverack Free Library in association with Columbia County libraries, The Town of Claverack, and the Claverack Climate Smart Task Force. Communities For login information RSVP ZeroWasteColumbia@ gmail.org or call the Claverack Library at 518 851-5667. An RSVP is required to receive Zoom login prior to the event.



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Red Hook Curry - Red Hook.....(845) 758-2666

Red Hook Golf Club - Red Hook......(845) 758-8652 Red Hook Veterinary Hospital - Red Hook......(845) 758-2691

Rhinebeck Animal Hospital - Rhinebeck(845) 876-6008

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Hudson.....(518) 828-7001

ACROSS

1) "Gaping" gullet

4) Robin of "Lifestyles of the Rich and Famous"

9) They measure up

14) Lennon's mate

15) Pool problem

16) Slip the clutches of

17) "Neither" go-with

18) How to announce a boxing match

20) Confuse 22) Eyelid protuberance 23) Makes impure

26) Detonate

30) Complied with commands 32) Two out of 100?

34) Paddle kin

36) Tied the knot again

38) Shelter for birds 39) Stalag inmates 41) Clear, as a cloudy

windshield

43) "Let it ride," to a proofer 44) Bumpy gait

45) Hindu dignitary

47) Govt. cosmetics watchdog

48) Undresses

HUDSON VALLEY-

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51) "Holy" Ohio town

53) Cleverly skillful

55) Italian seaport

58) Conspirators' plan 60) Draw a conclusion

61) One way to keep up

67) .com relative

68) Just plain bad

69) Place to sweat

70) Cells for women only 71) Survived somehow

72) Fashioned into a sphere

73) Top of many rating scales

I'M PRO CROSSWORDS By Timothy E. Parker

DOWN

1) Single-celled organism

Battery post

3) Verbatim

4) Name-affixing tool

5) Right-angle pipe

6) Long and far away ...

7) Bird sounds

8) Tests for weight 9) Cylindrical and tapering

10) Vestment for a priest

11) Afghani coin, once 12) Tokyo, way back when

13) Mend with a needle Court call, if tripled

21) "Ad" or "women's" follower

24) Watched closely

25) Setting in "Les Miz" 27) Mythical monsters

28) "Eye for eye, tooth for tooth, hand for hand" go-with

29) Honored with a bash 31) Skim, as milk 33) new record 34) Makes a choice 35) Main blood vessel 37) Martial arts schools 40) Recipe directive 42) Elaborate party 46) Whirlybird landing place 49) Easy out, often 50) Farm storage unit 52) Bookcase locale, perhaps 54) Human trunk 56) Chicken's lack? 57) Nose or heart, e.g. 59) Old Russian ruler 61) Sink in the middle 62) Helium's atomic number 63) Terrestrial amphibian 64) British saloon 65) Bathroom fixture 66) 67 degrees, 30 minutes Solution on page 4

Germantown Garden Club Holds Virtual Flower Show

Because of Covid-19 the Germantown Garden has had, as have most other organizations, to cancel club meetings, events and programs. The first meeting for 2020 was held in February and welcomed two new members. As March approached it became clear that that months meeting could not take place. What followed was the cancellation of meetings for all the remaining months. However, we were able to accomplish a few of the items

in our year book. By June a few members were able to tour The Churchtown Dairy. Only the outdoor gardens and keeping with the social distancing and wearing masks of course. In June, as we do every year, we created arrangements for the Germantown CSD High School graduation ceremony. We were able to award the annual \$500 scholarship. In July, we entered a phase that allowed members who chose to attend our annual luncheon outdoors at a local restaurant following the state guidelines. The Germantown Garden Club

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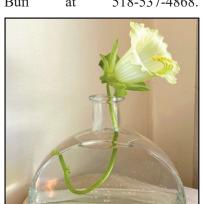
TEL: 518-537-3688

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each year since it was formed in 1928. With Covid-19 this was not a possibility for 2020. With the encouragement of flower show judges Barbara Campbell and Beth Walker a virtual flower show titled 'Pandemic Posies', was planned. Member Gloria Cestero-Hurd handled registrations expertly. Because this was a virtual show and our first we had only a Horticulture Division with three Sections and 9 classes. Thirty six entries were judged. A Best In Show award winner was Triona Fritsch. Other first place winners were, Rita Edwards, Fran Bufi, Irene Clum, Gloria Cestero-Hurd, Elke Crane, and Mimi Brauch. To see some of the entries go to the Germantown Garden Club Facebook page or use this link: https://www.facebook. com/media/set/?vanity=g ermantowngardenclub&s et = a.3045445075682043

has had some form of flower show

The Germantown Garden Club is a member of The Federated Garden Clubs of NYS, Inc., Third District, Central Atlantic Region and National Garden Clubs For more information about the Germantown Garden President, Fran Club call 518-537-4868. Bufi



Claverack Philmont Public Library, and Roeliff Library are joining forces to present a Zoom webinar led by Deborah La Due, community relations specialist with Fidelis Care, covering information on the New York State of Health enrollment guidelines; NYS's special enrollment period; health insurance enrollment, options, and benefits; and health insurance renewal changes. The Zoom

At Your Local

Libraries: Virtual

Current NYS Health

Jansen

The Hudson Area Library,

meeting link for What You Should

Know about Health Coverage

through the NYS Health Plan

Marketplace is: https://centene.

Free

Library,

visit

Community

Plan Marketplace

Program about

zoom.us/j/95376403169? To register email programs hudsonarealibrary.org or call



The Award Shop

518-828-1792 x101.

The Hudson Area Library is

located at 51 North Fifth Street

in Hudson, NY. The mission

of the library is to enrich the

quality of life by providing free

and equal access to programs,

services and resources, and by

creating opportunities for all

members of our community

to connect, create, learn, and

grow. For more information,

Library, which is chartered to

serve Ancram, Copake, and

Hillsdale, is located at 9091

Route 22, approximately one

mile south of the traffic light at

the intersection of Routes 22

and 23. Its mission is to inspire

lifelong learning and curiosity,

understanding, and strengthen

the vitality of the Roe Jan

area. For more information

visit roejanlibrary.org.

knowledge

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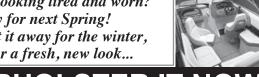
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ART GALLERY 71

Our featured artist for Oct 2020 is Marcia Slatkin, a poet, musician & collagist. She began as a b&w photographer looking to see connections between human, animal and natural forms.



Later she became fascinated with digital collages. She invented a technique of making copies of photos of different sizes, cutting out areas of interest, playing with placement, then scanning & further tweaking the print.

She makes frames limited editions of archival prints. Because of this she is able to keep prices low and call her Exhibit "Affordable Beauty." Now at: Art Gallery 71, 71 E Market St, Rhinebeck. F, Sat: 12-6, Sun: 10-4, 845-516-4878

A Message from Morton Memorial Library

So happy to note that we have had several new signups during National Library Card Month - many of you have been supporters and attendees of events and now you see how much more the library can offer. We are also going to offer our annual Fiber Arts Show, though in a different guise. We will be going virtual this October but are putting out the call for images of your amazing textile work. Please contact the library if you would like to be included.

We are also hoping to enlist many of you in our 2 Great Give Back events! From October 1 -October 17, we will be collecting food to help support our local food pantries and to compete with our fellow Mid-Hudson libraries for a friendly competition. On October 17, in conjunction with Riverkeeper Sweep, Backyard to Table, and the Rhinebeck Grange we will be doing a cleanup and planting at the Rhinecliff Dock - more info to follow.

Remember, not only can you check out library items, you can also contact us to help with your printing/copying jobs. We also have our socially distanced porch rocking chairs

ready for you to enjoy, either with a book or using our WiFi.

While you are here, feel free to pick up a garbage bag to help keep Rhinecliff clean. November 3 is fast approaching. If you aren't registered to vote, you can pick up forms at the library!! September 22 is National Voter Registration Day, but we are not limiting you to only register on that specific day.

We are here for you, let us know if we can do more! Now that school has started, Lawrence is happy to offer online tutoring help. Our curbside hours are: Tuesday & Thursday: 10:00 - 2:00 Wednesday & Friday: 2:00 - 6:00 We are always available online!! Morton Memorial Library Community House 82 Kelly St., Rhinecliff, NY 845-876-2903





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Ghostly Gallop Goes Virtual for Its 20th Year Run a 5K on Race

Weekend: October 16-18 Adults & Kids Can Support Hudson Area Library

The Ghostly Gallop 5K and Kids Fun Run Challenge to benefit the Hudson Area Library will be a virtual race in 2020, the event's 20th year. Race

weekend is October 16-18.

"Supporters of the Hudson Area Library can get out and walk, run and have fun during Ghostly Gallop weekend," said Gary Sheffer, race director. "Even though we won't be walking and running together, there will be an adult competition for first place and a way for children to support the library." Concerns about COVID-19 make it unwise to hold a mass gathering

such as the Ghostly Gallop, which traditionally draws several hundred runners to Hudson.

