



Hudson River View

hrview@yahoo.com

www.hudsonriverview.net

(518) 828-0333

Vol. VIII Number 4 - Serving Northern Dutchess & Southern Columbia County June 2023

PRESORTED
STANDARD US
POSTAGE PAID
NEWBURGH, NY
PERMIT# 934
ECR-WSS

Postal Customer

COLUMBIA COUNTY COURT JUDGE CANDIDATE MICHAEL HOWARD RUNNING ON AMBITIOUS GOALS

By Joe Doran:

Michael Howard says he decided to become a candidate for Columbia County Court Judge because he saw ways that the court could better serve the needs of the community.

As a longtime public defender, Michael has experience that he says can ensure that the court is fair, and seeks to fulfill the ideals "restorative justice." And the 57-year-old, born and raised in Hudson, has committed to serving the full 10-year term if elected, which he says is important to providing the stability that the position calls for.

Courts That Can Address Community Needs

Drug abuse problems, issues surrounding mental health, the unique experiences of veterans, and the needs of youth all call out for calibrating approaches to justice, says Michael. That's why early on in his



Michael Howard

campaign, he proposed expanding Columbia County's substance abuse treatment court, and establishing other courts to better handle broad groups of cases with specific ancillary needs.

"In the early nineties, I was part of one of the first drug courts in upstate New York," Michael explains. "It was a Hudson City drug court. And we did training in San Diego and then Tallahassee, Florida. And in Albany, because Albany had a regional drug court."

Michael says that experience, and his work as a public defender, led him to conclude, as others have, that long periods of incarceration for personal possession and drug use "is probably not the best use of resources. And I, I don't

Continued on page 3

The Claverack Free Library and The Hudson Literacy Fund,

a non-profit whose mission is to get books into the hands of Hudson kids, today announced a co-sponsored Banned Books Book Club (Club) for 16-20 year-old readers living in the Claverack and Hudson communities.

The Club will focus on the American Library Association's (ALA) 2022 List of the "Most Challenged Books." The ALA defines challenged and banned books as books that have been attempted to be removed or restricted from libraries and classrooms based upon the objections of a person or group. The list's thirteen books are challenged for various reasons including LGBTQ+ content and themes dealing with equality, diversity and inclusion. Among the thirteen most challenged titles are Toni Morrison's *The Bluest Eye*, *Flamer* by Mike Curato, and *Out of Darkness* by Ashley Hope Perez. Meetings will be held in person at the Claverack Free Library, 9 Route 9H, Claverack at 5:30 - 7:00pm on June 26, August 7 and August 14. The Hudson Literacy Fund is donating the books that the club will read, along with light refreshments.

On June 26, Club readers will select their inaugural book from the list. They'll discuss the book on August 7. The Club will host Ami Polonsky, the author of *WORLD MADE OF GLASS* and *GRACEFULLY GRAYSON* on August 14. Ms. Polonsky will attend via Zoom to discuss her experience as an author whose works are frequently challenged.

For reservations or for more information contact The Claverack Free Library by email: info@claveracklibrary.org or phone: 518-851-7120. The Claverack Free Library offers a variety of programs for individuals and families of all ages and backgrounds. Part of their mission is to provide free access to a wide range of materials for information, enjoyment and life-long learning while serving as a welcoming place for cultural and intellectual interest.

The Hudson Literacy Fund, celebrating its tenth anniversary, works to bolster Hudson students belief in their ability to read, write, and fully express themselves. The fund has donated over 10,000 books to Hudson students, given annual scholarships to college bound seniors and supplied portable desks and earbuds to kids learning at home during the Pandemic.

Community Theatre Company Returns to its Roots with Spring Production

R'ville Stage Creations Kicks Off 2023 Season with Steve Martin's Satirical Play "The Underpants"

R'ville Stage Creations kicks off its twelfth season with *The Underpants*, a satirical comedic play adapted by comic genius Steve Martin. Under the direction of Tara Hostash, the company will stage four performances at historic Conkling Hall in Rensselaerville from June 15-18, including a Father's Day matinee. Tickets are available at <https://rville-stage-creations.square.site/>.

Set in 1910 Dusseldorf, this bawdy, laugh-out-loud farce opens in scandal: conservative bureaucrat Theo Maske is outraged at his young wife Louise for allowing her bloomers to fall to the ground at a public parade. As scandal unfolds into spectacle, a revolving door of infatuated would-be renters and one unabashedly nosy neighbor orbit around Louise. Artistic Director Tara Hostash notes, "after back-to-back musicals, we



Tara Hostash

wanted to return to our roots with a comedic play. Steve Martin's script is brilliant. The characters are well-drawn, the punchlines fly fast, and there's a lot of room for physical comedy. It's a joy to direct a show like this."

Renaissance man Steve Martin adapted his script from Carl Sternheim's 1910 expressionist play *Die Hose*. The original send-up of German bourgeois snobbery and conformity had to be performed under a different title to get around Berlin police morality standards and was outright banned in the 1930s with the rise of fascism. A century later,

Continued on page 2

JETHRO TULL Announces "The Seven Decades" Summer/Fall 2023 U.S. Tour

Legendary rock band JETHRO TULL has announced "The Seven Decades" tour. Led by Ian Anderson, the concert will feature a rich collection of the best-known JETHRO TULL repertoire from



1968 to date. Fans will recognize the key songs from the band's rich heritage. These are songs which put JETHRO TULL and Ian Anderson on the map during these seven decades. "The Seven Decades" tour will hit the U.S. from August through November, with stops in the Midwest (Chicago, Indianapolis, Dayton, Cincinnati, Northern Virginia), in California (San Diego, Los Angeles, Lincoln,

Saratoga, Santa Rosa), and the Northeast (New Hampshire, Boston, Uncasville, New York City, Port Chester, Albany).

Tickets to all shows are now on sale. Visit jethrotull.com/tour-dates/ for ticket links to all shows.

JETHRO TULL's 23rd studio album, "RökFlöte" is now out on all streaming media and in stores via Inside Out Music. Following 2022's "The Zealot Gene," the group's first LP in two decades, Anderson and his bandmates' new 12-track record is based on the characters and roles of some of the principal gods of old Norse mythology, and exploring the "RökFlöte" — rock flute — which JETHRO TULL has made iconic.

