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Vol. VII Number 8 - Serving Northern Dutchess & Southern Columbia County October 2022

Palmiter Business Solutions --Healthcare solutions for Hudson Valley seniors Medicare Annual Enrollment Period is Oct 15th - Dec 7th

If you are approaching 65 years of age then it's time to think about enrolling in what's called "Original Medicare." Original Medicare consists of two parts. Part A which is your hospitalization benefit and Part B which is primarily out-patient care, services such as provider and specialist visits, lab work, diagnostic tests and more. Then there's Part D which is prescription drug coverage that isn't automatically included in Original Medicare. It already sounds confusing but what most people don't know is that Original Medicare has lots of gaps in coverage that need to be filled with some form of secondary coverage. You have to fill in these gaps with one of the many health plans offered by different insurance companies available



Bre, Aaron & Colleen Palmiter

in the area because Medicare is mandatory in the USA at age 65 – whether or not you plan to retire. It is helpful to get assistance navigating the confusing world of Medicare because, in most cases, neither your neighbor nor your brother-in-law is qualified to advise you on the ever-changing updates. But the folks at Palmiter Business Solutions have all the answers.

Located at 4354 Albany Post Road (Route 9), their office is across the road from the Regina Coeli Church in Hyde Park. Palmiter Business Solutions is run by Aaron Palmiter, Colleen Palmiter, and Bre Palmiter. They can meet with you in person, by

Continued on page 2

ART GALLERY 71

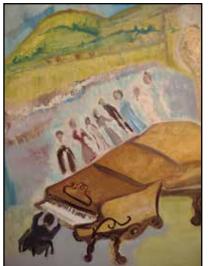
Having grown up Adirondacks, and making frequent visits there, she is transported to her childhood. Wendy relies on her memorie as **CEMETERY TOURS** opposed to photo realism.

She creates whimsical, history" primitive, intuitive expressions of these places, people and events.

Her large, broad, sweeping strokes enable the viewer to imbue the paintings with their Tours will be conducted on own memories.

before moving to Rhinebeck.

7-Nov 6 at Art Gallery 71 at 71 Market St, Rhinebeck. (845) 516-4877. Open Fridays, Saturdays, Sundays. Reception Oct 8, 3-6pm.





Learn How to **Preserve Flowers** with the Germantown Garden Club

THE OLD DUTCH in the CHURCH PRESENTS ITS 8th ANNUAL LIVING HISTORY

For their Fall 2022 "living presentation Theatre on the Road and the Old Dutch Church in Kingston will offer a new living history tour, THE CITY AWAKENS. Saturdays in October at 7 pm in the Wendy exhibited her art in the Old Dutch Church Cemetery, 272 High Peaks Art Show for 30 years Wall Street, Kingston, New York.

Theatre on the Road producer, She is the featured artist Oct Frank Marquette, offers, "A City Awakens is a timely theme considering the current growth in the Kingston area. We will be giving our guests an opportunity to step across three centuries where they'll meet 6 characters who put Kingston on the map."

> During the one-hour tour guests will meet George Clinton, a Revolutionary War hero who became the first Governor of New York. Visitors will also meet American abolitionist and women's rights activist first Supreme Court Justice will

FRIENDS OF RHINEBECK CEMETERY PRESENTS ITS FOURTH ANNUAL LIVING HISTORY CEMETERY TOURS

Theatre on the Road and Friends of Rhinebeck Cemetery will bring six spirits to life who each contributed to Rhinebeck's rich past. As guests move through the cemetery, they will hear these historic characters tell their unique stories. Characters will be in authentic costumes and played by members of Theatre on The Germantown Garden Club the Road. Guests will enter the Whiskey Women, and A Taste will hold its next meeting on cemetery at the Mill Road gate of Shakespeare. To learn more Guided tours will last one hour. This entertaining and educational experience is not to be missed! Tours begin in the late 18th century and end in the early 20th century. Guests will meet George Veitch, an architect who designed Wyndclyffe and Lorena Hickok, an American journalist and friend of Eleanor Roosevelt. Next on the tour will be Levi Parsons Morton, a United States Vice President and New York State Governor. Also returning from the hereafter will be Mary Morton, a philanthropistanddaughterofLevi Parsons Morton, Laura Franklin Delano, a cousin of Franklin Roosevelts and Olin Dows, an artist whose murals can be found inside the Rhinebeck Post Office. October 8, 9, 22 and 23. tours at start 3pm.

Postal Customer



Frank as Mattewis Persen

make an appearance, along with James Lindsley, the first mayor of Kingston. Matthewis Persen, a local tavern owner during the time of Revolution will talk about the history of his infamous house and Mama Nuchwe, a member Sojourner Truth. John Jay the of the Esopus tribe, tell you **Continued on page 5**

> On Saturdays, October 8th and 22nd there will also be 1:30 pm accessible tours. Adults, \$10 Students, \$15 \$8 Seniors and under 12. Purchase tickets by visiting www. friendsofrhinebeckcemetery.org For information: 845-475-7973 About Theatre on the Road Theatre on the Road is the creation of actor, writer and director Frank Marquette and his partner co-producer, and wife Kristen. They have been producing and performing plays for public, educational, and charity events since 1998. Original productions include Poe's Last Mystery, Kingston: Voices from the Past, visit: www.theatreontheroad.com. Jane David Kaufman and Britton provided historical research and monologues for this year's cemetery tours. About Friends of Rhinebeck Cemetery Friends of Rhinebeck Cemetery,

IN FLIGHT, INC.'S CORNHOLE FOR A CAUSE

Fundraiser benefit to developmental adults with disabilities was a success In Flight, Inc.'s first Cornhole for a Cause fundraiser tournament occurred Saturday, August 27th at Dutchman's Landing in Catskill to benefit programs providing employment and life skill training to adults with developmental disabilities who strive to live independently and support In Flight's mission to empower people with intellectual and developmental disabilities to reach for their hopes and dreams, and support a meaningful



tournaments; а Professional Tournament for experienced players with first place winners Dave and Dymond and second place winners Drew and Tim, a Social Tournament with first place

quality of life. The event was sponsored by MVP Healthcare as well Dave's Tree Service, KeyBank, Lambert Plumbing and Heating, and Sawyer Motors. There were over 80 participants in the event's three cornhole

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winners Chris and Kenny and second place winners Karin and John, and a Mixer Tournament where the people supported by In Flight, Inc.'s services can partner up with someone who loves the game and share a great time together with first place winners Jamell and Ty and second place Dustin and Kenny.

The Second Chance Band, a group of local musicians that have been performing together for decades, entertained the spectators and participants. Participants of In Flight, Inc.'s programs could be seen dancing with others in the community as well as on stage with the band to sing, play the tambourine, and shoot T-Shirts out of a cannon. The event also had an Airmail contest, a 50/50 raffle, auction raffles, **Continued on page 3**

Tuesday, October 11, at the and follow the signs for parking. Activity Building, Kellner Palatine Park Rd., Germantown. The meeting begins at noon. This month's program will feature a hands-on workshop on "Cyanotypes and Preserving Flowers" with club member Triona Fritsch. Cyanotypes are the art of dying using fresh plant material to create printed fabrics. We will also learn how to preserve flowers; from pressing flowers to making framed arrangements and installations. Triona will also share tips and hints about the process of 3-D dying. Refreshments will be served. To attend and for more information please call Fran Bufi, 518-537-4868. The Germantown Garden Club is a member of the Federated Garden Clubs of NYS, Inc. and National Garden Clubs, Inc. All

Continued on page 5

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

ACCORDING TO QUACKERS



Halloween 2022 will occur on Monday, October 31. The tradition originated with the ancient Celtic festival of <u>Samhain</u>, when people would light bonfires and

wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

Palmiter Solutions from page 1

zoom or by telephone. They also do large group meetings throughout the fall because it's very important that enrollment changes be completed between Oct 15th and Dec 7th. These changes then go into effect for Jan 1st of the new year. This time is especially helpful for those who are not happy with their current plan, a benefit has changed, a provider left the network or you just want something completely different. If so, you can switch to a new plan during this Annual Enrollment Period window.