Brendan Cranna, son of the late William Cranna, who helped create the Ghostly Gallop, said "While it's disappointing that we can't celebrate the 20th year of the Ghostly Gallop in person, we can still raise funds for the Hudson Area Library."

Runners and walkers can register for the Ghostly Gallop 5K at www.ghostlygallop.info. Each registrant will receive a printable Ghostly Gallop race bib to wear, if they choose, when they run a 5K distance on October 16th, 17th or 18th (Friday, Saturday, and Sunday). Runners then submit their times on the Ghostly Gallop website. Runners can choose their own 5k route to run.

The male and female runners who submit the fastest 5K times will receive the Cranna Cup, which is awarded to race's top finishers.

The first 100 people to register for the race will receive a free t-shirt celebrating the 20th year of the race and the 60th anniversary of the Hudson Area Library. Shirts can be picked up at the library beginning on race weekend.

Race fees have been reduced from previous years to reflect the virtual nature of the event. Participants age 17 and under are free. Kids Fun Run Challenge The Kids Fun Run for children age 12 and under has been a popular part of the Ghostly

Gallop in years past, with many children and parents donning Halloween costumes for the run. This year, instead of a children's race, parents and friends are asked to take a photo of children running any distance and email it to ghostly.gallopkids2020@ gmail.com for posting on the Ghostly Gallop website For every photo received in the Kids Fun Run Challenge, \$1 will be donated to the Hudson Area Library. "The Ghostly Gallop Kids Fun Run is a joyful event and we want to continue it virtually this year," Sheffer said. "Just submit a photo of a child running to help support our great community library." The Hudson Area Library is located at 51 North Fifth Street in Hudson, NY. The mission of the library is to enrich the quality of life by providing free and equal access to programs, services and resources, and by creating opportunities for all members of our community to connect, create, learn and grow. For more information hudsonarealibrary.org. visit



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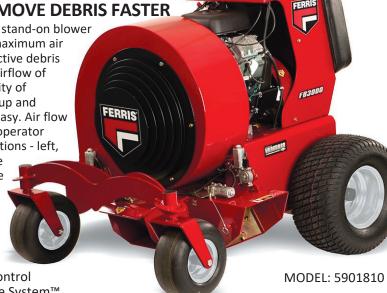
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FREE PROGRAM ON THE PORTICO: STAATSBURGH AND THE TITANIC

This autumn, Staatsburgh State Historic Site will offer occasional outdoor programs on the mansion's front portico. On October 11 at 3 p.m., members of the staff will give a ½ hour presentation on Staatsburgh and the Titanic.

Staatsburgh's owners, Ruth and Ogden Mills, planned to sail on the Titanic. First class passengers on the ship included the Millses' friends, neighbors and Mrs. Mills' cousin, John Jacob Astor. The Program on the Portico will explore Staatsburgh's connections to the world's most famous maritime disaster. The historic site staff will display some reproductions of items that would have been

seen on the Titanic, including vests (both children and adult sizes), a telegraph key, and an officer's jacket.

There is no charge to attend the program, but visitors must register in advance. Attendance will be limited to aid in social distancing. To make reservations, visit our Eventbrite page at www. staatsburgh.eventbrite.com.

Staatsburgh follows all NYS Department of Health guidelines for safety during the COVID 19 pandemic. Masks and social distancing will be required of all attendees until these guidelines are lifted.

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

and Historic Preservation. For more information, call 845-889-8851, or visit Staatsburgh's website at parks.ny.gov, their Facebook at Facebook.com/ StaatsburghSHS, and blog at Staatsburghstatehistoricsite. blogspot.com. Staatsburgh's listed events parks.ny.gov/events

New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual parks, historic sites, recreational trails and boat launches, which were visited by a record 77 million people in 2019. A recent university study found that spending by State Parks and its visitors supports \$5 billion in output and sales, 54,000 privatesector jobs and more than \$2.8 billion in additional state GDP.

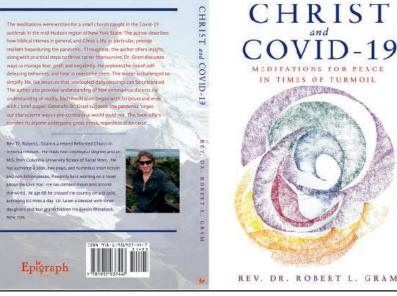
State Office of Parks, Recreation For more information on any of these recreation areas, call 518-474-0456 or visit <u>parks.</u> ny.gov, connect on Facebook, or follow us on Twitter. The free New York State Parks Explorer mobile app is available for iOS and Android devices. To download, visit: Google Play Store, NY State Parks Explorer App or Apple Store, NY State Parks Explorer App.

Fiber Arts Exhibition Call for Art **Morton Memorial Library**

This year we are asking textile artists: auilters. knitters, embroiderers, hookers, crocheters, weavers, spinners, etc. to virtually share their creations with the Morton community for an online art exhibition. Sadly, the Sheep and Wool

Festival had to be postponed until next year and our inlibrary programs are on hiatus but your creativity is still evident! In fact this may allow some artists who are usually too busy with the S&W Festival to participate. Our online opening will be Friday, October 23. It would be lovely to see creations ranging from freshly carded wool, to colored skeins of yarn, to quilts, rugs, handbags, scarves, embroidery, and beyond! You will have until October to create/photograph your piece. Send images to sandy[at]mortonrhinecliff.org. This is open to everyone; kids' creations are welcome! Please e-mail: sandy[at] mortonrhinecliff.org you have questions or are

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"With the world as it is, this book is sorely needed. The author has written with all the love and compassion you would expect from a man of God. His positive thinking and comforting reassurance that God does love us all.' Susan Keefe, Midwest Book Review. 5 Stars.

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"If you're suffering under the weight of Covid-19, I highly recommend this book. Rachel Song, Writer and Editor. 5 Stars.

"The diverse and distinct range of topics are truly phenomenal....These meditations are a cool balm to soothe the soul, and keep those of faith on the right track. They offer peace, better decision-making and compassion for all. John Kelly, Detroit Free Press.

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Hyde Park Primary Care Practice Adds Nurse Practitioner

Family nurse practitioner **Adora Akwuba** recently joined the medical practices of Nuvance

Health and sees patients in the Hyde Park primary care office. The board-certified nurse practitioner has more than five years of experience working in urgent, primary and home care settings, and



with patients of all ages. "I love my job because I love encouraging others to be healthy," she said. "Healthcare is more than improving one's health. It's improving their quality of life."

Most recently, she was with Signify Health, an in-home healthcare agency. She also worked as a nurse practitioner for Hudson River Health Care in urgent care and Village Medical in primary care. From 2012 to 2015, she was a registered nurse in a variety of settings in Richmond, Va., including at Patient First urgent care and Johnston Willis Hospital. Akwuba holds her master's degree specializing as a family

nurse practitioner and her bachelor's degree in nursing from South University in Virginia. She lives in Hopewell Junction and is a native of New York. The Hyde Park primary care office is at 4068 Albany Post Road. Call the office directly at (845) 229-2123 (TTY 800-421-1220) or call HQMP Connect at (888) 525-HQMP (4767) for an appointment. For information, visit www.healthquest.org/primarycare.



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You've probably heard this before: periodontal disease is the most common disease in dogs in cats. By age 3, seventy percent of cats and eighty percent of dogs have some level of periodontal disease, and that number is likely underestimated.

How can you tell if your pet has dental disease? A lot of times you can't – our pets rarely show signs that they are in pain or discomfort. This is a survival mechanism, much like their wild ancestors/counterparts have. However, sometimes you can get clues such as bad breath, trouble chewing (chewing on one side, dropping food, etc.), crying when yawning, hiding or running from their food, not grooming, acting grumpy, etc. You may also see bleeding due to advanced dental disease, or even a bump under their eye from a tooth-root abscess. But it's not always that obvious. Pain aside, periodontal disease has direct links to heart, kidney, liver, and lung issues. It is

known that this can shorten your pet's life by 3-5 years. So what can you do? If you get your pet as a puppy or kitten, start brushing their teeth right away. You don't actually have to start using toothpaste or really brushing thoroughly until they are 6 or 7 months of age – but get them used to the act of brushing. Brushing daily would be amazing, but at least 3-4 times per week will be enough to make a difference. Use a finger brush, a children's toothbrush, or a dog/cat-specific brush. Be sure to use pet-friendly toothpaste as human paste can be toxic (and probably won't taste as good). Now, brushing is way easier said than done, and this is not always something we can realistically accomplish with our pets. While brushing will be the most effective, thankfully, we do have other options. There are many dental treats, diets, chews, water additives, etc. that can help. While bones and antlers can also keep the teeth clean, they can lead to broken teeth, which can be a dental emergency. Because of this, they are not recommended. The Veterinary Oral Health Council (http://www.vohc.org/)

has a list of approved products for dogs and cats. Refer to the website to learn about what that "VOCH seal" means and what products are available for you. Lastly, having your veterinarian perform dental x-rays and a cleaning (above and below the gums) is also an important piece of maintaining oral health. Just like humans – we brush/floss our teeth and are still advised to seek out our dentists for cleanings and radiographs. And often, we still need to have dental work done because of periodontal disease. Think of a tooth like an iceberg – there is a lot below the gum line and most disease is actually found where you cannot see. In order to get the proper radiographs and thoroughly evaluate all aspects of each tooth, along with the tongue, gums and back of the oral cavity, anesthesia is required. Our pets don't understand this procedure and if they are awake or only sedated, this can be frightening, painful, and dangerous. An awake pet would not allow the full evaluation or proper cleaning/polishing. anesthesia may sound scary, it's the best way to address the oral issues in our pets. The American Veterinary Dental College (https://avdc.org/animal-ownerresources/) is a great site to learn more about dental procedures.