With more than 30 albums to their credit and sales totaling more than 60 million, JETHRO TULL are one of the most successful rock bands of all-time with a catalog that contains classics that still resonate today. Led by Anderson, TULL continue to tour throughout the world,

Continued on page 4

Spencertown Academy Roots & Shoots Concerts Series Presents Grammy-Nominated Blues Artist Guy Davis

Spencertown Academy Roots & Shoots Concerts Series presents acclaimed blues artist Guy Davis on Saturday, June 10 at 8:00pm. General admission tickets (\$30 public, \$25 Academy members) are available via www.spencertownacademy.org.

"With two recent back-to-back Grammy nominations for traditional blues, the Recording Academy knows what every Guy Davis fan champions—that he is a standard-bearer for a contemporary American roots music that reaches way back to its formative years," says Academy Music Committee Member Gerald Seligman.

Davis uses a blend of roots, blues, folk, rock, rap, spoken word, and world music to comment on, and address, the frustrations of social injustice, touching on historical events, and common life struggles. He sings and plays 6 and 12-string guitar, harmonica, 5 and 6-string banjo, and the didgeridoo. He has played the four corners of the world, with tours taking him from the equator to the Arctic Circle.

His parallel careers—as a musician, author, music teacher, and film, television, and Broadway actor—mark him as



Guy Davis

a renaissance man, yet the blues remain his first and greatest love. Growing up in a family of artists (his parents were Ruby Dee and Ossie Davis), he fell under the spell of Blind Willie McTell and Fats Waller at an early age.

Davis's one-man play, *The Adventures of Fishy Waters: In Bed With the Blues*, premiered Off-Broadway in the 90s and has since been released as a double CD. He went on to star Off-Broadway as the legendary Robert

Continued on page 5

THE HUDSON RIVER VIEW ONLINE!

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

Hudsonriverview.net

The July Edition Of The Hudson River View Will Be In Area Homes On July 5th The Deadline For Advertising And Press Release Submission Is June 21st

ACCORDING TO QUACKERS



Summer Solstice

When exactly is the the longest day of the year and the first day of summer? Technically the first day of summer, or the summer solstice, begins on June 21, but it all depends on your time zone. While the entire Northern Hemisphere will see its longest day of the year on the summer solstice, the sun is only directly overhead at the Tropic of Cancer (23 degrees

27 minutes north latitude). The term solstice is derived from the Latin words sol (sun) and sistere (to stand still), because the sun's relative position in the sky at noon does not appear to change much during the solstice and its surrounding days. The rest of the year, the Earth's tilt on its axis—roughly 23.5 degrees—causes the sun's path in the sky to rise and fall from one day to the next. You might think that because the solstice occurs in summer, it means the Earth is closest to the sun in its elliptical revolution. However, the Earth is actually closest to the sun around the time the Northern Hemisphere experiences winter and is farthest away near the summer solstice. The warmth of summer comes exclusively from the tilt of the Earth's axis, and not from how close it is to the sun at any given time.

Winslow rounds out the cast as the irreproachable Klingelhoff. In a twist befitting the comic styling of the show, casting for the cameo role of the King has not yet been announced, promising a fun reveal at curtain time. R'ville Stage Creations is a non-profit community group established in 2011 to revive the local theatre tradition in the rural hilltowns of upstate NY. Since their inaugural performance of the black comedy Arsenic and Old Lace, the company has staged a dozen productions including three plays, two original cabarets, two children's plays, two youth theatre camps, and three musicals. Founding board member and Underpants co-producer Linda McCormick reflects, "what started out with family and a few friends has grown into an organization widely recognized

for our excellent productions. The community has given back to us tenfold through their love and support. We're so proud to be part of our community." Tickets for The Underpants are available online at <https://rville-stage-creations.square.site/> or by phone at (518) 248-3261. The Underpants adapted by Steve Martin. Presented by R'ville Stage Creations Performances: June 15, 16, & 17 at 7:30pm & June 18 at 3:00pm Tickets: <https://rville-stage-creations.square.site/> For more information: Email rvillestagecreations@gmail.com or Call 518-248-3261 Follow us on social media: @rvillestagecreations The Underpants is presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc.



HOBSON APPLIANCE SERVICE LLC

Continuing The Family Tradition

Owner/Technician

Dale Hobson

(845) 876-3102

hobsonappliance-service@gmail.com
www.hobsonappliance-service.com
PO Box 978 Port Ewen, NY 12466

Certified Andersen Window Contractors

845.758.0930



Mirrors/Tabletops

HobsonWindow.com

HOBSON WINDOW, INC.

■ WINDOWS ■ DOORS ■ GLASS

SHOWROOM AT

7387 SOUTH BROADWAY, RED HOOK

Churchtown Firehouse

2219 County Route 27 Claverack, NY

Saturday, July 15th
2:00pm - 4:00pm

Dinner Includes:

- 1/2 Chicken
- Simple Sweet Corn w/a saute' pepper union
- Baked Potato
- Homemade Coleslaw
- Dill Pickle, Corn Bread
- David's cookies



Donations may be sent to Churchtown Fire company
PO Box 193 Claverack, NY 12513

ALL PROCEEDS TO BENEFIT JEREMY BRANDT

Jeremy is 44 years old has recently been diagnosed with an aggressive form of TCC left distal ureter cancer, after passing a kidney stone and having a cyst removed from his ureter. He currently has a stent in his ureter to assure it stays open. Jeremy is married and has two sons ages 8 and 2, who are both very active. Jeremy has always been a hard worker and often works 7 days a week with his side jobs to support his family. Unfortunately, the cancer has limited his physical abilities at his job and at home. Furthermore, after his surgery to remove his left kidney, ureter and possibly part of his bladder, he will be completely laid up for at least 2-3 months. Jeremy does not have a where he accrues sick/paid leave and therefore, will only receive temporary for his recovery time. Although his boss is very supportive. Your support is greatly appreciated!

Tickets: (518) 821-0934 or (518) 821-4079

Community Theatre Company from page 1

Martin has updated the plot and language to produce an irreverent and witty satire on gender roles, our infatuation with sex, and the fleeting thrill of fame. Filled with masterful banter, wordplay, and Martin's signature absurdity, The Underpants remains relevant and very entertaining.