"We look at all your needs - the prescriptions you take, the doctors you use, and any upcoming surgeries or dental work or eyeglasses you may anticipate. We help you find the most suitable plan to cover these costs. There's a lot of moving parts and gaps within Medicare that most people don't even realize and we help you understand it all," Colleen Palmiter explains. "Medicare charges a monthly premium which is determined by your income. It's a common misconception that people think that once you enroll in Original Medicare everything else is free and covered. This is not the case. There are many holes that need to be filled as well as adding Part D (prescription drug) coverage, to ensure you are not subject to a lifetime late enrollment-penalty fee."

The Medicare interview – or benefit review, as they call it -with Aaron, Colleen, or Bre is actually fairly simple. "You want to have a list of what your current prescriptions are, your current doctors and any specific medical needs you are concerned about. If you want any additional benefits such as a gym membership, dental or vision, we can help you get that too," Colleen adds. "During the annual enrollment period, different insurance companies compete for your business and they often add on additional benefits to entice you to their plan. This can be confusing for people, especially when they see advertisements that may cause them to make mistakes and enroll in wrongly-suited plans without proper guidance. This is why its beneficial to have a local broker help you -- not only through the enrollment process -- but also ongoing during the plan year should any issues arise.

"We're a family owned agency and we have been doing this for quite some time, says Aaron Palmiter. "We are all licensed and certified, constantly taking courses to keep up with the ever changing rules and laws. We study all the plans, piece-bypiece, in order to fully understand the offerings. We take the stress away from your decision making and help you make a choice that fits your suitability. We always hope to maintain a long-term relationship – where you can call if you have any questions about your coverage.

"Medicare can be a confusing change of life. We take pride in

Continued on page 4



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If anyone is interested in participating in next year's Cornhole for a Cause tournament, please contact Jill Rodriguez at (518) 267-3070 x 143 jrodriquez@inflightinc.org. or About In Flight, Inc. In Flight, Inc., an affiliate of Abilities Partnership of the Hudson Valley, inc, is a local nonprofit organization that empowers people with intellectual and developmental disabilities, to reach for hopes and dreams, and to promote a meaningful quality of life. The organization has programming in Dutchess, Ulster, Columbia, and Greene

Counties and offers a variety of different programs including Community Habilitation, Day Habilitation, Residential, and ISAIL programming. For more information about In Flight, Inc, please contact Jill Rodriquez (518) 267-3070 x 143 at jrodriquez@inflightinc.org. or

FALL BOOK SALE

The Claverack Free Library will hold its fall book sale on Oct 7, 8 and 9, rain or shine. Book lovers are invited to browse the region's largest selection of gently used fiction and non-fiction titles and children's books, organized by subject beneath the tents and from this sale contribute to the library's operating budget and help the library provide vital free services to the community. A special preview reception will be held on Friday, Oct. 7 from 4 to 6 P.M. For a \$15 entry fee, buyers can enjoy refreshments and have first choice of all books offered for sale. The book sale runs on Saturday from 9 A.M. to 3 P.M. and on Sunday from 10 A.M. to 2 P.M.

Book prices range from \$2 for hardcover books and larger paperbacks to \$1 for small paperbacks. Oversized, art, travel, and other books of value are priced accordingly. Bargain hunters can return on Sunday and purchase large reusable Claverack Library tote bags for \$15 and fill them with books for free (specially priced books excluded).

Book donations can no longer be accepted, but volunteers are welcome to come help sort under the tent during the week prior to the sale. There are volunteer sign-up sheets at the front desk. The library is located at 9 Route 9H at the intersection of State Routes 9H and 23B. For more information, please

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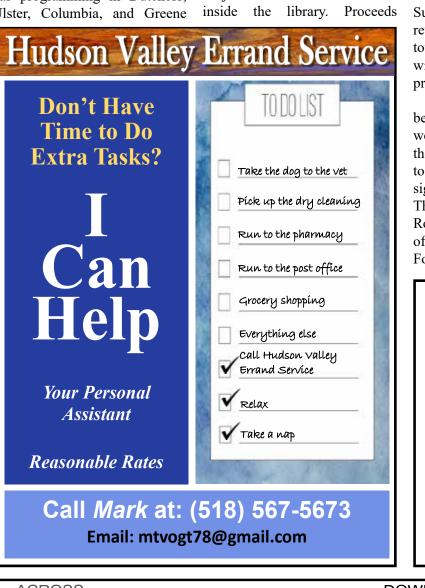
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ACROSS

- 1) "Sir" alternative 5) Way through the woods
- 9) According to
- 14) Hairdo one picks out?
- 15) Mixed bag 16) Material on a coarse board
- 17) Rustic cross
- 18) Type of large bag
- 19) Kitchen appliance
- 20) What all divers must do
- 23) La Brea hazard
- 24) Deadly
- 28) Absorbed, as a cost
- 29) Hawaijan dish Performances for one
- 32) A Muse
- 35) Weeper of myth
- 37) Apprehend
- 42) Things discouraged in society 43) Destiny, to a Hindu 44) Flight data, briefly 46) Cheerios grain 47) Thing to seek forgiveness for 48) Beliefs 50) Small songbird 53) Hide out for a bit 57) Calculating snake? 60) Death notice, briefly 61) Arm bone 62) As from

41) Coke complement

- 63) Characteristic carrier
- 64) Word on a bathroom door 65) Warms

- DOWN
 - 1) Cleopatra's Antony 2) Happening, as "the game" 3) Bouquet 4) Not rushed, to a conductor
 - Baked, crusted entree
 - 6) Like an active kite
 - Brother of Janet Jackson
 - 8) Farmer, at times
 - 9) High dwelling 10) Brains or intelligence
 - 11) Ballpoint, e.g.

 - 12) .0000001 joule
- 13) Bread type 21) North, to Manhattanites
- 22) Accused's need
- 25) Courtroom addressee (with "your")
- 26) Burglar deterrent

info@claveracklibrary. contact 518-851-7120, org, or www.claveracklibrary.org

FALL FLEA MARKET & BAKE SALE

Rhinebeck Reformed Church Fall Flea Market & Bake Sale,

Saturday, October 15, 9am-5pm. Rain or Shine. 6368 Mill St (on the corner of South & Mill). Featured will be general household, books, plus vintage and antique items. Come find your treasure and pick up yummy cookies, cupcakes, brownies & more.



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27) Chad's neighbor 29) Burgundy grape 30) and aahs 32) "Snowy" bird 33) One way to go 34) Don Draper, e.g. 35) 1492 ship of note 36) Type of kiss that involves noses 39) Hangman's creation 40) Brat's outbursts 45) Choose 47) More cushionv 49) Auto's four 50) Bale binder 51) Arm of the sea 52) 1,000 kilograms 54) Balcony section at the opera 55) Comply with 56) Mud dauber, e.g. 57) Cigarette remains 58) Kick the bucket 59) Evidence acceptable in court

Solution on page 4

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Palmiter Solutions from page 2

taking good care of our clients and holding their hands." Why is Medicare confusing? Because of the many moving parts that go beyond Original Medicare Parts A and B. The government uses alphabet letters to refer to all of these parts. One in particular is

Medicare Part C, which is simply the letter name for the "Medicare Advantage plan program." These programs combine all of your benefits into one plan that fills in the holes of Original Medicare Parts A and B, and includes Part D (prescription drug coverage). These plans also offer the extras such as dental, vision, online

ALL TYPES ROCK, GRAVEL & TOP SOIL

doctors etc. Also, when you have Original Medicare A and B only, you MUST choose a Part D prescription plan to meet the government-required creditable coverage rule -- even if you don't take any prescriptions right now -- otherwise you will be charged a lifetime penalty if you don't choose a prescription plan up front. Does this sound scary? Perhaps. But the folks at Palmiter Business Solutions understand it all and you can trust them to gently guide you through all the Medicare rules.