Dental disease is often a silent issue in our pets, but it can cause detrimental effects on the rest of the body. Brushing or at-home dental care can significantly reduce periodontal disease to allow your pet to live a happy and healthy life for as long as possible!

FIRE SAFETY TIPS FOR DOG OWNERS

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

Training Dutchess County
I don't really understand what happened to summer 2020 and how it could be over already but the chilly mornings and grabbing a jacket or sweater before heading out the door certainly are signs of the Fall season heading our way. And along with the Fall chill comes the need to restart our heating systems and stoke up our fireplaces. Unfortunately, along with the need to heat our homes comes the increased danger of fire.

In the event of a fire, your pets need protection as much as the rest of your family. The following are some tips to help you prevent fires and know what to do if a fire breaks out in your home. Be sure vou have working smoke detectors on every level of your home. Place detectors near bedrooms and in the kitchen, either on the ceiling or 6-12 inches below the ceiling on the wall, well away from air vents. Be sure detectors are in good working order. Mark your calendar to remind yourself to check the batteries regularly (for example, at the start of a new season). Another smart home safety measure is to install a carbon monoxide detector in your home. Carbon monoxide is a poisonous gas that can cause severe illness

or death to both people and pets. Have an emergency exit plan that includes your pets and practice the plan regularly. Once a fire starts it can spread rapidly, so everyone should know what to do to escape. Affix window decals around your home so rescue workers know here are pets inside. Decals can be obtained from your local Bar Busters trainer, or possibly the SPCA or your local fire department.

• Fire experts report that many

- Fire experts report that many dogs perish in fires because they are confined in a crate or room and cannot escape. Be sure your fire plan accounts for crated dogs.
- Keep leashes at hand so you can leash your dog to prevent him from escaping in panic.
- Keep hallways and exits free of clutter to allow you to get out of a burning house more safely.
 Make sure pets always wear current identification.
 Consider subscribing to a

service that provides collar tags with phone numbers to help locate a lost pet. Name tags and phone numbers on your pets' collars are also in helpful to relocate a lost pet. Research a safe place to take your pets. Ask friends or relatives in advance if they would shelter you and your pets if necessary, and check with local pet boarding facilities so that you have a plan in case you need it. Assemble a dog disaster kit. Include some of your dog's food and medications, copies of his health records, your veterinarian's phone number and a list of facilities you can take your pet to, recent photo taken of you with your dog, favorite toy or bedding and extra leash and collar affixed with the dog's identification. Give a house key to a trusted <u>neighbor.</u> Make sure your

Continued on page 12

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Stormy is a sweetie. She is an adorable domestic short hair black cat born May 8. 2020. Stormy loves to snuggle in her foster's arms to take a nap. She loves playing with her sister, Midnight, whom is also available for adoption. She 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.

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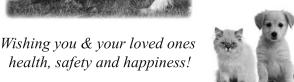




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Part 1: The Realities of The COVID Vaccine by Charlotte Michos, RN,

MS, CNS, CLNC I will start with the ending:

If the full regulatory licensing process is carried out (even with Operation Warp Speed in place), a COVID vaccine will likely be available for mass distribution later 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. One of my sources was an excellent interviewee, who addressed the COVID-19 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/ <u>viewarticle/936937?src=mkm_</u> covid update 200910 mscp edit_&uac=64796DZ&imp ID=2558382&faf=1#vp 8). General information about the vaccine for coronavirus: Vaccines do not cure a disease; they prevent a person from getting it by activating our immune system to build antibodies against – in this case- the coronavirus. The

system have "memory" and the next time the virus enters our body, the antibodies prevent the virus from attacking our system and we do not get sick. In the case of the COVID-19 vaccine research taking place, some vaccine candidates are utilizing dead or weakened coronaviruses, others using fragments of the viruses, some will take the proteins of the virus and transfer them to viruses that don't cause disease (you could say that the proteins of the coronavirus are piggybacking) and finally, other vaccines are employing the virus's genetic materials (mRNA). Per Dr. Offit's interview in addressing the use of genetic material for vaccines, he concludes: "I think when you have no commercial experience with a vaccine strategy and you're using that as a way to try to stop a new virus, there will be something of a learning curve (https://www.medscape.com/ viewarticle/936937?src=mkm covid_update_200910_mscp

Some vaccines provide protection long-term or even over a lifetime (polio, measles); others require boosters (tetanus) and some are seasonal (flu). Interesting that it appears that the MMR vaccine is helping to protect against and reduce the severity of COVID-19 (https:// www.iadvanceseniorcare.com/ covid-19-and-the-elderlycould-mmr-vaccination-slowthe-pandemic/). We have yet to discover how the COVID-19 vaccine will work and how long it will last. Some current research strategists are seeing the need for two-dose vaccines, taken a few weeks apart (https:// www.nationalgeographic.com/ science/health-and-human-body/ <u>human-diseases/coronavirus-</u> vaccine-tracker-how-theywork-latest-developments-cvd/).

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What are the phases and steps in development of this vaccine? To get a vaccine to market can take at least a decade or more; the vaccine for mumps was considered fast (1960) and that took four years. Due to the fact that this virus is infecting and affecting the entire world, the U.S. has created *Operation* Warp Speed (OWS) in order to fast track the development of a vaccine (https://www. antibodies of our immune <u>hhs.gov/coronavirus/</u>

explaining-operationwarp-speed/index.html). Phases and Steps to produce a

Phase1: After studying and identifying the virus, potential vaccine candidates are identified. Phase 2: Pre- Clinical Testing of these vaccine candidates is carried out with animals to determine if the vaccine safely triggers an immune response. Phase 3: Clinical Trials human populations A) Clinical Trial occurs when

the testing pool is widened to include humans – groups of people who may have the disease or will be more likely to catch it, in order to gauge vaccine's effectiveness B) The testing pool expands

to the thousands to make sure the vaccine is safe and effective among a wider array of people, given that immune response can vary by age, ethnicity, or by underlying health conditions. The next steps after the phases of the clinical trials include: The vaccine candidates go through a rigorous regulatory process for approval, which includes the type of populations who should get it first and at what cost. Although the regulatory process addresses safety issues and a vaccine can be determined safe, it might not be "perfect." Meaning: We will likely see further testing done after the initial COVID-19 vaccine is out in order to establish a more effective vaccine. This occurred with the shingles vaccines: Earlier vaccines were not as effective as the later version. Some researchers will maintain a perpetual stage of regular study, which will likely be the case for the novel coronavirus, since this is an atypical virus. Keep in mind, this is not a human virus; it is a virus found in the bat. As a result, we have witnessed odd symptoms, which also fluctuate in degree from mild to deadly. These assorted conditions include: Respiratory, resulting in various degrees of severity from a mild dry cough to being put on a ventilator. Multi-inflammatory syndrome in children. Circulatory: There are cases of vasculitis, resulting in strokes, heart attacks, liver, kidney, and other distal organ disease and Cytokine Storm, which is an overreaction of the immune system as seen in trauma, sepsis, & cardiac arrest. **Production:** Significant manufacturing capacity - such as infrastructure, personnel and equipment – is needed to produce large quantities of a vaccine for use. Quality control must be in place and all processes are monitored. Once licensed, policy must be developed to decide how to prioritize those who should be vaccinated; and of course in this case, distribution will be a massive undertaking since the vaccine needs to be distributed to the world (https://theconversation. com/coronavirus-vaccinehere-are-the-steps-it-willneed-to-go-through-during-<u>development-134726</u>).

Why Do Vaccine Trials Take Time? The reason for the length of time then evaluate the responses, and finally, tally and measure the outcome. It takes time for the virus to activate in the body and for the immune system to respond. Obviously, this is the part of the development that the researchers cannot speed up. The testing groups start out small (for safety purposes) and are gradually increased once the vaccine presents itself to be effective. The research is in progress and changing almost daily, so when this article was written, the following was in place: Out of the 169 COVID-19 vaccine potentials worldwide, 26 of these are in the human trial phases with eight companies being in the midst of phase 3B (large clinical trials with thousands in the testing pool) as noted above (https://www. who.int/emergencies/diseases/ <u>novel-coronavirus-2019/</u> covid-19-vaccines).