The strong ensemble cast is headlined by Patrick Clark as Theo and Lily Lamoree as Louise, both of whom bring fresh energy and talent as new performers for the company. Returning to the R'ville stage following their standout performances in last season's Rocky Horror Show are Hudson Turon (Versati) and Christopher Thorne (Cohen). R'ville resident Jeanne Strausman debuts in a hilarious turn as Gertrude, and Dennis

PAYING CASH FOR YOUR OLD COINS AND STERLING SILVER

Call John at (518) 965-8997
otcmusret@yahoo.com



Don't Delay... Call Today!

CURT'S LAWN & EXCAVATING

Now Taking Applications and Hiring For Class B Dump Truck Drivers & Laborers.

Site Work - Water Lines - Trucking - Tree Work - Brush Hogging
Fields - Firewood - Land Clearing - Driveways - Lawns - Ponds -
Excavating - Clean-Up - Septic Systems

ALL TYPES ROCK, GRAVEL & TOP SOIL

We Do Snowplowing Fully Insured With Workman's Comp

518-537-6671

ECO-FRIENDLY

Creating a lifestyle that lasts a lifetime.

POND DOCS

JJRT AQUATIC

New Strong Spas Ready For Delivery

The Tub Everyone is Talking About!

100% USA Made
Ultra Strong Cover Lift
Durashield Hardcover™

Keeping you in hot water since 2004

SALES - INSTALLATION - SERVICE

"Family Owned, Family STRONG" - The Preussers -
790 Route 23, Craryville
Cell (518) 821-0934

preu313@yahoo.com www.jjrtaquatic.com
@jjrtaquatic @the_pond_docs

GERMANTOWN FARMSTAND Garden Center & Landscaping

Stop In and See Us For Your LANDSCAPING SUPPLIES!

- Bulk Gravel
- Topsoil
- Mushrooms Compost
- Mulch
- Shrubs
- And More!



LANDSCAPER'S DISCOUNT!

4301 Rte 9G, Germantown - 518-537-3340

Michael Howard from page 1 say that lightly, but I've been in the system for over 30 years. And to send someone to prison for decades, for possessing a small amount of drugs because someone's an addict doesn't seem like the best choice to me. So we have a Columbia County treatment court."

Michael sees ways that the drug treatment court can be better utilized to help rehabilitate people, and thereby help the community as a whole. "When you take people out of the community and put them in prison they're not really able to provide care and support to their family. Loved ones, friends, they can't pay child support. They can't work. And then they usually get out and they haven't really acquired job skills. And if jail or prison is to rehabilitate,

then we're really not doing a good job, it doesn't appear to me." The idea of establishing other specialized courts also came out of Michael's personal experience. "I have a private office and I have the public defender's office. And at both places, a lot of the people that you encounter sort of have these two things going on at the same time. One is a mental health problem, and for a lot of them, it's coupled with a substance abuse problem. And I would be lying if I told you I knew which came first, or if one caused the other. Because I don't think it's that easy to discern. But they often-times coexist. So if someone has a mental health disability, they probably need to be treated in a different fashion. You know, we don't punish people when they have diseases, per se. And sometimes if you have a mental

health problem, your decision making process might be poor." Veterans are youth are other groups, where experiences and potential resources that can be tapped make it appropriate to establish specific court mechanisms. "Young men and young women, they go abroad and a lot of them, because of patriotic feelings, and they want to help out. Sometimes they want to try to get some funding for college later. And so they go and serve, and then they're not always prepared for some of the potential consequences. And then they come back and they have difficulties associating with family. They have difficulties with alcohol abuse, substance abuse, and anger management." With a veteran's court, there would be someone from the Veteran's Services involved in cases, in addition to prosecutors and defense attorneys, says Michael, who notes that Albany has established one such court. "You would also have substance abuse counselors, alcohol counselors, mental health people there. And as the people go through the process of having their case adjudicated resolved, or perhaps diverted, they would then be offered the services that they're entitled to, but often don't know how to connect with. We have a lot of people in our community that are veterans and we have a lot of people that are having difficulties," who would be better served by a Veteran's court, he adds. **A History of Professional Service and Community Involvement**

Michael has been an attorney and served as a public defender for nearly 30 years in Columbia County. Since 1996, he has defended many thousands of cases for the Public Defender's Office, as well as representing clients in private practice. In 2012, he was a recipient of the Wilfred R. O'Connor Award, which is given annually by the New York State Defenders Association to a defense attorney who exemplifies the client-centered sense of justice, persistence and compassion that characterized Wilfred R. O'Connor's life. In addition to the accomplishments and service of his professional career, Michael

has been active through the years in numerous community groups and endeavors. He has served on the community boards of the United Way, the Hudson Boys and Girls Club, and the Salvation Army, and has been involved with Operation Unite. "I've been president of the Hudson Rotary Club on two separate occasions. Because the firsttimewasn'tenough!" he jokes. Before becoming an attorney, Michael attended and graduated from Hudson High School, where he was Captain of a championship football team, and went on to graduate from Davidson College in 1988. In high school Michael was also a standout track and field

Continued on page 4

McCARTHY & SONS INC.

COMPLETE ELECTRICAL SERVICE SINCE 1969
RESIDENTIAL • COMMERCIAL
GENERAC

Standby Generators
New Constructions
Rewiring - Remodeling

Service Upgrades
Swimming Pool Wiring

FREE ESTIMATES • FULLY INSURED
(845) 758-6116 • mccarthyandsonselectric.com



Lowest Prices in the Area
 No Contracts Necessary - Meet or Beat Competitors Prices
(845) 876 - 6351
 C.O.D. We accept:
 Cash, Check, Visa, MasterCard, Discover

Call today to schedule your delivery!