"We call it mapping out your needs," he clarifies. "When we meet with a new client, we map out a game plan for them based on their date of birth, employment status and individual needs. "Medicare typically begins the FIRST of the month you turn 65, unless you have other coverage, perhaps through a large group employer.

" Consumers often think there is a best plan but the truth is there is no such thing. Every person has their own needs based on personal health, providers, prescription medications and what is realistically affordable. We will help you enroll onto an affordable plan that is most suitable for your personal healthcare needs. It's also good to know that we get paid directly from the health plan and there's no additional charge to the member."

For more information, call the Palmiter Business Solutions office at 845.773.9164, pbsmedicare@gmail. email com or visit their website at PalmiterBusinessSolutions. com where you can take a needs

Please. Clothing A. Must Be Clean [

the privacy of your home. You can also sign up online to attend one of their healthcare-resource community meetings. There is a schedule of community meetings on the contact page of their website for Dutchess County -being held in their office in Hyde Park -- as well as various locations throughout Ulster County. These meetings will be during the Annual Enrollment Period from Oct. 15th - December 7th. Call early to schedule an appointment or learn about meeting locations.

assessment evaluation online in

Rockin' Rooks Youth Chess at Morton Mondays @ 5:30 pm "It's Back!"

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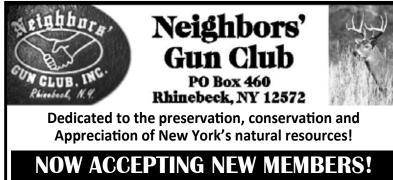
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Speedway Gas Station Hudson Polish Deli Salvation Army A Cut Beyond Hudson Red Barn Morabito's Restore

God's Corner

SOWING AND REAPING!

"Be not deceived. God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall reap, if we faint not" (Galatians 6:7,8). I am sure that you are familiar with the principle of sowing and reaping. Growing up on a farm I knew about sowing and reaping. In the Spring we would sow different kinds of seeds according to the kinds of vegetables we wanted to receive in the Summer and early Fall. A variety of differnt vegetables came forth from the differnt kinds of seeds that were planted. Planting corn seeds resulted in a harvest of corn. Cucumbers seeds resulted in a harvest of cucumbers. While we understand the principle of sowing and reaping of physical seeds which results in a crop of vegetables, the Bible also speaks of the sowing to the flesh or to the Spirit. Spiritual things will be reaped as a result of sowing to the Spirit. Sowing to the Spirit will bring forth righteous things that honors God.

Sowing to the flesh will result in fleshly or worldly things. We can either sow to the flesh or to the Spirit. The flesh is used in Galatians 6:7,8 to refer to the things of the old life or the life that is disobedient to God. Sowing to the Spirit is used to refer to Spiritual things that results in things that will glorify and honor God and be a blessing to others. In order to be able to sow to the Spirit, the need to know the Lord Jesus Christ as our Personal Savior and Lord required. Also, it is important to be committed to the Lord Jesus Christ (Romans 12:1,2) and be filled with the Spirit (Ephesians 5:18). When a person receives the Lord Jesus Christ in their life they will also receive the indwelling presence of the Holy Spirit. The Spirit enables the Believer to sow to the Spirit and to live a righteous and victorious life. When a Believer sows the things of God into their life, the result will be an obedient and

weeping, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him." (Psalm 126:5,6). Our hearts goes out to those who need Christ. Yes, at times we weep over those who don't know the Lord. While we have opportunity let's witness to them and tell them about how the Lord Jesus died for them on the Cross and Rose victoriously over death and the grave. By turning to the Lord and receiving Him will result in receiving the Gift of Eternal Life. The Bible says there will be joy in heaven over one sinner that repents! The Lord Jesus said, "Likewise, I say unto you, there is joy in the presence of the angels of God over one sinner that repenteth" (Luke 15:10). Truly it is a blessing when our weeping is turned to Joy when a sinner has repented and

receives the Lord Jesus Christ as their Personal Savior and Lord! If you would like to know more about the Biblical Teaching of Sowing and Reaping, feel free to contact us at fdcirone@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. Frank L. Cirone, Pastor.

Friend of God

In the movie Think Like a Dog, 12-year-old Oliver (Olly), has telepathic communication with his dog (Henry) as the result of a science experiment gone wrong. In the scenes after the two receive the telepathic ability, Olly calls Henry his best friend. Henry gets so excited, he starts jumping up and down, barking with glee. He could not believe that his human, Olly, valued him as his best friend. To Henry being Olly's best friend mattered more than anything else. This reminded me how important and valuable friendship is. We were made as relational beings, longing for deep connection. Yet, how much time do we invest in friendship? In our culture of social media, we can have hundreds or thousands of friends and followers on a multitude of online platforms. However, what does this friendship mean? That we stay up to date on someone's happenings through their posts or that we spend significant time with them? The term Facebook friend may have dumbed down the true meaning of friendship.

Friends don't stay involved from a distance; they are instead a close relationship. A person who has a strong liking or trust in another person. In John 14 Jesus calls us friends.

FRIENDS.... Think on that for a moment. The God of the Universe. The only perfect, Holy human – Jesus – has offered you the invitation to call you friend saying, "You are my friends if you do what I command. I know longer call you slaves because a master doesn't confide in His slaves. Now you are my friends, since I have told you everything the Father told me." (John 14: 14-15)

Like any relationship there are a few boundaries. His boundaries are to do what He commands. In the New Testament, Jesus highlights two commandments. The first is to love God with all you heart. Followed by the second, to love your neighbor as yourself.

These two commandments sum up the totality of friendship. LOVE. Loving God first. This starts with believing and receiving the relationship – the ever-present connection – with Jesus that has been offered you. The offer is there on the table. How much do you want to be called His friend? Does it bring you as much joy and excitement as it did to Henry?

Remember deep friendship doesn't happen overnight. If you want that friendship with God to grow, you must invest the time in knowing Him and being known by Him. Talking. Listening.

Old Dutch Church from page 1

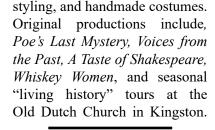
what life was like in the area before the Dutch arrived in 1658.

Tickets are \$15 per adult, \$10 students and seniors, 12 and under are free and must be purchased by visiting <u>www.</u> <u>livinghistoryny.com</u>. 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

> ARE YOU READY?

> **JESUS IS**



Friends of Rhinebeck Cemetery from page 1

Inc. is not-for-profit а organization working to promote and optimize the history, design and ecology of the cemeteries under the Town of Rhinebeck's Rhinebeck jurisdiction; Cemetery on Route 9 and Mill Road, Kirchehoek Cemetery (Wey's Crossing) on Route 9; and Kerk Hof Cemetery in Rhinecliff. Nestled into the natural beauty of the Hudson River Valley, these gems are rich with national, state and local histories, architectural treasures, natural heritage, and remembrances of the dead. We exist purely for the benefit of these cemeteries, promoting their beauty and legacy by raising money for restoration, conservation and education efforts things not included in the Town's cemetery budget. For additional information visit: WWW. friendsofrhinebeckcemetery.org

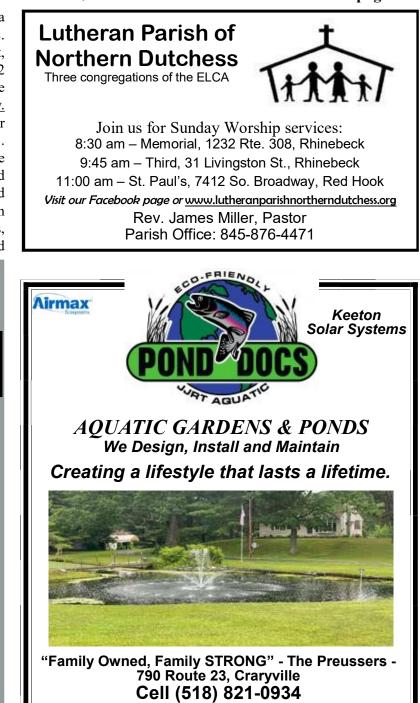
WHERE DO YOU LIVE? DO YOU KNOW ITS HISTORY?