A sample timeline of vaccine candidates: November-December 2020 clinical trials in progress: There are two 30,000-participant with the Pfizer and Moderna vaccine candidates. Keep in mind you have two groups in a study: the experimental group (gets the vaccine) and the control group (gets the placebo or "fake" vaccine). The study approach is called a double-blind randomized clinical trial because the study groups are random in selection and the participants are unaware of which vaccine they receive. With these example studies, both happen to have a two-dose program. So after the first dose, there's a booster given a month later (end of October or beginning of November), and then it will take a few weeks (at least) before the full expected immune response occurs (in one group) and those who get sick in the other group is known. Early 2021 best-case scenario for the regulatory process to start: Even Moncef Slaoui, who is the head of OWS (Operation Warp Speed), thought a best-case scenario would be the end of the year, most likely the beginning of next year as the timeframe for the vaccine research to go forth with the regulatory process for approval. Dr. Offits agrees with this and thinks that's a more accurate representation (https://www.medscape.com/ viewarticle/936937?src=mkm covid_update_200910_msc pedit_&uac=64796DZ&im pID=2558382&faf=1#vp_8). Well into 2021 before the vaccine processes are complete and production and distribution starts: The completion of the

approval process will likely take us well into 2021 if we follow the full regulatory licensing process, even with OWS. Then the next stage will be the production and distribution of the vaccine (HealthLetter.MayoClinic.com-September 2020). If (and that is the key word) a vaccine is developed that is 75% effective, we will need about 2/3 of the American population immunized. With a two-dose vaccine, that totals to over 400 million doses. Realistically, even with warpspeed measures in place, we are easily looking well into 2021 for an initial vaccine roll out. Keep in mind, this is assuming that the research, & distribution approval processes have no glitches. (https://www.medscape.com/ viewarticle/936937?src=mkm covid update 200910 mscp edit &uac=64796DZ&imp $\overline{\text{ID}} = \overline{2}558382 \& \text{faf} = 1 \# \text{vp} = 8$).

Could we see a vaccine come out at an earlier date? See next month's column: Part II

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. email <u>charlottemichos@icloud.com</u>.

Center for Healthy Aging presents two-part talk on Alzheimer's

The Center for Healthy Aging's Virtual Wellness Series will kick off this fall with a two-part series, Living with Alzheimer's for Caregivers, from 2-3:30 p.m. on Mondays, Oct. 19 and 26. This virtual educational talk will be presented by guest speaker Tara DeLuca, a care consultant with the Hudson Valley chapter of the Alzheimer's Association. DeLuca will provide answers to many of the questions that arise in the middle stage of Alzheimer's disease. Those include developing a care team, treatment options, communicating and connecting, legal and financial planning, coping strategies and maximizing independence. This program is open to caregivers and people with Alzheimer's. 10 register, visit nuvancehealth. org/wellness or call Nancy Walsh at (845) 876-4745 (TTY/ Accessibility: 1-800-421-1220). All registrants will receive an email confirmation with the link to access the event.



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is that the researchers have to wait to see how the testing pools (animals or humans) respond, We would like to welcome Dr. Anita Dormer Medical Aesthetics, Regenerative Medicine to our team. Visit her at www.dranitamedicalaesthetics.com

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Palmiter from page 1

changed with your plan for the upcoming year. Coverages can change based on current trends, where a medication isn't covered anymore, or a doctor's not innetwork or the premium changes up or down and sometimes entire plans are eliminated. And that's where we shop the market, and check and look for a more suited plan, that covers your medications for less perhaps, or works with your preferred pharmacy that's closer to you or includes benefits and providers more suitable to your current needs."

There are other factors that play into decisions regarding Medicare insurance. Some companies offer mostly HMO plans, which are often cost effective, but which limit care to "in-network" medical providers. Other plans are PPO (Preferred Provider Organization), which allows members to seek out-ofnetwork coverage. That can be especially important for people with special needs or medical conditions, since it means being able to see a doctor or specialist that isn't in the plan's network. Some larger carriers

have national PPO networks, which makes it possible to find a provider when traveling out of state, and represents a great fit for "snowbirds" who winter in sunnier climes. **Helping Members Find the Best Medicare Insurance Options**

Colleen Palmiter, who launched Palmiter Business Solutions, Inc. with her son Aaron in 2012, after working in the insurance field for more than 20 years, knows the Medicare system can seem complex. It offers options and flexibility as far as coverage. But the different insurers and plans, and the structuring of the Medicare benefit, with Parts A and B and C and D, are not exactly intuitive. Even signing up can be intimidating.

"We help a lot of newbies," says Colleen. "For people who are newly eligible for Medicare, we help them with the process of actually getting their original Medicare ID card, and then from that point, picking out a plan that's suitable for them. I do a lot of helping people transition from employer group plans at retirement, and getting them on an individual-based Medicare plan that would be suitable for them after exiting their employer plan. So, there's all kinds of different scenarios that, when somebody calls us, we have to ask them a lot of questions to find out where they're coming from, and where they want to go during this transition phase."

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eligible can schedule to meet with Palmiter Business Solutions, to sign up for the first time, or to undergo a fresh evaluation of their insurance situation and needs. "We're always happy to help," says Aaron. "Our compensation for our service as brokers is built into the plans, so we don't charge anything for seeing someone and sitting down for a review. When they sign with us and get onto a plan, we get paid a commission

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fee from the insurance carrier Aaron and Colleen and their team are expert in cross comparing available plans and components, and individually tailored insurance solutions fo members. "We really kind o plug in what I call the 3 P's: you providers, your prescriptions, and price, or premium," says Aaron "We look at all those factors, and the numbers. For some people

Continued on page 16

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Contact Info

Barkbusters from page 9 neighbor knows where your dog might hide in the event he was

feeling unsafe so that firefighters know where to look for him. Ask your local fire department <u>if the fire trucks carry pet</u> **oxygen masks.** If they don't, ask neighborhood pet owns to join you in making a donation to buy masks for the fire department. Listen to your Dog. Canines have a keen sense of smell and can detect smoke long before humans. If you dog is acting strangely, look into the situation promptly and be prepared to gather your family and follow your evacuation plan. <u>If you must evacuate and can't</u> find vour dog in the house leave an outside door open and then call your dog's name once you get out. He may be able to hear you and escape. If your dog is in a smoke-

<u>everything you can to</u> prevent fires from happening. • Ensure your dog doesn't have access to dangerous

filled building, or if you can

smell smoke on his fur, take

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importantly,

veterinarian.

him to your

combustible

- Keep electrical wires and batteries out of your pet's reach.
- Chewing or biting anything electrical can cause him shock or burns, or could start a fire.
- Don't leave lighted candles

unattended. A lit candle knocked over by a swinging tall can burn your pet or cause a fire. • Every once in a while, get

down on the floor at the same level where your dog lives and look for any potential fire hazards. And the results? **Happy Dogs = Happy Families**

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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/

The Columbia-Greene **Humane Society/ SPCA** receives animals from hurricane-ravaged Louisiana

CGHS/SPCA has received four dogs and eleven cats from the Louisiana Humane Society that were evacuated due to Hurricane Laura. All of the animals are up for adoption. Two of the dogs need to be treated for heartworm, but are









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expected to make a full recovery. Since Hurricane Katrina in 2005, CGHS/SPCA has opened its doors and assisted humane societies and SPCAs throughout the country by accepting homeless pets that were displaced because of natural disasters. "Our thoughts and prayers are with all the families that were affected by Hurricane Laura. We're proud to assist in rehoming these pets that were displaced because of this disaster," said Ron Perez, President/CEO of the Columbia-Greene Humane Society/SPCA. Pictured are some of the animals taken in from Louisiana. Betty is 3 years old, Oakley is 2 years old, Hollie is 2 years old, and Giselle is 1 year old. The cats are various ages. For more information, please call (518) 828-6044 ext. 100 or email info@cghs.org. To be pre-approved for adoption, you can visit cghs.org and submit an adoption application online.