LOCAL BUSINESS DIRECTORY

Anne's Electrolysis - Rhinebeck.....(845) 876-4878
 ASAP Fuel - Rhinebeck.....(845) 876-6351
 Bark Busters - Staatsburg.....(845) 889-4679
 Beaver Stump - Red Hook.....(845) 758-5400
 BHHS - Rhinebeck.....(845) 876-8600
 Cesar Romero - Rhinebeck.....(845) 876-2795
 CJ's Italian Restaurant - Rhinebeck.....(845) 876-7711
 Conway's Power Equipment - Red Hook.....(845) 758-8134
 Cornerstone Real Property - Red Hook.....(845) 758-9483
 Countryside Animal Hospital - Staatsburg.....(845) 876-2552
 Craig Austin Dermatology - Rhinebeck.....(845) 516-6500
 Crown Gas - Pleasant Valley.....(845) 635-2400
 Curt's Lawn & Excavating - Livingston.....(518) 537-6671
 Dave's Tree Service - Kingston.....(845) 706-7211
 Dowden Agency - Rhinebeck.....(845) 876-4831
 Foster's Coach House Tavern - Rhinebeck.....(845) 876-8052
 Fully Loaded - Germantown.....(518) 537-7430
 G & H Excavating - Elizaille.....(845) 758-5819
 Germantown Farm, Garden & Landscaping - Germantown.....(518) 537-3340
 Hallenbeck Realty - Rhinebeck.....(845) 876-1660
 Hobson Appliance - Rhinebeck.....(845) 876-3102
 Hobson Window - Red Hook.....(845) 758-0930
 Hoffman Dermatology - Hyde Park.....(845) 229-2990
 Hudson Valley Errand Service - Ancram.....(518) 567-5673
 Hudson Valley Estate Management - Rhinebeck.....(845) 834-8333
 Hudson Valley Foot - Kingston.....(845) 339-4191
 Hudson Valley Firewood - Red Hook.....(845) 546-9316
 J. Scott Butler - Red Hook.....(845) 757-2552
 J.D. von der Lieth & Sons - Rhinebeck.....(845) 876-4511
 Jenny's Cleaning - Rhinebeck.....(914) 466-4336
 JFive Homes - Red Hook.....(845) 758-6842
 JJRT - Craryville.....(518) 821-0934
 Kukon Brothers - Livingston.....(518) 537-6772
 LeGrand Excavating - Rhinebeck.....(845) 876-2630
 LeGrand Real Estate - Rhinebeck.....(845) 876-2630
 LeGrand Trash - Rhinebeck.....(845) 943-0266
 Mac's Farm & Garden World - Red Hook.....(845) 758-3601
 McCarthy & Sons Electrical - Red Hook.....(845) 758-6116
 Mondello Upstate Properties - Red Hook.....(845) 758-5555
 Mrs. Sew & Sew - Germantown.....(518) 537-3688
 Neighbor's Gun Club - Rhinebeck.....(845) 876-7390
 Northern Dutchess Hardwoods - Red Hook.....(845) 758-2005
 Paradox Consulting - Hudson.....(518) 721-8354
 Patty's Pet Palace - Rhinebeck.....(845) 876-7211
 Proimmune - Rhinebeck.....(845) 206-8104
 Red Hook Curry - Red Hook.....(845) 758-2666
 Rhinebeck Animal Hospital - Rhinebeck.....(845) 876-6008
 RLF Tax - Rhinebeck.....(845) 430-6760
 Santamarena, Peggy - Rhinebeck.....(845) 399-3999
 Sausbier's Awning Shop - Hudson.....(518) 828-3748
 Staley Real Estate - Rhinebeck.....(845) 876-3196
 Sunny Paws - Red Hook.....(845) 597-6976
 The Angela Lanuto Team - Catskill/Red Hook.....(845) 658-0536
 Upstate Auto - Germantown.....(518) 537-2277
 Viewmont Land Service - Germantown.....(518) 965-4216
 Williams Lumber - Rhinebeck.....(845) 876-9663

ACROSS

- 1) ___-frutti
- 6) Hoglike mammal
- 11) Mongrel dog
- 14) "Once more!"
- 15) Make giddy
- 16) Japanese wrap
- 17) Like
- 19) Je t'aime ___ cheri"
- 20) Young one's horse
- 21) Nymph in Greek myth
- 23) Nags or needles
- 27) Smokey's preserves
- 29) Compound of gold
- 30) David Carradine series of the '70s
- 31) Small songbirds
- 32) Country crooner Haggard
- 33) Start for "fab" or "face"
- 36) Good, long bath
- 37) Word before "Christmas"
- 38) First word of "Jabberwocky"
- 39) Suffix with "high"
- 40) Director Levinson
- 41) Injures grievously
- 42) "E." to Einstein
- 44) Highlander, e.g.
- 45) Gab
- 47) Sure things
- 48) Japanese menu item
- 49) Skeleton segment
- 50) Mentally acute
- 51) Be imaginative
- 58) Ring around the collar?
- 59) Black billiard ball
- 60) Apportion
- 61) Debussy's "La ___"
- 62) Clobbered
- 63) Full of back talk

DOWN

- 1) Bit of body art, slangily
- 2) "Yuck" cousin
- 3) Mai ___ (cocktail)
- 4) 10th-anniversary metal
- 5) Calligrapher's containers
- 6) Parenting challenges
- 7) Comrade in arms
- 8) Bud
- 9) "Am ___ blame?"
- 10) Cast anew
- 11) Invents
- 12) Depth charge target
- 13) Orange covers
- 18) Had on
- 22) Call, as a game
- 23) Anchor cable hole
- 24) Continental money
- 25) Shake things up
- 26) Aquarium
- 27) Like many a stuffed animal
- 28) Partner of one?
- 30) Breed of dairy cattle
- 32) Highway directive
- 34) Strong silklike fabric
- 35) Pluralizing letters
- 37) Loose, crumbly deposit
- 38) After-bath powder
- 40) Happens to, old-style
- 41) Twenty questions category
- 43) To the ___ degree
- 44) Good-hearted
- 45) Biblical song
- 46) Indian coin
- 47) French nobleman
- 49) Thai currency
- 52) Backboard attachment
- 53) Swelled head
- 54) One of the NFL's Mannings
- 55) Matterhorn, e.g.
- 56) Scrub the floor
- 57) Pig's home

IMAGINATION STATION By Peter M. Hollins

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15						16		
17					18						19		
				20					21	22			
23	24	25	26				27	28					
29						30							
31						32				33	34	35	
36					37					38			
39				40						41			
		42	43							44			
45	46						47						
48							49						
50					51	52	53			54	55	56	57
58					59					60			
61					62					63			

Solution on page 4



Red Hook, NY (845) 546-9316

FREE ESTIMATES • FULLY INSURED

- Logging
- Land Clearing
- Firewood
- Tree Removal

June Special
Firewood
Only \$275 per cord

Michael Howard from page 1
 athlete, and has remained an avid member of running clubs, and continues to compete in races. He and his wife Lynn have been married for 28 years, and reside in the Town of Claverack. They have three sons, aged 23, 21 and 19 years old, one of whom has just graduated from Davidson. And Michael is also proud of his nephew Neil Howard, currently ranked as the top track and field athlete in the state. **A Sense of Justice That Makes People and the Community**