Jackson Corners is a small hamlet in the town of Milan, NY. It is occupied by approximately thirty homes at the present time although many new people think they live in "Jackson

Corners", they actually do not. General Knox brought the cannon from Fort Ticonderoga through Jackson Corners on his way to Bunker Hill in Boston. It was an arduous journey. At the time of his travels, the Jackson Corners General Store was a stagecoach stop and General Knox reportedly stayed there with his troop's encampment on the property.

Today, remarkably enough, the General Store still stands. It is the oldest intact building in the town that is still inhabited. It was built c. 1773 by an Irish immigrant who married into the Knickerbocker family. His name was Hugh Rea who became a "Captain" in the Northeast Regiment in the Revolutionary War. Over the years, it also served as a doctors' office and was also the post office of the area while still maintaining the general store. The original stone step still sits in front of the building where stagecoach passengers would descend from the carriages. It held the meetings of the Vigilante Association of Horse Thieves as well as the Grange. The hamlet also held the blacksmith shop and had its own distillery as well as a mill run by the Roeliff Jansen Kill. The last marriage held at the Methodist Church on Church Road (now turned into a house) was Myrtle Gaddis to her husband. They were the last owners of the store and ran it for about 38 years before Robert and Melissa bought it! The current owners have been here since 1985 and have no intention of leaving. Such changes have

Continued on page 7



fruitful life. Trust and obey for there's no other way to be happy in Jesus, but to trust and obey! THE NEED TO SOW THE SEED OF THE GOSPEL TO THOSE WHO NEED CHRIST! "They that sow in tears shall reap in joy. He that goeth forth and



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HALLOWEEN CAN **BE A SCARY TIME** FOR DOGS AND PEOPLE ALIKE

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

Halloween is fast approaching and

brings with it lots of strange sights and sounds, that can be frightening to dogs. With that in mind, I thought it might be useful to offer some helpful guidelines for dog owners to ensure their pets stay safe during this "trick or treat" holiday.

Halloween is the only holiday intended to scare and startle us. Unfortunately, this can be a

Sunny Paws Veterinary Services Dr. Danielle St. Pierre Home Euthanasia Service Hospice Care Acupuncture/Chinese Medicine Sunnypawsvet@gmail.com 845-597-6976 Sunnypawsvet.com Patty's Pet Palace "Your Pet's Home Away From Home" 57 Old Albany Post Road Rhinebeck, NY 12572 (845) 876-7211 **Dog Socialization Boarding Boarding Accommodations for Cats** Open Mon-Fri: 8-10am & 4-6pm Sat & Sun: 8-10am Kiki is a fun and energetic kitten. She is a beautiful gray tiger female born around June 10th of this year. She was rescued with her mom, Sadie who is also available for adoption. Kiki is a wonderful, delightful kitten who loves attention. She follows her



haunting holiday for dogs, too, which can result in uncharacteristic, unruly or aggressive behavior • which, in most cases, is caused by fear. We can give our dogs a special "treat" on Halloween by being more sensitive to their needs and possibly anticipating their 'fight or flight' instincts when they are started or afraid.

Isolated and random events that can cast excitable spells on dogs throughout the year tend to converge on Halloween. Ringing doorbells, spilled food, excessive yelling and screaming and odd clothing that covers a stranger's eyes or head all can be very disconcerting to dogs, and even more so when experienced together on the same night. The recent increase in decorations that are automated and/or animated, ghosts and witches that appear lifelike and vocalize earie sounds) can be especially frightening. While there is only so much dog owners can do to control external surroundings, they can help maintain their dog's peace of mind and safety on All Hallows Eve by observing the following tips:

- Don't leave your dog outside - Bring your dog inside, even if you have a fenced vard or invisible fence. Pranksters love to tease dogs, or even be cruel to them, so protect your dog by putting him in a safe place.
- Keep your dog contained or restrained - It's best to put him in a separate room, away from the front door. If you allow your dog at the front door, keep him restrained on a leash. A dog's behavior when he sees children in masks can be very unpredictable. A very gentle dog can become aggressive when fearful, resulting in possible bites. Also, a restrained dog is prevented from running out the front door and becoming lost in the neighborhood. Just in case, make certain that identification tags are secure on your dog's collar. Keep candy away from your dog – The statistics are not known, but many dogs become very sick and some die - from eating Halloween treats. Many

the discomfort and peculiarity of wearing a strange costume. Have fun, but think of your dog's safety - Finally, if you want your dog to be involved in Halloween festivities, think about his safety as much as you would a small child. Your dog does not understand Halloween, so he needs you to provide for protection. And the results? Happy Dogs = Happy Families

Bark Busters is the World's Largest and Most Trusted Dog Training Company. Our techniques have been used to train more than 1 million dogs worldwide without the use of treats or physical force and we provide Guaranteed Support for the Life of the Dog. We teach our clients how to view the world through the eyes of the dog and to "Speak Dog". By learning how to effectively communicate with a dog and tapping into what the dog already instinctively understands, you build a relationship with the dog based on trust, respect and bonding. Barbara Sweeney Fassett has

been the Owner of Bark Busters Home Dog Training, Dutchess County for the past 16 years. Her territory includes all of Dutchess County on the eastern side of the Hudson River and on the west from Saugerties to Newburgh and outward to Kerhonkson. For more information about Bark Busters, please visit our website at www.BarkBusters.com where you can rate your dog's behavior using our free 20 question behavior quiz. You can also contact Barbara directly by phone at 845-489-0764 and join in the fun by "liking" us on Facebook https://www.facebook.com/ at

Diarrhea

In today's article, we will be discussing diarrhea in pets: what to look out for, its possible causes, and how to address this symptom at home or with your veterinarian. Diarrhea occurs when there is excess water in the stool. Diarrhea can be acute or chronic, and can be caused by a variety of illnesses. Depending on

Continued on page 13





Wishing you & your loved ones health, safety and happiness!



fill out an adoption application at www.pant.org under "Adopt A Cat" to get pre-qualified to then meet her.

foster family anywhere in the house.

She just wants to be part of the activ-

ity at all times. Kiki has had the pleas-

ure of growing up with a 6 year old boy in her foster home. They both

love playing together with toys on the

floor. Kiki has a lot of energy and

requires an abundant of enrichment

interaction to fulfill her need to play.

If Interested in adopting Kiki, please



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Fax: (845) 876-3079

www.countrysideanhosp.com

candies, especially chocolate, are very toxic to dogs. Make certain that sweets, including candy wrappers, are all kept well away from your dog. Keep dogs away from candles and pumpkins - When excited or agitated, it's easy for a dog to knock over a lit candle or pumpkin. Pumpkins are fine to have around your dog, just not

in a location where they can

•

be accidentally knocked over. Think twice about dressing your dog in a costume -Some dogs might enjoy being dressed up, but many don't. Experiment first to see if your dog likes being in a costume. If so, fine – he'll most likely enjoy himself. However, if he shows any resistance, don't do it. There is enough stress for dogs around Halloween without adding

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OFFICE HOURS BY APPOINTMENT

Where Do You Live? from page 5

happened. They have pictures of the owners playing crochet on the road! The store also sold gas. Can you imagine filling your gas tank on Jackson Corners Road. The property also still has its outhouse as well as its Delco House and Icehouse.