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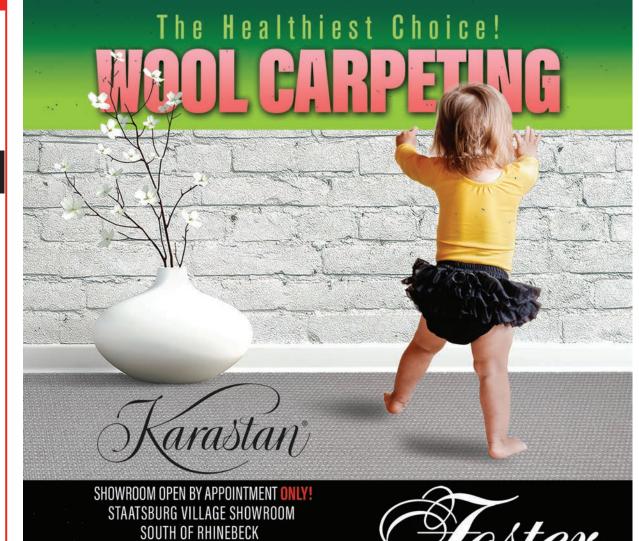
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Guard Your Heart Above all else guard your heart, for it is the wellspring of life. Proverbs 4:23

By Naomi Fata President of Christian Resource

Ministry Inc. (CRM) www.christianresourceministry.com

Throughout the day we all experience a variety of emotions. Have you ever wondered how or why your emotions change so quickly from one moment to the next?

When you want to be physically healthy, you pay attention to diet. You are conscious of your sugar, carbs and calories. In a similar way our mental and emotional health is affected by what we take in through our senses, especially through what we see and hear.

In his book *The God-Shaped* Brain, Dr. Timothy Jennings "Neurologically writes, speaking the 'heart' is the anterior cingulate cortex (ACC), the part of the brain right between your eyes and slightly back from your forehead. It is in this brain region where we experience empathy, compassion and love, and where we choose right from wrong." This is the heart that Solomon, the author of this Proverb, exhorts us to guard. Throughout each day our minds are bombarded by a constant flow of triggers, emotions, experiences, disappointments, and feelings. These play out in our actions, thoughts, and decisions.

These days our senses are overwhelmed by the media, from the TV to Facebook to our google feed to our email. Aside from that anytime you stop to talk to a friend or acquaintance you may have the opportunity to hear their latest fears and speculations about the election, the Black Lives Matter Movement and the COVID

affect your internal state of mind. There are times when we can't control all that we see and hear. But we can take responsibility for 'guarding' or watching over the state of our hearts. When you find yourself jittery or exceptionally fearful, think about the people or media that you interacted with today or this week. Were these negative or positive? Can you pin-point a specific piece of news or conversation that made you feel more anxious than you were previously?

Guarding one's heart doesn't just happen. It takes purpose, and perseverance. God's instructions are for us to actively reject thoughts or feelings that bring fear and anxiety. His desire is for us to be living continually with His peace. Living in peace doesn't mean we believe the world is going to be perfect or that the pain the people of our country are experiencing will go away. It does mean that we can continually put our focus on Christ who is our hope, finding confidence in verses like Hebrews 4:16 which says "let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need."

This is a time of need for all of us and for the people we know. Rather than let your heart become overwhelmed with fear, guard your heart by drawing near to Christ.

For more info on how to do that you can visit, https:// christianresourceministry.com/ what-is-salvation/

FOUNDATIONS OF WHAT ARE YOU **BUILDING YOUR LIFE UPON?**

"Therefore, whosoever heareth All this can quickly begin to these sayings of mine, and doeth

them, I will liken him unto a wise man, which built his house upon a rock. And the rains descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. And every one that heareth these sayings of mine, and doeth them not, shall be liken unto a foolish man, which built his house upon the sand. And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell, and great was the fall of it." Matthew 7:24-27

When Jesus finished the Sermon on the Mount, He challenged the people of His day and of our day about the importance of building their life on the right foundation. There is a stark difference between the two foundations He mentioned in Matthew 7:24-27. Those that build on either foundation will face the same difficulties of life, but the one who builds on the rock will stand, while the one who builds on the sand will fall. It is imperative that people build their lives on the right foundation, which is Jesus Christ and the teachings of God's Word, the Bible. The Apostle Paul wrote, "For other foundation can no man lay than that is laid, which is Jesus Christ" (1 Corinthians 3:11).

In the Apostle Peter's confession, about Jesus, he said, "Thou are the Christ, the Son of the living God" (Matthew 16:16). Jesus responded by saying, "Blessed art thou Simon Bar-jona: for flesh and blood hath not revealed it unto thee, but my Father which is in heaven. And I say also unto thee; That thou art Peter, and upon this rock, I will build my church; and the gates of hell shall not prevail against it" (Matthew 16:17,18). Jesus Christ is the foundation and He is the Chief Corner Stone of the Church. Jesus also needs to be the foundation of our lives. On Christ the Solid Rock I stand, all other ground is sinking sand! If you haven't confessed Jesus as your Lord and Savior and received Him into your life, I encourage you

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to do so now (Romans 10:9-13).

You need to ensure that you are building your life on a solid foundation that will survive the trials of life. To be sure we are living in very difficult and trying times. We need to have our lives built on the solid foundation of Jesus Christ. "Laying up in store for themselves a good foundation against the time to come, that they may lay hold to eternal life" (1 Timothy 6:19).

Brethren, I trust that you are laying up a good foundation for your life and for your family! When you are on the solid foundation, then your life will reflect the love of God to others and to the world in which you live. Life is short and it goes by very quickly, so it imperative that you use the time the Lord gives us to Glorify the Lord and to be a blessing to others. We all should be willing to Serve the Lord joyfully and others with a heart of love and compassion. We are not to be like the

world! In the world people are always worried about themselves and what is in it for them. As Christians we are to seek to Glorify and Serve the Lord with our whole Heart. If you want to be great in God's Kingdom, be a Servant of all. Are you laying up a good foundation against the time to come? By placing your Faith in the Lord Jesus Christ

and living your life in the Power of

the Holy Spirit you will be building your life on the solid foundation, which is a life on the Rock, the Lord Jesus Christ. Now is the time to do so - Lay hold of Eternal Life and be assured of a solid foundation now and for all Eternity!

If you would like to know more about being a Christian and/or about the Foundation of Life, contact us be Email at cdfcirone@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

ZONTA CLUB OF UPPER HUDSON **VALLEY DONATES PIZZAS**

The Ghent Food Pantry received 20 gift cards for large pizzas, purchased by the Zonta Club of Upper Hudson Valley. Each card can be redeemed at pizza shops in Chatham. Irene Waldorf, club president presented the gift cards to Ghent Pantry staff and volunteers: (left to right) Ashley Braffett, Annie Scibienski, Linda Reed, Waldorf and Fran Fisher. Zonta always welcomes new members to support its mission. Contact Celeste Alexander at cmonte303@ aol.com or Patricia Corbett at 518-461-4663 to inquire about membership. The club meets monthly, currently via Zoom.



Red Hook Community Center 59 Fisk Street, Red Hook, NY 12571

Worship Services - Sundays 10:30 AM

In addition to meeting Sundays, we continue to record (video) the Sunday messages. You can find the link to them on our Facebook page: Northern Dutchess Bible Church. Take a look. And remember...Hold fast to Christ.

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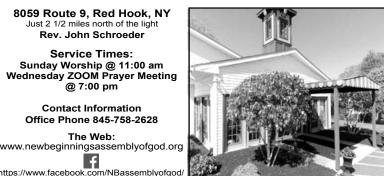
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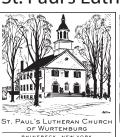
Service Times: Sunday Worship @ 11:00 am Wednesday ZOOM Prayer Meeting @ 7:00 pm

Contact Information Office Phone 845-758-2628

The Web: www.newbeginningsassemblyofgod.org f



St. Paul's Lutheran Church of Wurtemburg



and families to stay safe!



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

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

10:00 am Sunday Drive-In Worship Service continues through October.

Please follow us on Facebook at St. Paul's Lutheran Church of Wurtemburg for updates. We are praying for our schools

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OF NORTHERN DUTCHESS

Join us for Sunday Worship services:

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

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

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

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FREE GUIDED LANDSCAPE WALKS IN OCTOBER AT STAATSBURGH STATE HISTORIC

"What You See....and What You Don't See"

October Thursdays & Sundays, & Columbus Day

This autumn, Staatsburgh State Historic Site will offer several opportunities to enjoy the fall foliage and a stunning landscape along the Hudson River, while learning a little of the area's history. Free guided landscape tours on the Gilded Age estate's beautiful grounds overlooking the river will occur on Thursdays, Sundays and on Columbus Day. The tour, entitled "What You See... and What You Don't See," will show how Staatsburgh's landscape architect designed a glorious setting that showcased the good life in the Gilded Age, while deliberately using landscape elements to hide the technology and labor that made a turn-of-the-century

run. Using historic photos of the grounds, the tour will show what visitors would have seen more than 100 years ago, but also step behind the curtain to show what was hidden from them. The tour will be offered on October 8, 11, 15, 18, 22, 25 and 29 at 10 a.m. On October 12, Columbus Day, the tour will be offered at 10 a.m. and 3 p.m. There is no charge for the tour, but visitors must register in advance. To make reservations, visit our Eventbrite page at www.staatsburgh.eventbrite. com. Attendance will be limited to aid in social distancing. The tour is about one mile of mostly level terrain, with some uphill walking. The program, including the walk, discussion, and looking at historic photos, will take about 1½ hours. Staatsburgh 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. "On this guided walk, we will ask

you to imagine being a guest of Ruth Livingston Mills, attending one of her very exclusive weekend parties at Staatsburgh," says site educator, Don Fraser. "On a beautiful afternoon, you as a guest might stroll along the Hudson, or sail the river on the Mills' yacht, or take a carriage drive. The grounds would present you with stunning vistas and lovely gardens, but tucked out of view, the estate staff would be shoveling coal, generating electricity, laundering piles of clothes and linens, and tending to animals; and all of that would be invisible to you, unless you really searched. Imagine being among the staff who had to perform these labors, out of view of family and guests: the experience of the estate would be very different for workers, although a position at Staatsburgh was considered an excellent job." Staatsburgh State Historic Site and the Ogden Mills & Ruth Livingston Mills Memorial State Park are located on Old Post Road in Staatsburg, off Route 9 between Rhinebeck and Hyde Park. The historic site is one of 6 sites and 15 parks administered by blogspot.com. events are