More Whole
 Michael says he is motivated to serve as Columbia County Court Judge because he sees how the justice system at its best can help communities overcome the damages and mistakes that all societies face. He relates that a recent visit to Blue Hawk Academy, a school specializing in serving children with special circumstances and needs, brought home some of the reasons why he's running for court judge. "When you're a county court

judge, you certainly have to follow the law, and there's certain sentences that you have to impose because there's minimum sentencing requirements. But that's why a lot of judges have looked toward treatment court, mental health court, and veterans court. Because you can't fit every square peg in a round hole. And you have to have some flexibility and some ways to try to do things differently, because doing it the way that we have done it for the last 30, 40, 50 years, doesn't seem like we're accomplishing much." For more info: <https://www.electmichaelhoward.com/>

Oct. 01 - Luther Burbank Center for the Arts – Ruth Finley Person Theater - Santa Rosa, CA
 Oct. 27 - Hampton Beach Casino Ballroom - Hampton, NH
 Oct. 28 - MGM Music Hall at Fenway - Boston, MA
 Oct. 29 - Mohegan Sun Arena - Uncasville, CT
 Nov. 01 - Beacon Theatre - New York, NY
 Nov. 02 - The Capitol Theatre - Port Chester, NY
 Nov. 04 - Palace Theatre - Albany, NY
JethroTull.com

and meeting at Savona's Trattoria, on Rt. 9 in Red Hook on Tuesday, June 13, 2023. The luncheon begins at noon. Savona's Trattoria of Red Hook is a family Italian restaurant, serving Italian fare and locally inspired dishes. Winner 2018— Best Italian Restaurant, and Best New Restaurant East of Hudson. The menu blends old-world cooking and famous classics. These classic style dishes are matched with a more progressive contemporary take on Italian Cooking. Contact Fran Bufl for more information, 518-537-4868. The Germantown Garden Club is a member of the Federated Garden Clubs of NYS, Inc. and National Garden Clubs, Inc.

Germantown Garden Club to Hold Annual Luncheon
 The Germantown Garden Club will hold its annual luncheon

JENNY'S
 Reliable
Cleaning Service
Serving the Rhinebeck, Red Hook & Surrounding Communities for More Than 25 Years
 Good References Available
914-466-4336

Jethro Tull from page 1
 entertaining audiences of all ages. The band consists of:
 Ian Anderson - Concert and Alto flutes, Flute d'Amour, Irish whistle and vocals
 David Goodier - Bass
 John O'Hara - Piano, keyboards and Hammond Organ
 Scott Hammond - Drums
 Joe Parrish-James - Electric and acoustic guitars, mandolin
 Tour dates:
 Aug. 18 - Ravinia Festival - Highland Park, IL
 Aug. 19 - TCU Amphitheater at White River State Park - Indianapolis, IN
 Aug. 20 - Rose Music Center at The Heights - Huber Heights, OH
 Aug. 22 - PNC Pavilion at Riverbend - Cincinnati, OH
 Aug. 24 - Wolf Trap - Vienna, VA
 Sep. 26 - The Rady Shell at Jacobs Park - San Diego, CA
 Sep. 27 - Greek Theatre - Los Angeles, CA
 Sep. 29 - Thunder Valley Casino Resort – The Venue at Thunder Valley - Lincoln, CA
 Sep. 30 - The Mountain Winery - Saratoga, CA

RLF TAX SERVICES
Robert L. Fowler, AFSP
 Over 20 years of experience
New Clients Are Always Welcome
 19 BIRCHWOOD DRIVE
 RHINEBECK, NY 12572
 CELL 845-430-6760
 RLFTAX@YAHOO.COM

Buy - Sell - Broker
Estates & Consignments Welcome
Specializing in the Legal Transfer of Firearms
J. SCOTT BUTLER, FFL
(845) 757-2552
 Tue, Wed, Fri, Sat - 10am to 4pm
 Thursday - 2pm to 7pm
 174 Guski Road, Red Hook, NY 12571

"Elevate Your Lifestyle While Protecting Your Home In Our Hands"
 Scheduling Spring Clean-ups!
Hudson Valley Estate Management LLC
Property Management
 Landscaping, Brush Hogging, Painting, Housekeeping, Power Washing, Project Management, Handyman, Weekly Home Check-Ins and Monitoring, Full Construction Projects
845-834-8333
Hudsonvalleyestatemangement.com

Neighbors' Gun Club, Inc.
Neighbors' Gun Club
 PO Box 460
 Rhinebeck, NY 12572
 Dedicated to the preservation, conservation and Appreciation of New York's natural resources!
NOW ACCEPTING NEW MEMBERS!
 Go to neighborsgunclub.com
 For membership application.
 Or call Kurt Schollmeyer at (845) 481-0310
 Game Dinner Saturday June 24th
 Doors open at 5:00pm, Dinner at 6:00pm, \$40 Donation.
 Call Jim Dewitt at (845) 505-6163 for tickets.
 Visit our website for upcoming events
 Archery Shoots, Beef BBQ, Club Meetings, Roadside Cleanup, Skeet Shoots, Turkey Shoot, Camps in the Catskills and Adirondacks.



WHERE YOU CAN FIND US IN COLUMBIA COUNTY

Germantown Xtra-Mart	West Taghkanic Citgo	Craryville Xtra-Mart	Bank of Greene County - Hudson	Speedway Gas Station
Germantown Gulf Station	Church Street Deli Copake	Philmont Pine Haven	Fairview Wine & Spirits	Hudson Polish Deli
Bank of Green County - Germantown	Copake Front Porch Market	Philmont Cumberland Farms	Wash Rite	Salvation Army
Upstate Auto	Dad's Copake Diner	Claverack Xtra-Mart	ShopRite	A Cut Beyond
Mrs. Sew & Sew	O's Hillsdale Diner	Claverack Post Office	66 Food Mart	Morabito's
Fully Loaded	Hillsdale 4 Brother's Pizza	Cobble Pond Farms Route 9H & 66	66 Fine Wine & Spirits	Restore
Blue Stores Xtra-Mart	Hillsdale Cobble Pond Farms	Hudson Subway Mobil Station	Mountain View Animal Hospital	
Livingston Post Office	Hillsdale IGA	Wash & Dry Fairview Ave	Trustco Bank - Hudson	
Bell's Pond Xtra-Mart	Craryville Ameri-Stop	Plaza Diner	The Antique Warehouse	

Spencertown Academy
Roots & Shoots from page 1
 Johnson in *Robert Johnson: Trick The Devil*, winning the Blues Foundation's "Keeping the Blues Alive" award. He followed the footsteps of another blues legend when he joined the Broadway production of *Finian's Rainbow*, playing the part originally done in 1947 by Sonny Terry. Along the way, he cut nine acclaimed albums for the Red House label and four for his own label, Smokeydoke Records; and was nominated for nearly a dozen Blues Awards.