The Mohican Indians were part of the area as well. There is a memorial graveyard on Turkey Hill Road. Have you seen it? History runs deep in this hamlet and today it features the hay and grain barn as "Stage Stop Antiques" shop where just about anything can be found, from old tools, jewelry, books, paper memorabilia, knives, old barber items, smoking items, cameras, silver, miniatures, Christmas items, Halloween items, oil paintings, flags and too much more to list! The barn also holds memorabilia from the grange, Vigilante posters and many items found on the property including the original mailbox slots! Featured are hand turned items by a local resident that are signed and dated! The general store currently holds fine antique furnishings as well as crystal and beautiful wall sconces, lamps and other such like articles! It is run by Robert Rogoshewski who knows just about everything about the hamlet and what other industries were run there since its inception including a distillery!

Very friendly people, the present owners are happy to have anyone stop by and browse or learn the history of the area. There are many artifacts in the barn from the store and property which Robert would be more than happy to show to you. Just ask!! The general store holds beautiful furniture, crystal, mirrors, silver pieces and so much more... Especially if you are a new resident to the area, stop and introduce yourselves. Melissa and Robert are also in the business of checking homes and pets in the area if you are on vacation or otherwise. They are very helpful neighbors to know and will help you out if they can.



Their store is located on the corner of Dutchess County Rtes. 50 & 56. Otherwise known as Jackson Corners and Turkey Hill Roads, Milan, NY. (1-518-398-9462) They are open from April 15 - Dec. 15th. From 11 AM - 5 PM. Wed. - Sat. If you believe in shopping local and supporting your neighbors, we suggest an outing to this location. Truly interesting! Do not pass it by!

Germantown Garden Club Holds Flower Show

For over ninety years the Germantown Garden Club has held a flower show. This year the theme for the Standard Flower Show was 'Nature's Best'. The show was held at the Kellner Youth and Activity Building in Germantown. Six accredited flower show judges viewed 24 entries in the Design Division and 100 entries in Division. Horticulture the The Top horticulture awards were won by: Arboreal Award-Triona Fritsch, Horticulture Excellence-Christina Bohnsack, Award of Merit- Christina Bohnsack,

Barbara Campbell, Triona Fritsch, Irene Clum. Twenty-eight entries took a first-place award. The Top Design Awards were: Tri-Color-Andrea DiPace, Designers Choice- Pat Byron, Designers Excellence-Andrea DiPace. . A Sweepstakes ribbon was given in Horticulture and Design for the most points scored. The Sweepstakes ribbon for the Horticulture Division went to Mini Brauch and for the Design Division to Andrea DiPace. The show included a Botanical Arts Division, photography and two Educational Exhibits. The two- day five-hour event was attended by over 60 visitors. This is just one of the many activities free and open to the public sponsored by the club. The Germantown Garden Club is a member of District Three, Federated Garden Clubs of New York State,

Hudson River View - October 2022- 7

Inc., Central Atlantic Region and National Garden Clubs. Meetings are free and open to the public. Anyone interested in joining or attending any should call Fran meeting Bufi 518-537-4868. at



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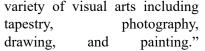
Spencertown Academy Arts Center Presents Juried **Regional Art Exhibit**

Spencertown Academy Arts Center presents its annual Regional Juried Art Exhibit. The show opens on Saturday, October 8, with an opening reception on Sunday, October 9 from 4:00pm to 6:00pm, and will remain on display through Sunday, November 6. This year's theme is "Deeper Than The Skin," a lyric from Greg Greenway and Reggie Harris's musical presentation about race relations that they will perform

WE HAVE

in conjunction with the exhibit on Sunday, October 9 at 2:00pm. The guest juror is Paula Bernay, co-owner and director of Bernay Fine Art in Great Barrington, MA. Gallery hours will be Saturdays and Sundays from 1:00pm to 5:00pm. Admission is free and most of the artworks are for sale; a portion of the proceeds benefits the Academy.

"This year's theme 'Deeper Than The Skin' provided the opportunity for artists to express themselves in a meaningful way," says Bernay. "The quality of the submissions was excellent and the styles very unique. The submissions included



The artists to be featured in the Juried Regional Art Exhibit include Susan Anthony (Old Chatham, NY), Christine Averill (Albany, NY), Jennifer Clark (Great Barrington, NY), Mary Davidson (South Egremont, MA), Jeffrey DeLisle (Chatham, NY), Melissa Forbes (Philmont, NY), Rae Gilson (New Lebanon, NY), Ron Harrington (Hillsdale, NY), Kate Kennedy (Tivoli, NY), David Lesako (Ghent, NY), Amy Macris (Rensselaer, NY), Janet McDermott (Spencertown, NY), Alice McGowan (South Egremont, MA), Edward Mills (Clinton Corners, NY), Nancv O'Hara (Germantown, NY), Marilyn Orner (South Egremont, MA), Andrew Pellettieri (Kinderhook, NY), Karen Pierino (Chatham, NY), Lee Rogers (Great Barrington, MA), Joel Schiller (Chatham, NY), DeeAnn Veeder (Spencertown, Steven NY), Wildermuth (Ghent, NY), and Shannon Wilson (Voorheesville, NY).

The Gallery at Spencertown Academy is collaborating with A Still Small Voice 4U (ASSV4U), a non-profit organization founded by Kathy and Ron Cooke that is devoted to encouraging and supporting arts, music, literature, culture, and community. ASSV4U is underwriting the "Deeper Than The Skin" performance and juried exhibition and reception, including awarding cash prizes for winning selections. This program is also made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

The Academy has installed multiple Blueair HealthProtect 7470 air purifiers in the building and masks are strongly recommended. Academy leadership is closely monitoring the COVID-19 situation in Columbia County, as well recommendations as from health authorities, and will adjust protocols as necessary. This year marks the 50th anniversary of the Spencertown Academy Arts Center and the 175th year since the Academy was built as a school in 1847. Housed in a landmark 1847 Greek Revival schoolhouse, the Academy is located at 790 State Route 203 in Spencertown, New York. For more information, please spencertownacademy.org. see

Preschool Story Hour led by Deb Wiede. Join us for a more traditional interactive story time using stories, crafts, music and movement to develop early literacy skills. This story time is appropriate for toddlers through kindergarten and their caregivers. Elementary Enrichment happens Tuesdays at 1:00 p.m. This homeschoolfocused group will meet weekly to offer enrichment activities for elementary school age children. Join us for Lego Club, Book Club, Adventures with Mud Creek Environmental Center, Technology, and more! Each week will be led by a member of the community or library staff. Homework Help is available for grades 3rd – 8th on Wednesdays from 5 to 7 PM. Each week an adult tutor, high school honor student, retired teacher or teacher volunteer will be at the library to help with homework. The library also offers space for

small study groups; please call for information 518-851-7120 info@claveracklibrary.org or Monthly programs: On the third Wednesday of the month at 4 PM we host Lego Club, with activities geared to 2nd-5th grades. Each week we'll have a fun and challenging model to create. On the fourth Saturday of the month at noon teens and tweens are welcomed to an Anime film screening. Check our website for details; www.claveracklibrary.org Dungeons and Dragons for beginners takes place on the first Saturday of each month at noon. Please reserve a space as there is limited seating for each adventure. Children are led by an adult dungeon master through the complicated role playing game. You will never miss a program when you sign up for our bimonthly e-newsletter at www. <u>claveracklibrary.org;</u> receive what's happening to your inbox!