THE OLD DUTCH **CHURCH PRESENTS** ITS 6th ANNUAL LIVING HISTORY **CEMETERY TOURS** LIVE, VIRTUAL AND

Theatre on the Road and the Old Dutch Church in Kingston will offer "living history" tours Saturdays in October in the cemetery of the church. Guests will take a trip across three centuries and meet seven characters who



designed New York's Central Park and many of the Hudson Valley's finest residences. Visitors will also witness the banter between Sadie and Elsie Reher, two sisters whose family owned a bakery on the Rondout. Jenny Hasbrouck, an enslaved person who took her own freedom, will make an appearance, along with Father Divine, a celebrated African-American spiritual leader. Emily Crane Chadbourne, an art collector and philanthropist, will regale us with her story and Rachel Hasbrouck, a young woman who survived a Tory attack while escaping the burning of Kingston, will finish the tour.

Live tours will take place on October 3, 10, 17 and 24 at 7pm and each will be limited to 60 people. There will be no more than 10 people at each gravesite; masking and social distancing will be enforced. A virtual version

of the tour will be available www.livinghistoryny. com beginning November 1. Ticketsare\$10perpersonandmust be purchased by visiting www. livinghistoryny.com. For information: 845-475-7973.

Theatre on the Road is the creation of actor, writer, and director Frank Marquette and his wife, Kristen. Theatre on the Road offers original scripts, professional actors, period styling, and handmade costumes. Original productions include, Poe's Last Mystery, Voices from the Past, A Taste of Shakespeare, Whiskey Women, and seasonal "living history" tours at the Old Dutch Church in Kingston.

All research and monologues for Theatre on the Road's living history cemetery tours provided by Jessica Boyd, a local teacher, writer, actor based in Rhinebeck.



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What You'll Need

1 pound ground beef

1/2 pound Italian pork sausage, casings removed

1 teaspoon garlic powder

1/2 teaspoon salt

1/4 teaspoon black pepper

2 cups cooked rice, warmed

1 (24-ounce) jar spaghetti sauce

8 slices mozzarella cheese

2 tablespoons grated Parmesan cheese

What to Do

Preheat oven to 375 degrees F. Coat a 2-quart baking dish with

In a large skillet over medium-high heat, brown ground beef, sausage, garlic powder, salt and pepper for 8 to 10 minutes, or until cooked and crumbly; drain off excess liquid.

In a medium bowl, combine spaghetti sauce and rice; mix well. Place half the mixture in the baking dish. Top with half the meat mixture, then place 4 slices mozzarella cheese over the top and sprinkle with 1 tablespoon Parmesan cheese. Repeat layers.

Bake 30 minutes or until heated through.

the Taconic Region of New York State Office of Parks, Recreation and Historic Preservation. For more information, call 845-889-8851, or visit Staatsburgh's website at parks.ny.gov, their Facebook at Facebook.com/ StaatsburghSHS, and blog at Staatsburghstatehistoricsite. Staatsburgh's listed parks.ny.gov/events New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual parks, historic sites, recreational trails and boat launches, which were visited by a record 77 million people in 2019. A recent university study found that spending by State Parks and its visitors supports \$5 billion in output and sales, 54,000 privatesector jobs and more than \$2.8 billion in additional state GDP. For more information on any of these recreation areas, call 518-474-0456 or visit parks. ny.gov, connect on Facebook, or follow us on Twitter. The free New York State Parks Explorer mobile app is available for iOS and Android devices To download, visit: Google Play Store, NY State Parks Explorer App or Apple Store,

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"STAATSBURGH IN COLOR" AT STAATSBURGH STATE HISTORIC SITE Throughout October 2020, 9am to 5pm

Tucked on the portico of Staatsburgh State Historic Site is a box containing coloring kits offered to site and park visitors. Inside are colored pencils and a choice of line drawings of the mansion and surrounding landscape which visitors can borrow, to sit in the sun by the river, or under a shady tree, and color as they wish. The program is offered every day in October from 9am to 5pm The brainchild of site interpreter Frank Pidala, the program offers people a relaxing and creative way to experience the site, while the mansion is still closed due to the pandemic. "Many people, of all ages, find coloring meditative and calming," says Pidala, "I wanted to create another option for enjoying the site in these rather stressful times."

Visitors to Staatsburgh can also enjoy a picnic or stroll by the river, or a hike on the woodland trails in Mills and Norrie State Parks.

Coloring materials are available for use during normal park hours, from sunrise to sunset. For safety, each kit is returned to another box, and carefully sanitized by staff before reuse. In addition, Staatsburgh follows all NYS Department of Health guidelines for safety during the COVID 19 pandemic. Masks and social distancing are required of all park visitors until these guidelines are lifted.



Colorists can also submit their handiwork for a chance to win a gift certificate to Adams Fairacre Farms, by depositing their coloring onsite or by emailing a photo of their work to the site. A winner will be selected among the submissions by the end of each week in October.

Staatsburgh State Historic Site and the Ogden Mills & Ruth Livingston Mills Memorial State Park are located on Old Post Road in Staatsburg, off Route 9 between Rhinebeck and Hyde Park. The historic site is one of 6 sites and 15 parks administered by the Taconic Region of New York State Office of Parks, Recreation and Historic Preservation. For more information, call 845-889-8851, or visit Staatsburgh's

website at parks.ny.gov, their Facebook at Facebook.com/ StaatsburghSHS, and blog at Staatsburghstatehistoricsite. blogspot.com. Staatsburgh's listed events are parks.ny.gov/events

New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual parks, historic sites, recreational trails and boat launches, which were visited by a record 77 million people in 2019. A recent university study found that spending by State Parks and its visitors supports \$5 billion in output and sales, 54,000 privatesector jobs and more than \$2.8 billion in additional state GDP. For more information on any of these recreation areas, call 518-474-0456 or visit parks. ny.gov, connect on Facebook, or follow us on Twitter. The free New York State Parks Explorer mobile app is available for iOS and Android devices. To download, visit: Google Play Store, NY State Parks Explorer App or Apple Store, NY State Parks Explorer App.

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Palmiter from page 11

some of the co-pays don't bother them too much. Where others would rather pay a five-dollar copay, versus a 30-dollar copay. Or they'd rather pay a flat fee for a diagnostic test, versus a co-insurance, where they really don't know what the costs could be. So that's where we can kind of sit down and really help them understand Medicare as a whole, and the options on each plan based on their needs."

Times are limited as far as when beneficiaries can change plans. So, it's important to act during the Annual Enrollment Period(AEP), since this is the time when anyone eligible for Medicare can

change plans. There is another period called "Open Enrollment Period(OEP)", that takes place from Jan 1st, thru March 31st. But "Open Enrollment Period" plan changes are only available to people who have a "Medicare Advantage" type plan.

The Open Enrollment Period is great for people who have a Medicare Advantage plan, who may have missed the AEP," says Colleen. "They might be traveling, or hospitalized. Or they might have enrolled in a different plan, and then decide, in say February, that they want to make a change." A Safe and Efficient Insurance **Shopping Experience**

Covid-19 has meant evolving



in different ways this season, according to Aaron. "This is the first year that we're not doing formal meetings with large groups of people, which has traditionally been traditionally our bread and butter. We're doing more resource meetings, where people make appointments, or they come in at a staggered time frame. And then they'll meet with us individually. Of course, we're going to have six feet social distancing practices."

The team at Palmiter is well aware that many of their clients represent the Pandemic's hardest hit group. "We've revamped things in our office to be Covid compliant," says Colleen. "It's especially important, because of the age group of our clients, who are in a compromised time-frame in their life."

Office safety precautions include wearing face masks and offering them to those who don't have them. Work stations are

cleaned according to protocols, and hand sanitizer is offered and used during meetings.

Palmiter Business Solutions has also re-designed their website, palmiterbusinesssolutions.com, to be able to handle virtual information gathering. Zoom and Facetime type appointments are being offered, as well.