When asked about his experience as a performer, Davis replied, "There is no tale so tall that I cannot tell it, nor song

so sweet that I cannot sing it." Roots & Shoots Concerts is an ongoing Academy series that showcases artists who reach back to earlier traditions in music (Americana, jazz, blues, rock, and world music) for inspiration, while incorporating more recent forms and influences of the present.

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

OLD DUTCH VILLAGE GARDEN CLUB HOLDS POPULAR PLANT SALE

By Nancy Bendiner and Felice Gelman

Local residents flocked to the long-anticipated annual Old Dutch Village Garden Club plant sale on May 20. What a relief that the rain held off until after the sale! At Memorial Park in Red Hook across from CVS, over 1200 plants — herbs, perennials, shrubs, even trees — were offered at bargain prices. Donated from community gardens, the perennials were a colorful display. When the sale opened at 9 AM dozens of buyers, who had been lining up, rushed to find their favorites. Within two hours, almost every plant was sold! Once the plants are in their new owners' gardens, the result will be beauty to inspire us all!



Get your Raffle Ticket



Some of the many volunteers



Lining up for the sale

Gently used garden tools, follies, pots, vases, and books were snapped up at the rummage table. And while eager gardeners selected their plants, local singer/guitarist and landscaper Jack DiPietro entertained us all with live music. Jack is one of the Old Dutch Village Garden Club's newest members.

Sale organizer Linda Lawson and a crew of Old Dutch Village Garden Club members traveled to gardens throughout the area to dig up, repot, and carefully nurture all the plants until the sale. Rich Lawson worked to transport the seven trailers loaded

with plants to Memorial Park. With the proceeds from each yearly sale and other projects, the Old Dutch Village Garden Club supports to local causes to help advance home gardening and preserve natural resources.

Continued on page 7



Viewmont Tree Service

FREE ESTIMATES • FULLY INSURED

<p>Tree Removal</p> <p>Pruning</p> <p>Stump Grinding</p> <p>Brush Chipping</p>	<p>Preventive Maintenance</p> <p>Storm Damage</p> <p>Land Clearing</p> <p>Firewood</p>
--	--

(518) 537-6780 • Cell: (518) 965-4216 J.R. Bates

Sheetrocking - Taping - Plastering - Wallpapering

Full Service Painting

Cesar Romero
 7 King Road, Rhinebeck, NY 12572
845-876-2795 Cell: 914-466-5712
 Email: fullservicepainting12572@gmail.com
 Residences & Offices / Interior & Exterior / Free Estimates

Framing - Flooring - Roofing

Reasonable Rates

Good References

MRS. SEW 'N' SEW

REPAIRS & MINOR ALTERATIONS

Tues. 10 am-4:30 pm
 Wed. 10 am-6 pm • Thurs. 10 am-7 pm
 Sat By Appointment Only 10 am-1 pm

(MUST WEAR A MASK)

TEL: 518-537-3688
4903 RTE 9G, GERMANTOWN, N.Y. 12526

Please... Clothing Must Be Clean One Person at a Time Please

FULLY LOADED PERFORMANCE

518-537-7430



Auto Repairs, Performance Upgrades, and Towing

10% Student Discount

Hudson Valley Errand Service

Don't Have Time to Do Extra Tasks?

I Can Help

Your Personal Assistant

Reasonable Rates

TODO LIST

- Take the dog to the vet
- Pick up the dry cleaning
- Run to the pharmacy
- Run to the post office
- Grocery shopping
- Everything else
- Call Hudson Valley Errand Service
- Relax
- Take a nap

Call Mark at: (518) 567-5673

Email: mtvogt78@gmail.com

"Serving Dutchess, Ulster and Columbia County since 2004"

(845) 758-2005



19 East Market Street
 Red Hook, NY 12571

CONWAYS

WWW.CONWAYSUSA.COM Celebrating 45 Years!



Toro 21464 Personal Pace Mower

- Electric Start Rear Wheel Drive
- Auto Drive Self-Propelled
- 2 Year Warranty
- 6.25 Ft. Lbs. Torque
- 22" Mowing Deck
- Rear Bag & Mulcher
- 83 lbs.

ONLY \$549.00

Model: 21464



Toro 75750 TimeCutter Zero Turn Mower

- Kawasaki 23 HP V-Twin Engine
- Zero Turning Radius
- Electric PTO Clutch
- 50" Fabricated Deck w/wash out port
- 7 MPH Forward Speed
- HG-ZT 2100 Transmission
- Tow Hitch & Engine Guard

ONLY \$4099.00

Model: 75750

CONWAY'S

LAWN & POWER EQUIPMENT, Inc.

Visit us at www.conwaysusa.com
 Route 9 • 7235 South Broadway
 Red Hook, NY 12571

845-758-8134












Mon-Fri 7:30am-5:00pm Sat til 3pm

*Veteran Discount Program

We want to be your power equipment dealer!

Northern Dutchess Hardwoods & Floor Coverings

"EVERY STEP OF THE WAY"

SPECIALIZING
 IN HARDWOOD FLOORING

Wide Plank

- ~ Prefinished Solid & Engineered
- ~ Carpet ~ Vinyl ~ Laminate ~ Cork
- ~ Marmoleum ~ Ceramic Tile
- ~ Specialty Flooring
- ~ Porcelain Tile & Stone



info@ndhardwoods.com

www.ndhardwoods.com

Heatstroke/ Overheating in Dogs and Cats

By Julianne Porter, DVM

As warmer weather draws nearer, we tend to spend more time outside with our pets. Because of this, there is an increased risk of our pets experiencing overheating and/or heatstroke during the spring and summer months.