Ingredients

3 (5 ounce) boneless, skinless chicken breasts 2 tablespoons tapioca starch



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CLAVERACK FREE LIBRARY

The Claverack Free Library announces a full calendar of fall programs for children and families. The weekly fun starts on Mondays at 4:00 pm with Family Music & Movement Story Time led by Abby Lappen, an hour full of live music, creative storytelling and fun movements. Toddlers, intergenerational kids and families of all ages together will learn songs and motion while developing early literacy skills. Tuesday mornings at 10:00 is

2 tablespoons all-purpose flour ¹/₄ teaspoon salt 2 large eggs 3 tablespoons olive oil 2 tablespoons salted butter, divided 3 cloves garlic 1 cup whipping cream ³/₄ cup chicken broth ¹/₄ cup Pinot Grigio wine (Optional) 1/2 medium lemon, juiced 2 tablespoons chopped fresh parsley ¹/₂ teaspoon salt ¹/₄ teaspoon ground black pepper Directions 1. Preheat the oven to 200 degrees F (95 degrees C). Use a sharp knife to cut each chicken breast horizontally into 3 thin pieces. 3. Combine tapioca starch, flour, and salt in a shallow dish and mix well. Place eggs in another shallow dish, and beat well. 4. Heat olive oil and 1 tablespoon butter in a skillet over medium heat. Dip chicken first in flour mixture, then into the eggs coating completely. Cook chicken, in batches if necessary, until golden and no longer pink in the center, 2 to 3 minutes per side. Remove chicken to a rimmed baking sheet lined with a drip tray. 5. Place chicken in the preheated oven to keep warm. 6. Meanwhile, reduce heat to medium-low, and melt remaining 1 tablespoon butter in the skillet. Saute garlic until fragrant, about 1 minute. Stir in cream, broth, wine, lemon juice, parsley, salt, and pepper. Cook, stirring constantly, until sauce has reduced. Sauce can break if the heat is too high and it's not stirred regularly. Serve chicken topped with sauce.

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Legends by Candlelight Ghost Encounters at Clermont State Historic Site

The spooky season is back upon us and with it comes Clermont State Historic Site's Legends by Candlelight Ghost Encounters. On Friday, October 21 and Saturday, October 22 come sit on the lawn at Clermont surrounded by flickering jack-o'-lanterns as ghosts from Clermont's past tell their stories. Some stories are sad, others scary and some funny, but they are all true! On Saturday, October 29 and Sunday, October 30 visitors will begin their night of spooky entertainment enjoying a bonfire with marshmallows, then be whisked off on a walking tour to meet the ghosts of Clermont. Visitors for the ghost encounter should wear comfortable shoes and be ready for an adventure! All events are outside, so it is suggested that visitors dress for the weather. Tickets will go on sale on Monday, October 3, 2022. Three encounters will be given each night at 6:00pm, 7:00pm 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 please call (518)537-4240. Clermont State Historic Site was home, to not only the Livingston family, but to many other people as well. Our most well-known resident, Chancellor Robert R. Livingston famously helped to draft the Declaration of Independence, but enslaved people, indigenous peoples, tenant farmers and paid servants all called Clermont home. In addition to the historic mansion and Visitor Center Museum, Clermont State Historic Site offers sweeping panoramic views of the Hudson River

valley, perfect for picnicking or watching the sunset. There are five miles of hiking trails spread out on the 500-acre property. 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 78.4 million people in 2021. A recent university study found that spending by State Parks and its visitors supports \$5 billion in output and sales, 54,000

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October Events at Clinton Community Library

Get ready for a gourd-geous Fall season with these programs at Clinton Community

Continued on page 11

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October Events at Clinton Library from page 10

Library in October! For more specific information about any library programs, or to register, please call (845) 266-5530 or email larnold@ clitoncommunitylibrary.org

<u>Ongoing Programs:</u>

Qi Gong with Vince (online) (Optimistic Aging)

Mon. 10/3, Mon. 10/10, Mon. 10/17, Mon. 10/24, Mon. 10/31 at 9:30 AM

Wed. 10/5, Wed. 10/12, Wed. 10/19, Wed. 10/26, at 9:30 AM Vince Sauter will teach you how to lower stress and keep calm with Tai Chi. Class will focus on breathing in the calm and breathing out the tension. Register

to receive Zoom meeting link. Story Time on the Dot (inperson)

Tue. 10/4, Tue. 10/11, Tue. 10/18, Tues. 10/25 at 10:30 AM Join us every Tuesday at 10:30 for Story Time! Listen to fun stories, sing songs, and have fun, all centered around a different theme every week.

Mah Jongg (in-person)

(Optimistic Aging)

Tue. 10/4, Tue. 10/11, Tue. 10/18, Tues. 10/25 at 2:00-4:00 PM

Fri. 10/7, Fri. 10/14, Fri. 10/21, Fri. 10/28, at 2:00-4:00 PM If you're looking for a game to keep your mind sharp, or if you enjoy games that make you think strategically, you're want to give Mah Jongg a try! Players of all levels welcome

<u>after 9/28)</u> Wed. 10/5, Wed. 10/12, Wed.

All Level Yoga (Online only

10/19, Wed. 10/26, at 6:00 PM Join Mia Tomic on the green beside the library and explore classical seated, standing and supine yoga poses linked with breath in a creative way to stretch, strengthen, and rejuvenate your body, breath, and mind. Weather permitting, otherwise only on Zoom. Contact CCL for registration information. Chair Yoga, (in-person or online)

(Optimistic Aging)

Fri. 10/14, Fri. 10/21, Fri. 10/28at 11:00 AM

Join Samantha Free on zoom for Chair Yoga for ALL. Learn



the basics of breath, meditation, and movement. This class will help you stretch and strengthen. Registration required so that you can get the link. Please register online or call the library at (845)-266-5530. No Zumba class will be held the month of October

Free Tech Help (in-person)

Sat. 10/8, Sat. 10/15, Sat 10/22, Sat. 10/29, at 9:00 AM- 1:00 PM Do you need help with your Kindle, tablet, smart phone or computer? Drop-in anytime on Saturdays between 9AM-1PM or call the library at (845)-266-5530 to book an appointment. All Level Yoga (online)

Sat. 10/8, Sat. 10/15, Sat 10/22, Sat. 10/29, at 10:00 AM

Join Mia Tomic and explore classical seated, standing and supine yoga poses linked with breath in a creative way to stretch, strengthen, and rejuvenate your body, breath, and mind. Contact CCL for registration information. **Monthly Meetings:**

Monday 10/10 at 6:30 PM -**Board of Trustees Meeting**

The next Board of Trustees meeting will be held on Monday October 10th at 6:30 PM in the library. The public is always welcome to attend. You may view the current board packet on our website. Monday 10/24 at 4:00 PM-Friends Group Meeting

Our Friends of the Library group support the goals and programs of the Library through advocacy, hospitality & fundraising. This Fall they will be organizing our annual Election Day Raffle. In the early part of next year they will begin planning our annual Book Sale. If you love these events, come and earn how you can get involved! **Book Club Meetings:**

Tea Time Book Club (in-

person) "The Island of Sea Women'



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Thu. 10/13 at 2:00 PM

On the island of Jeju, Korea live fierce women divers from a unique culture. Although the novel is fictional, the premise is true: These female divers, called "haenveo" catch seafood to provide for their families. The author says, "The island has a matrifocal society...it's the women who earn the money ... while the men take care of the children and do the housework." **Global Literature Book Club**

(in-person) "Midwinter Break" Mon. 10/17 at 7:00 PM

The Global Literature Book Club discusses novels from around the world, often in translation, selected by members of the club. These works are challenging, but gratifying, and provide insights into a wide variety of nations, cultures, and styles of writing.