"Because of Covid, we're taking more of a virtual approach this year," Aaron explains. "We can actually do an assessment Beaver Stump

through our website. There's a tab on the right of our homepage that says 'Needs Assessment'. So, a member can input their vital information, like prescriptions, and providers. And there's a field where they can add any additional information they want us to know. The information gets sent right to us securely. And then we can reach out, and we can do the homework. It gives us all the information we need to run cross comparisons and find out whether a plan they're on really is well suited for them."

With the help available from the experienced agents at Palmiter Business Solutions, Medicare members can feel confident about taking advantage of the Annual Enrollment Period to make sure they're getting the right health insurance coverage, at the best possible price. Palmiter Business Solutions, Inc. 4354 Albany Post Road, Hyde Park NY 12538 1-845-773-9164

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Red Hook: Mother/daughter or Father/son opportunity, 5 mins to schools & town Located on almost 2 acres of pvt, lush land Open fp

w/3 large BR's, refurbished bathroom. double sided fireplace in LR & DR, country Kit w/plenty of cabinetry & great pantry! Front deck is perfect for BBQs or just relaxing w/a book. The lower level features a 1 BR apt w/FB, open FP & WO to a pvt backyard. Unique opportunity!! \$379,000



Red Hook: Residential or Commercial Opportunity: Just a short stroll to the village. Well built structure on 1+ acres consisting of lush lawn & flowering trees. Bring your architect & creativity. This building is in the B1 district & has been verified by Zoning that a SINGLE FAMILY RESIDENCE is permitted. \$375,000



Red Hook Village: Split level home perfect for those who want practicality. Located off a peaceful, no outlet street in the village walk/bike to all. 3 BR, 2 Bath, sunny LR, bright Kit, HW floors & lovely screened in porch. Finished lower level w/it's own FP, full bath & laundry. Flat, usable backyard for gardening & play. \$399,000



Ancram: Beautiful home privately situated on 2+ acres surrounded by woods, nature & stream frontage. Features include: lge, open Kit, DR, LR &

den. Upper level includes lge MBR w/soaring ceilings, skylights, FB w/jacuzzi tub & laundry room. Juliette balconies off BR's overlooking peaceful stream. Partially finished bsmt w/room for FR, storage or possible in law quarters. Perfect weekend getaway or full time living. Walkable to village & conveniently located close to the Taconic for commuters. Come put your personal touches on this lovely home today! \$349,000



floors. Features include updated cherry Kit, comfortable LR, huge MBR, cozy guest BR & possibility of 3rd BR. 2 modern baths, encl. porch laundry & mud rm. Renovated in 2007, this home is energy efficient w/blown in insulation & solar HW. Whole house generator gives extra security. 2 story barn w/studio has water, heat & electric on 2nd floor while set up for horses & dogs on first level. Paddocks, run in sheds, plus riding rink. 43+ acres w/2 acre pond. \$449,900



Gallatin: Legal two family offers nany options. Live on one side & rent

Great investment return at \$21,900 annual (gross). Low operating costs. Tenants pay all utilities, snow & lawn removal. Full bsmt offers finishing potential. Private 2+ acres. Improvements include: Carpets & floors, bathrooms, 2 HW heaters, furnace, oil tank,

out the other. Ideal Mother/daughter situation.

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Elizaville: In Law Suite. Spacious 3 BR home on 4 pvt country acres in Southern Columbia County. Spacious & bright w/great space. LR has lovely fireplace for those chilly evenings. Lower level offers its own 2 BR apt w/full bath Kit, wood stove & separate entrance. \$339,000



Red Hook: Located in quiet park, 5 minutes to own this brand new 2020 2 BR/ 1 FB home has lovely features. Flooded w/light, beautiful ngineered flooring throughout, tasteful fixtures & great closet space. Kit w/breakfast nook & dining area opens to LR. Energy efficient & easy maintenance. \$97,500



Red Hook Village: Sweet Vintage Cape w/so much charm walking distance to schools, cafes

2000 sq ft. 2-4 BRs, 2 FB's, Formal LR w gorgeous FP & detailed mantle, open Kit & DR. Relax in the lovely sunroom wit's own hot tub, overlooking pvt back yard. Needs a touch of TLC but well worth the investment. \$325,000



Price Reduced! 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 includes: 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 bathroom. Mins to lake front park. \$249,000



Price Reduced! Tivoli: Diamond In The Rough best describes this

jewel located within walking distance to the village. Enjoyed by same family for 25+ years. this home has been well loved. Vintage details include hw floors, brick hearth & exposed beams. Rare setting on 3+ acres that rolls down to private stream. Huge GAR w/12 foot ceilings, heat & electric, ideal for hobbyist or car buff. Excellent opportunity to create your own vision here in the Hudson Valley! \$299,000

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Tales from Hudson's **Crypts: The Tour with Kelley Drahushuk**

Hudson Area Library presents a special tour of Cedar Park Cemetery, Tales from Hudson's Crypts: The Tour on Saturday, October 12-1:30pm 24, (RAINDATE: Sunday, October 25, 12-1:30pm). Registration is required and participation is limited to 10 participants. Mask wearing and social distancing at all times is required. Register emailing programs(a) hudsonarealibrary.org calling 518-828-1792 x101.

Kelley Drahushuk's talk at the library, Raising the Dead: Tales from Hudson's Crypts, was so popular we began this tour and it has become an annual event. Kelley once again acts as our tour guide and has added new graves and new stories to the tour.

Donations are appreciated but not required and they will support the archiving of the library's History Room collection based in the history of Hudson, Greenport and Stockport.

Attendees will meet in the cemetery office parking lot promptly at 12pm. As this is a walking tour, wear appropriate footwear & dress for the weather & conditions. We may encounter uneven ground, semi-steep hills, and mud and will not always be sticking to the paved pathways.

Long-touted as "a virtual treasure trove for historians and enthusiasts of American funerary art", the Hudson Cemetery includes over 10,000 grave sites for a wide range of interesting and notable individuals, including the Proprietors and their ancestors, war heroes, famous artists, paragons of industry, disaster survivors and much more. Learn about the history of the original cemetery, more recent history and discoveries as well as its current layout. All attendees will receive a free map of Cedar Park with highlighted sites discussed in this presentation do your own walking tour and make new discoveries!

Kelley Drahushuk is a longtime resident of Hudson, NY with family history in the city dating back to the 1800's. She, along with her husband Alan, own The Spotty Dog Books and Ale, now in its 14th year of operation on Hudson's Warren Street in the former CH Evans Hook & Ladder building. She has served on the board of the Hudson Area Library and continues as a member of the History Room Committee. She earned a BS from Rochester Institute of Technology in Industrial Engineering. Two adorable children, a very chill cat and two noisy guinea pigs keep her quite busy.

The Hudson Area Library's History Room Committee Local History Speaker Series offers free monthly talks on diverse topics related to the history of Hudson, Greenport, Stockport, and Columbia County. The library's History Room houses collection that special pertains to the history of the City of Hudson, Greenport and Stockport; as well as Columbia County and New York State.

The History Room is closed to the public at this time but online research requests are available https://hudsonarealibrary. org/history-room/ and the public can submit requests for information on local history that volunteers will research.

The Hudson Area Library is located at 51 North Fifth Street in Hudson, NY. The mission of the library is to enrich the quality of life by providing free and equal access to programs, services and resources, and by creating opportunities for all members of our community to connect, create, learn and grow. For more information visit hudsonarealibrary.org.

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Paul Hallenbeck from page 1

Village," open seven days a week. "There are no worries about traffic and parking because we own our historic building, circa 1850, and the private driveway and parking lot behind."

Faithfully restored to historical Rhinebeck splendor quality, the office building is a lovely example of their fine listings. Hardwood floors are refinished to a shine, elegantly adding to the ambiance of country sophistication professionalism. Designed with clients in mind, Hallenbeck's has a private conference room with natural light for discreet meetings.

"We listen to your needs so we can quickly match you with one of our many exclusive listings or one of the numerous properties listed on MLS -- both immediately accessible by computer."

Mr. Hallenbeck is proud of his team because he is committed to individual attention. "You can get lost in the bigger national real estate firms," he explains. "We know the neighborhood and we all work together to give our clients exceptional service. We are experts in the area because we live here too."

The Paul Hallenbeck Real Estate website has an

impressive testimonial page that describes exceptional service of which he speaks - producing steady repeat business.

One happy client wrote, "Great communication, attention to detail, excellent website presentation of the home and positive energy are coupled with a work ethic. My previous real estate experiences were filled with promise and not action. You were confident and you delivered. You and your real estate family were the absolute tonic to my extremely stressful and time sensitive situation. Your agency is the gold standard."



Another says, "The beautiful listing pictures and description, but especially your professional attitude and execution, gave us confidence that our home would sell (and it did within 30 days)!"