Heatstroke occurs when a pet is not able to dissipate heat effectively. This results in a significantly elevated body temperature which can lead to multiple organ dysfunctions and failures. In cats and dogs, this occurs when their internal body temperature is greater than 105.8°F (41°C). Heatstroke can occur from exposure to a hot and/or humid environment, as well as strenuous exercise. While we typically think of heatstroke

occurring directly because it is hot outside, heatstroke is also caused by seizures, ingestion of certain toxins or medications, and even cancer.

In the spring and summer, pets are more susceptible to heatstroke when the temperatures rise quickly. This can also occur in cooler climates if the ambient temperature rises so quickly that a pet cannot adequately acclimate. Increased risk for heatstroke include poorly ventilated housing/vehicles, heart disease, brachycephalic breeds (breeds with short noses i.e. pugs, bulldogs, Persian cats), dark coat colors, older age, obesity, laryngeal paralysis, and other respiratory conditions.

Heatstroke is different from fever. With fevers, the thermoregulatory center in the brain raises the temperature set point, leading to elevated body temperature.

With heatstroke, these pets have a normal set point, but their body temperature is elevated because they cannot release the excess heat effectively.

Elevated body temperature can cause inflammation and reduced blood flow to multiple organs. This can cause problems with the kidneys, lungs, gastrointestinal tract, central nervous system, and coagulation (the ability to clot blood). As a result, pets can suffer from kidney failure, respiratory failure, sepsis, GI bleeding, swelling of the brain, cardiac arrhythmias, and spontaneous bleeding.

Signs at home can include extreme lethargy, collapse, seizures, drooling, vomiting, and diarrhea. They may pant heavily at first, but it is important to note that as heatstroke progresses, they will not always display panting.

Treatment is initially focused on cooling the pet. Evaporative cooling is the most efficient way – misting with cool or room temperature water and placing them in front of a fan are good options. Do NOT use ice or cold water – this can constrict blood vessels and further damage organs. At the hospital, pets are placed on intravenous room temperature fluids to help cool them as well. Active cooling is stopped once the body temperature is around 102°F to prevent hypothermia, as their temperature can continue to drop after cooling has been discontinued.

Other treatments are focused on the individual organ damage. This may include intravenous fluids, oxygen supplementation, anti-arrhythmics, antibiotics, GI protectants, and blood transfusions. Prevention is aimed at avoiding hot environments if possible – do not leave pets in a vehicle or other enclosed spaces (garage, shed, cages, etc.). Keep animals inside during hot days and walk them early and late in the day when the sun is not as strong and the temperatures are cooler. Do not let them exercise strenuously during hot days and always ensure they have access to shade and water if they are outside. Heatstroke can be very serious, and the prognosis can vary depending on the duration, severity, and response to therapy. Many times, heatstroke can require multiple days of hospitalization. If you suspect heatstroke, contact a veterinarian as soon as possible.

Summertime Care and Safety Tips for Your Dog

Presented by Barbara Sweeney Fassett And Bark Busters of Dutchess County

Summer weather is finally right around the corner and with that comes vacations, picnics, barbeques and lots of outdoor activities. My Dakota loves all of the outdoor fun and any opportunity she can find to be wet. She is, after all, a 6 year old Golden Retriever. For me that means that my best way to keep

her entertained and comfortable when we are outside is to either invite her into our pool or fill her toddler-size wading pool with water and a few toys. She is pretty good at entertaining herself given those resources. Without clean water and some toys, Dakota is very likely to wander off to the pond on our property for a quick dip to cool off in what I consider to be less than desirable water. While the pond is an ideal breeding ground for the tree frogs, and provides shelter for an occasional family of ducks, it is not the place that I want Dakota to swim.

“Waterproof” Your Dog

For those dogs that enjoy a swim there are a few things to keep in mind: If your dog has had a dip in a lake or river, rinse her off to avoid ear mites, eye infections and pesky clingy insects which can embed themselves into her fur. If your dog loves to jump into your swimming pool, make sure she knows how to get out safely. When a dog falls into a lake or river, her instinct tells her to turnaround and get out from the point at which she fell in. However in a swimming pool, a dog may drown if she follows this instinctive action. Therefore, teach your dog where and how to get out of the pool regardless of where she went in. Not all dogs like or know how to swim. If your dog appears

eager to give swimming a try, like my Dakota, let her get used to it gradually. Never throw a nervous or inexperienced swimmer into the water. Just to be on the safe side, the first time 8-week old Dakota went into our pool, I had her wear a life jacket.

Beat the Heat and Be Mindful of Exposure to the Sun Remember that a parked car can become dangerously hot in only a few minutes. Dogs are not efficient at cooling themselves. They cannot perspire and can only dispel heat by panting and through the pads of their feet. Panting and drinking water helps to cool them, but if they have only overheated air to breathe in a parked car, dogs can suffer brain and organ damage in as little as 15 minutes. Remember that your light colored dog’s coat can invite damage from the sun’s ultraviolet rays, leading to sunburn and possible skin cancer. If your dog is light-colored and/or she lacks black pigment around the eyes, ears and nose, keep her out of the bright sun. Talk to your veterinarian about sunblock for your dog preferably in the formula she can’t lick off.

Dogs should always have access to cool shade and fresh water in the summer heat. Rules of the Road I like to take an occasional roadtrip with my dog and Dakota travels well. She generally lays

Continued on page 11

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



Fuzzy-Wuzzy is a little more Wuz-Fuzzy right now because we decided her coat needed a fresh start and gave her a buzzcut. It will not be long before Fuzzy’s glorious long gray fur will be ready for luxurious petting again.

Fuzzy is vision-impaired, possibly even blind, but if she is, she compensates so well. She definitely needs to be a strictly indoor cat.

Once she gets comfortable in her surroundings, she is very playful, especially with jingle bells, rattle toys, and crinkle balls.

Fuzzy loves chin scratches, Temptations treats, and chasing fishing pole lures. Can you

see a way to welcoming Fuzzy-Wuzzy into your heart and home? She was born around May of 2022 with a petite build. She is fully vetted. Spayed, negative for feline leukemia and aids, vaccines are up to date, and dewormed. Complete an online application at www.pant.org under “Adoption Center.” If you would like more information, you can send an email to info@PANT.org or call (845) 486-7075.