SPECIAL PROGRAMS &

Hudson River View - October 2022-11

EVENTS Friday October 7th at 11:00 AM-1:00 PM

Pretty Monster Paintings with the Art Effect (in person) Library patrons will learn about illustration and how to translate the written word into visual images, then select passages from Pretty Monsters to create acrylic or watercolor paintings which illustrate the mood and tone of the literary scene. Saturday October 8th at 10:30 AM

Drawing Objects with the Art Effect (in person)

ADULT PROGRAM

Drawing 101! Participants will learn the basics of drawing found objects with basic shapes, details, and texture. Explore

Continued on page 12





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October Events at Clinton Library from page 11

shading techniques various such as blending, smudging, hatching, stippling and more. Tuesday October 11th at 5:00 PM

Journey to Thailand; (Online cooking class)

Join Holly Shelowitz, Culinary Nutrition Educator for a hands-on cooking class from the comfort of your own kitchen! Join us as we journey to Thailand and make Thai Red Curry with Broccoli and your choice of protein,

along with coconut Jasmine rice. Register online to receive the shopping list and Zoom link. Wednesday October 12th at 7:00 PM

Evanston's Living History; (online discussion with

Filmmaker Craig Dudnik) It is the story of a community's struggle for justice; with roots extending to the town of Abbeville, South Carolina and the horrific lynching of one of its prominent citizens, Anthony Crawford. Follow the lives of Crawford's descendants and

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their allies as the fight for the Sound Waves (in-person) passage of United States Senate Resolution 39, which apologized for the failure of the Senate to enact anti-lynching legislation. Learn about Evanston's greatest generation, and their courageous fight to free Evanston from the bondage of racial discrimination. Register online to receive the Zoom link. Saturday October 15th at 10:30 AM

Teen DIY: Book Journals (in person)

Somany books, so little time! How do you keep track? Students will use travelers notebooks, stamps, ink, and embellishments to create personalized book journals to track books they want to read and books they've read. Grades 6-12 Thursday October 20th

at 6:00 PM Stop the Spread: Scout for

New Invasives Citizen Science Training (online lecture) Newly discovered invasives in NY are causing great concern: Spotted Lanternfly, Beech Leaf Disease, and Jumping Worms. Scouting for them, reporting their presence and stopping their spread are urgent needs. Learn about these invasives and how to report them using the NYS DEC iMapInvasives mobile app. Become a "Citizen Scientist" and help the Hudson Valley! With Joyce Tomaselli of Cornell Cooperative Extension- Dutchess County. Sponsored by Town of Clinton -Conservation Advisory Council. Saturday October 22th at 11:00 AM Northern Dutchess Symphony Orchestra Children's Concert:

The Northern Dutchess Symphony Orchestra will present a children's concert The orchestra will perform music from Disney movies Frozen, The Lion King, Aladdin and Beauty and the Beast. Prior to the concert, (starting at 10:45) children can explore the science of musical sound by using "slide whistle trombones" and by creating "straw oboes". During the performance Maestra Beckmann will continue the discussion of the "science of sound" with the orchestra musicians demonstrating their instruments. Thursday October 27th at 12:30 PM

Lunch & Learn: History of the Clinton Community Library (inperson)

Presented by Craig Marshall, Clinton Town Historian. It's no coincidence that "Community" is our library's middle name. In the 1960s, devoted members of the Town of Clinton community made CCL possible. Learn about how it all began! Thursday October 27th at 6:00 PM

Halloween at the Opera

with Tanisha Miller (online presentation)

Halloween at the Opera: The Ghost, Witch and Deadly Diva There's nothing like a scare and suspense at the opera! Tanisha explores the art of revenge through a ghost from Mozart's Don Giovanni, two witches from Verdi's Ballo in Maschera and Il Trovatore and a deadly diva from Puccini's Tosca. **About Clinton Community**

Library

Clinton Community Library was established in 1965. It is located at 1215 Centre Rd. in Rhinebeck, NY, adjacent to the Clinton Town Hall. The library is open Mondays, Tuesdays, and Thursdays from 9AM-5PM, Fridays from 10:30AM-6:30PM, and Saturdays from 9AM-1PM. The Clinton Community is the recipient of the Joseph F. Shubert Award for Library Excellence. The Library is the cornerstone of our community, enriching lives through free resources for learning, fun, and opportunity. For more information, call (845) 266-5530 or visit www. clintoncommunitylibrary.org





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Diarrhea from page 6

severity, your pet may experience urgent frequent, episodes. Straining can sometimes occur, which will look like your pet is trying to go with nothing coming out - this can be easily confused with constipation. In cats, be sure this straining is not associated with trying to urinate (a separate, but possibly life-threatening condition). Diarrhea can be accompanied by other symptoms such as vomiting, poor appetite, and/ or weight loss. Acute diarrhea is described as one or more episodes lasting less than 2 weeks. In dogs,

the most common cause of acute

Dale Hobson

diarrhea is dietary indiscretion eating unusual things or food they typically don't eat. Other causes of diarrhea include bacterial or viral infections, parasites, medications, toxins, blockages and even stress. Chronic diarrhea is characterized as diarrhea lasting more than 2 weeks, or intermittent over 4 or more weeks. Chronic diarrhea is more likely to be associated dietary intolerances/ with internal sensitivities, organ issues, or cancer. Cats are more likely to have chronic diarrhea.

Treatment for diarrhea will depend on its cause. If diarrhea occurs suddenly, and your pet is otherwise acting healthy, often,

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it will resolve without much intervention. As long as your pet is an adult, hold off on food for 12-24 hours and then reintroduce small meals of a bland diet such as plain boiled chicken (you can also use unseasoned ground beef or ground turkey) mixed with boiled white rice. Probiotics can also be helpful but be sure they are appropriate for dogs/cats because human probiotics and yogurt are often not effective. Never withhold water from your pet. If vomiting occurs, or your pet will not drink, it is important to seek intervention as they can dehydrate quickly and develop electrolyte abnormalities. Likewise, if your pet is very young (under 4 months of age), it is important to talk with your veterinarian as these pets can become very sick very quickly.

One type of diarrhea, known as Acute Hemorrhage Diarrhea Syndrome (AHDS) is important to mention separately. It was previously known as Hemorrhagic Gastroenteritis (HGE), and it can be life threatening. There are still unknown factors about the causes, but it seems to begin with a Clostridium bacterial infection which produces a toxin that ulcerates the lining of the stomach and intestines. This disease causes bloody diarrhea and often vomiting. Thankfully, this is a very treatable condition, but it must be addressed early. If you notice blood in your pet's stool, contact your veterinarian. There are other, less "scary" causes of bloody diarrhea, but this is an important one to rule out.

If your pet's diarrhea does not resolve on its own, your veterinarian may prescribe medications and supplements as well as perform tests to determine the cause. Diagnostics may include x-rays, blood work, fecal analysis, and/or ultrasound. Your veterinarian may also discuss a diet change if food is suspected to be the cause. Prevention isn't always possible, but there are things you can do to help. Do your best to feed your pet a consistent diet, prevent access to garbage cans and tempting foods, use parasite prevention, and vaccinate against the common viral causes (distemper and parvovirus for dogs, panleukopenia for cats). Speak with your veterinarian if your pet's diarrhea does not resolve, recurs, or they are otherwise ill.

Koweek Family Donates Urban Renewal Planning Papers to Hudson Area Library

Hudson River View - October 2022-13

is proud to announce that the Koweek family has donated the Arthur Koweek Urban Renewal Papers to the library's History Room. Arthur Koweek chaired the Hudson City Planning Commission during the urban renewal project of 1971-1973. With Hudson again in a debate about housing and business development, much can be learned from the Koweek Papers about the history of urban renewal in the city. The collection is an invaluable resource for Hudson and its residents as they seek to



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Koweek Family from page 13

create a city that meets the needs of all the diverse people who live and work in its environs. Gary Sheffer, library board trustee and chair of the History Room said: "The Arthur Koweek Urban Renewal Papers shed light on an important part of Hudson's, and our nation's history. Thanks to this generous donation by the Koweek family, people will soon have access to these papers, which include many photographs, and what they show about the norms, cultural underpinnings, and waves of economic change in the early 1970s. In particular, the collection highlights the vision, civic dedication, and decisionmaking of some of the business and political leaders in Hudson as they sought to bring their city back from economic decline."

About her family's donation,

Joan Koweek, Arthur's daughter "We remember how said. dedicated my father was to this city. He saw the potential for growth before many others. He and our mother spent countless hours on committees with city, state, and federal agencies trying to make a better community for everyone. All of the things in the exhibit come out of the dedication of many Hudsonians, working respectfully together. Our family was fortunate to be the caretakers of these articles. They were part of our lives as we grew up."