Mr. Hallenbeck believes in being honest with his clients. "We keep up with the market. We can tell you what homes are selling for. We can tell you the condition of those homes and use that information to help you determine a fair price for the property

Continued on page 20





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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. arge LR w/fireplace, master BR with in suite bath w/shower, hardwood and ceramic tile floors plus much more. Asking \$409,900

Bowling Alley For Lease



Located in the Town of Red Hook in high traffic corridor of the Kingston/Rhinecliff bridge close to BARD Collage is this 20 lane, 18000sf bowling alley constructed of 12 inch block & steel trusses that offers 20 lanes, arcade. miniature golf course, lunch counter w/liquor license & has parking for 100+ cars. Asking \$6,000.00 per month

Red Hook Ranch



ocated 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 olus much more. Asking \$495,000.

Rhinebeck 91 Acre Farm



cocated 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

The Veranda House



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

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

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THIS FABULOUS RETREAT



in Clinton has it all: 3134 SF, 4 BRs, 2.5 baths, total privacy on 5 acres, CA, a LR, FR, & Rec rm, a great K, breakfast & DR 3 outdoor living area, + private access to Browns Pond a deep glacial lake! \$625,000



this Red Hook home is perfect for your family. There are 3 BRs, 3 full baths w/2 MBR suites, a large LR, DR, & a lovely EIK. The .54 acre lot is level & perfect for outdoor activities \$325,000.

IN PERFECT CONDITION,



this 4 BR, 3 bath brick home has CA, wood floors, a MBR suite, a 25x26 FR w/a stone FPL & a 20 ft. screened porch. Huge picture windows overlook 2 ponds. 5.64 acres ensures quiet & privacy.

A HOME W/MODERN AMENITIES,



this 3 BR, 3 bath Red Hook Contemporary has a fabulous new K w/an island, 2 new baths, an open great room, CA, a MBR suite + there's an outdoor kitchen & huge deck w/pergola. WOW! \$483,000.

WALKABLE TO RHINEBECK VILLAGE



this 3 BR one story has a modern EIK, spacious LR, + there's a 19 ft. screened porch for dining or relaxing. On a quiet side rd, there are shade trees & a beautiful yard. A great starter or retirement home! \$305,000

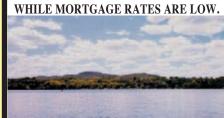
THERE'S CAREFREE CONDO LIVING



at this 1 BR w/den condo at the Woods in Rhinebeck. Here there's CA, a FPL, an open K/DR/LR + a MBR suite. Enjoy the pool, clubhouse, tennis court or walk to the Village via sidewalk. \$297.000



in perfect condition, this Red Hook Colonial has 5 sizeable BRs, 2.5 redone baths, a stunning modern K, oak floors, a DR, FR, & a 3 season room. There's a 2 car garage and a great yard for outdoor activities. \$499,900.



it's the perfect time to build your dream home. Here 12.98 acres afford total privacy & dramatic view of the Hudson River. Close to Amtrak & Rhinebeck Village this parcel is one of a kind! \$838,000

IN RHINEBECK VILLAGE,



this classic 1858 2 Story home has 4 BRs. 1.5 baths, 9 ft. ceilings, sizeable rooms, a wood burning FPL, an EIK, office, & 2 porches, one screened. Walk to the Village Center one block away. \$665,000

9 ACRES

assures total privacy @ this 3 BR, 2 bath home built in 2008. Like new, this home has CA, wood & ceramic floors, & a fireplace. Overlooking a beautiful pond & on a dead end rd, this is the perfect, peaceful place to live. \$429,900.

THIS CLASSIC COLONIAL HOME



is surrounded by 2.2 idyllic acres in Rhinebeck Village. The estate like grounds have huge trees, flowing lawns, stone walls. Inside, 3952 SF is amazing w/5 BRs & 4 full baths. So Special! \$1,050,000.

THIS TIVOLI CONDO



us an exceptional starter home. Here there's CA, a nice K w/stainless appliances, an open DR. & a BR w/glass doors out to the balcony. There's a garage beautiful grounds, & low condo fees! \$87,900.

20 - Hudson River View - October 2020

Paul Hallenbeck from page 19 you want to purchase or sell."

"We follow the Realtor's Code of Ethics to be truthful and honest. When we list a property, we look at what needs to be done to get it ready to market. We discuss any repairs that need to be made, how to stage the house and those first impression considerations that really matter."

"It's a very unique time right now," Mr. Hallenbeck articulates, "in part because mortgage rates are so low." There is a large demand from people leaving the city, "for a variety of reasons, not just Covid-19."

we live in a wonderful, highly desired area, and the market

incredibly active. I've never seen it quite like this."

So, if you are wondering if this is a good time to sell, Mr. Hallenbeck recommends a good look at your life. Ask yourself where would you go? What can you afford? Do you have a plan? Do you want to buy or rent? "These are big considerations," he insists. "You have to know if the time is right, what is next in your life and whether you are willing and able to face change. If the time is right, you are ready to sell your house and move, we are here for you."

In the words of a satisfied client, "After listing, you took charge. You did a virtual tour, came up with a plan to market the house, and made up a book of information that you placed in my home for prospective buyers. You took the listing seriously and you were total professionals. You took the extra steps to sell my house. For that I will always be grateful."

For more information about Paul Hallenbeck Real Estate, their website visit www.hallenbeckrealestate. com or call 845.876.1660.

Hudson Valley Radio Theatre, now in 25 states and 21 countries, presents DRACULA as their 12th program.

After having their 2020 schedule of live shows wiped out by the pandemic, Frank Marquette's Murder Cafe looked alternative ways to entertain their loyal fans and friends. Over the past 22 years, they have achieved a reputation for presenting quality entertainment, and Frank was not going to let the quarantine stop him. The answer was "theatre on the mind" - sound.

Hudson Valley Radio Theatre made its debut in early April with "Murder Me Always", a whodunit Murder Café first presented on stage at Mohonk Mountain House in 2017. It has been followed by 12 additional radio programs, all performed by members of our Murder Café troupe on Zoom. Editing, sound effects and music are added by the company's tech director, Kenny Drao.

The most recent addition to their programming is an acclaimed version of "Dracula". Written by Crane Johnson, and licensed by Dramatists Play Service, Marquette's troupe staged a live version of the same play on Bannerman Island in 2018 and 2019 to enthusiastic audiences and positive reviews.

"Dracula" is being sponsored by Bannerman Castle Trust, Inc., which is dedicated to the Preservation of Bannerman Castle in the Hudson Highlands Park, NY, USA. Director Frank Marquette offers, "In this production Van Helsing is played by a woman and she follows The Count as he travels from Transylvania to England to find new blood and spread his undead curse. Professor Van Helsing and Doctor Seward engage in a battle of wits and a desperate race to save Renfield and others from Dracula's evil clutches. Audiences responded well to the live staged version and thanks to our amazing actors and sound engineer it has translated well to an audio."

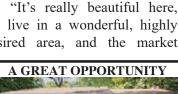
Using Anchor.com as their hub, Hudson Valley Radio Theatre's programs can be heard on 9 different platforms, including Spotify, RadioAmerica, Apple Podcasts, Google Podcasts, Breaker and iHeartRADIO. You can also access our plays on our YouTube channel and website, hudsonvalleyradiotheatre.com All programming is free although Marquette relies on donations and sponsors to support actors and production expenses. To date those sponsors include Ulster Savings Bank, Meadbrook Lodge New Windsor, in Bannerman Castle Trust and Studio KTM in Red Hook.

Analytics show Hudson Valley Radio Theatre's programs have listeners in 21 countries and 25 states.



Hudson Valley Radio Theatre owner and operator, Frank Marquette, summarizes venture into radio theatre as follows, "Consider us as an alternative to the streaming choices on your tube or screen. You can access and be entertained by us, no matter where you are or what you're doing. It's theater, anytime, anywhere." Photos and interviews are available upon request. Please contact Frank Marquette hudsonvalleyradiotheatre@ gmail.com or 845-475-7973. About Frank Marquette Frank of interactive comedy plays since 1994. Performing since the age of 17, he has appeared with theatre groups in New York, Nevada and New Mexico. As an actor and director, Frank recently collaborated with the Manhattan Repertory Company in New York City. He has produced, written and emceed variety shows for many charitable causes. Frank's on camera work has included national commercials Konica, Unsolved Mysteries, The Marvelous Mrs. Maisel and dozens of local regional commercials. Since 1998 Frank has been the owner-operator of Murder Café. About Murder Cafe Founded in Las Vegas in 1998, Murder Café is the creation of actor, writer, director Frank Marquette along with wife and producing partner, Kristen Marquette. Since returning to their native New York in 2009, they have been serving quality entertainment for both public and private events. Primarily known for comedies, musicals and murder mysteries, Murder Café provides entertainment for company fundraising schools and colleges, casinos and a number of choice public venues.

has been involved with hundreds



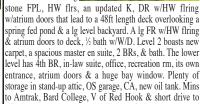
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