The library is also proud to announcethat, thankstoagenerous anonymous donor, the Koweek Papers will be professionally conserved and archived. This will not only ensure that this collection is preserved but will make it publicly accessible and searchable including placing some of it online. History Room Coordinator Brenda Shufelt said, "The History Room depends upon donors who value the preservation of local history, and we are very grateful that this recent acquisition and donation will make the Koweek Papers available to all for generations to come." City of Hudson, Greenport and Stockport; as well as Columbia County and New York State. The History Room also hosts the Local History Speaker Series at the library, offering free monthly talks on diverse topics related to local history. The History Room is open



The Koweek family in the History Room. From left to right; Annette Koweek, daughter in law; Joan Koweek, daughter; Richard Koweek, son; Jim Koweek, son; Wesley Koweek, grandson; Paul Silver, cousin.

Anyone wishing to view this collection and other collections in the Hudson Area Library History Room can visit during the History Room's open hours on Saturdays, 10am-1pm or email <u>brenda.</u> <u>shufelt@hudsonarealibrary.</u> <u>org</u> for an appointment. In addition many of the library's collections can be viewed on our website historyroom. hudsonarealibrary.org.

Arthur Koweek, a World War II veteran, co-owned with his wife Janice the beloved Town Fair, a baby and children's store in Hudson. He was a lifetime member of the Hudson Fire Company 8, served on Hudson's Youth Advisory Board and the Columbia County Healthcare Consortium as well as the Hudson City and New York State Planning Federation Boards.

The Hudson Area Library History Room houses a collection that pertains to the history of the Saturdays, 10am-1pm and by appointment and online research requests for information on local history are available at <u>https://hudsonarealibrary.org/history-room/</u>. This is a free service to the public. To inquire about an appointment email <u>brenda</u>. <u>shufelt@hudsonarealibrary.org</u> or call 518-828-1792 x106.

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.

Discover and Drive Into Local History on Staatsburg Library's 2022 Road Ramble

Trivia buffs, start your engines. Staatsburg Library invites you to ride into local history on its 2022 Road Ramble, October 22. This mash-up is part scavenger hunt, part trivia contest, and serves as the library's fall fundraiser. Follow clues that will take you on a self-guided driving tour to fascinating and surprising spots throughout Hyde Park and Staatsburg. At each location, learn something new. Previous participants were asked: What was the original name of a certain neighborhood elementary school and what year was it built? At another mystery location, ramblers learned how many miles they would travel if they shuffled off to Buffalo and how many miles the "Poughkeepsie Deepwater" runs. They also picked up useful information about area parks and tidbits about FDR, who never forgot to take care of his hometown of Hyde Park.



Ramblers get three hours to complete the course. It's not a race, but the team (each must have a minimum of two

Continued on page 15



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Discover and Drive into Local History from page 14

members) that comes up with the most correct answers wins the 2022 Ramble Trophy. No Googling allowed! Light breakfast and lunch included. The event runs 8:30 a.m. to 1 p.m. Cost, pre-registered, is

\$20 per person (2 to 3 people in a car) or \$70 per car of 4 people. Day of cost is \$25 per person (2 to 3 people in a car) or \$80 per car for 4 people. Registration is capped at 25 cars. To sign up and for information, visit staatsburglibrary.org.

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When The HR Department is You: a Guide to Human Resources for Small Business Owners

If you have employees or plan on hiring, this workshop is an important "crash course" in the basics. **Tuesday, October 11**

8:30 – 10:00 am Stuyvesant Town Hall 5 Sunset Drive, Stuyvesant, NY 12173

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Toastmasters Speechcraft Workshop

Have you ever wanted to raise your speaking skills? This is your chance. The Taconic Toastmasters will present the team Speechcraft program in ten modules over the course of four weeks. Dates for the program are October 19, November 2, November 16 and December 7, 2022. All



length from 7-9 PM. Sessions will be held in-person at the Columbia County Chamber of Commerce located at 1 North Front Street in Hudson. Cost is \$15 per person. See attached *Speechcraft Content Overview* for specific program areas covered. To register call Amy at 518-828-4417 or akneller@columbiachamberny.com.

The Claverack Free Library

The Claverack Free Library is excited to host two free performances of a new sitespecific dance work by Sondra Loring on October 12 and October 15, both at 5 PM. In their new performance work, Loring intersects knitters, dancing, children, music, and banned books as pivotal inspiration for the narrative that proposes freedom in action: to

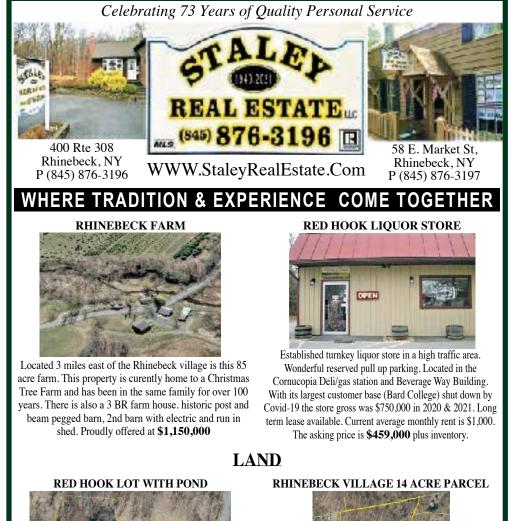
read, to learn, to know. Codex Claverack is set in the Claverack library, and the performers own handmade books play a special role. Director: Sondra Loring Cast: Hudson Promise Neighborhood Kids, The Fiber Arts Circle of the Claverack Library Dancers: Sondra Loring, Rebecca Posner Sound: Joro Boro of being-sound Consulting Director: Peggy Gould Bookmaking Director: Lilah Friedland

Costumes: Miriam Friedland Sound Editing: Mateo Coffey-Loring

Sondra Loring is a movement artist, farmer, activist, somatic and yoga educator and steward to Feathertail Farm, a botanical sanctuary for foxes, birds and medicinal plants.The Claverack Library is located at 9 Route 9H at the intersection of Route 23B. Performances will last one hour. Pre-registration is encouraged at <u>info@claveracklibrary.</u> org or 518.851.7120. Special Thanks to Thea Schoep, Director, Claverack Library, Deborah Byer, Library Assistant, Victoria Rosenwald, Library Trustee, Bryan Fox, and to all those who donated books. This project is made possible with funds from the Statewide Community Regrants Program, a program of the New York State Council on the Arts with the support of Governor Kathy Hochul and the New York State Legislature and administered by CREATE Council on the Arts

Hudson River View - October 2022-15







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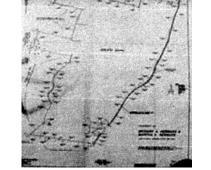
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to Elm Street in desirable Linden Acres, as you drive down this lovely tree lined neighborhood w large, oversized lots you can see why homes in this area don't come up for sale often. Fantastic split-level home has an easy & open FP, double vindow in LR allows for a bright & airy feel, formal DR flows into KIT, laundry & PWDR RM. Primary suite w new FB. Lower level features a den w brick FP & add '1 RM could be an office / gym. The yard is lined w mature trees, perfect for pool garden/patio. Walk to park, pool, & hiking. This is truly a wonderful place to live! \$499,000

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you'll enjoy, fishing, swimming & nature at its very best on your own pvt beach. Warm, welcoming & flooded w light, this sweet home resembles a quaint English cottage. Lovely unique details include; soaring ceilings w exposed beams, stained glass window HW, custom windows, KIT w custom tile counters & one-of-a-kind slate back splash. FB w top notch utilities & a spare rm. The yard is cultivated w mature landscapes & flowering shrubs. Baby barn v Cupula holds tools/ toys. Mins to Poughkeepsie, TSP & all the goodness of the Hudson Valley. \$329,900

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