**RHINEBECK
ANIMAL HOSPITAL**
skillful care ~ gentle hands

(845) 876-6008

info@rhinebeckanimalhospital.com

6450 Montgomery St.
Rhinebeck, NY 12572

Since 1979
AAHA
ACCREDITED
The Standard of
Veterinary Excellence

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



Sunny Paws Veterinary Services

Dr. Danielle St. Pierre

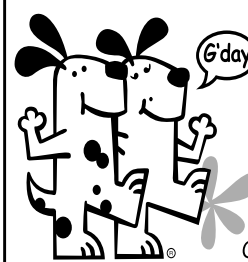
Home Euthanasia Service
Hospice Care
Acupuncture/Chinese Medicine

Sunnypawsvet@gmail.com
Sunnypawsvet.com

845-597-6976

Enjoy This Spring . . . with a Well-Behaved Dog!

Any Age, Any Breed, Any Issue!



- In-Home Training
- Natural Methods
- Guaranteed Support
- Vet Recommended

Call or Log on to Contact Your Local Trainer!

BARK BUSTERS
HOME DOG TRAINING

877.500.BARK • www.BarkBusters.com

COUNTRYSIDE ANIMAL HOSPITAL

“The Care They Deserve”

It's Time For A Pre-Summer
Fur-Do!

Here's **\$5.00 Off**

Any Grooming Service In June!

- Open All Day Saturday • Closed Sunday
- Boarding Available • Grooming Services

2485 Route 9G Staatsburg, NY 12580
(5.7 miles south of the Rt. 9/9G traffic light)

Phone: (845) 876-2552

Fax: (845) 876-3079

www.countrysideanhosp.com

Old Dutch Village Garden Club from page 5

The raffle held at the sale (with tickets also sold at Apple Blossom Day the week before) was highly popular with hundreds of tickets sold. The lucky winner went home with a garden wheelbarrow well stocked with garden implements.

THANK YOU to ALL who with great enthusiasm participated at many levels toward this successful event- including those who purchased our plants!

For the rest of the summer, the Old Dutch Village Garden Club projects include the lovely Memorial Garden at Memorial Park across from CVS in Red Hook, which everyone is encouraged to visit and take a break on picturesque benches. Other projects include the Garden of the Month Award and a lecture at the club's June meeting.

On June 8, accredited flower show judge Barbara Campbell will speak on "How to Bring the Hudson Valley Into Your Home." She will share ideas on how to create floral arrangements. On September 14, Yoram Gelman will speak on "Cyanotypes", also called sun prints. A noted photographer, he will demonstrate how this simple and elegant method can be used to document botanicals.

During June, July, and August, the Old Dutch Village Garden

Club names both a residential and commercial property as a "Garden of the Month," and welcomes nominations. Please call Linda Glowienka 845-835-8318 for further information.

The Old Dutch Village Garden Club meets the second Thursday of each month at 12:30 pm at St. John's Reformed Church in Upper Red Hook (except July and August). We welcome all visitors! Check the Old Dutch Village Garden Club Facebook site (<https://www.facebook.com/groups/483023893320963>) for updates.

Claverack Free Library Summer Reading Program, Kickoff June 27.

On Tuesday June 27 at 1 PM The Storycrafters will perform "All Together Now," a lively participatory musical program for all ages. Families will be able to register then for a wide variety of free summer library programs.

Tuesdays, July 11 - August 8: Story Hour at 10 am. Stories and activities for toddlers through kindergarten based on the summer theme "All Together Now"

Tuesdays, July 11- August 8: Elementary Enrichment for Grades 1-5. Each week a special guest will lead activities based on our summer theme "All Together Now". Local PE teacher

Snookie Patterson and her "Good Dog" Gabby will lead physical cooperative games; Mud Creek's Leanna O'Grady will teach a nature journaling class at the library in July and at Mud Creek in August, journals and colored pencils provided. Author Mark Teague and local postal carrier Renata Shura will help library staff lead a fun book club based on Teague's book Dear Mrs LaRue: Letters From Obedience School. In August Jerry Schneider will teach a pollinator program where students will decorate t-shirts and learn how important our pollinators are.

Wednesdays, July 12 - August 30: Lego Club at 4:00 pm. Free play and guided Lego fun for elementary school children.

Thursdays, July 11 - August 10: Baby and Me at 11:00 am. An interactive baby and caregiver story time. Enrichment activities for babies and their loved ones. Caregivers are welcome to bring a bag lunch and stay after for caregiver socializing.

Thursdays, June 29 - August 31: Family Movie Time at 1:00 pm. Chase summer blues away or get out of the heat! Each PG-rated movie has the general theme of adventures or journeying together. A listing of the movies is on the library website. Each week there will be a take-home craft.

Fridays, July 7-August 11: Musical Storytime at 10 am. Join local musician Abby Lappen for a story hour full of live music, creative storytelling and exploratory movement. Toddlers, kids, and intergenerational families of all ages will enjoy this bright, animated program as they learn to use songs and motion while developing early literacy skills.

Fridays, June 27 - September 1: Battle of the Books at 4 pm. For grades 4-8. An annual library system-wide book trivia competition. Coaches from participating libraries choose books for every team to read. Throughout the summer, teams meet to discuss the books, go through practice questions, and even set up scrimmages with other local teams. At the end of the summer, the Semi-Regional Final Battle pits the teams -- Jeopardy Style, with buzzers, scoreboards, and gracious volunteers -- against one another to test their knowledge of the books. The final will be Saturday, September 9 at the Claverack Library.

June 27 - August 25: Summer Reading Challenge, Children of all ages have two opportunities to challenge themselves this summer. Check off the list of new ways to discover books or color in images for every 30 minutes of reading. Challenge posters can be picked up at the main desk after June 27th. The Claverack Fiber Arts Group will be creating our reading prizes this summer. For more information please call 518-851-7120 or email info@claveracklibrary.org www.claveracklibrary.org

"What Do I Do With Old Textiles?" -

Diana Louie, owner of the Village Fabric Shop in Red Hook will discuss repairing, repurposing and learning from Old Textiles on Wednesday, June 7 at 12:30pm. This is a program of the Skyllkill Chapter of the Embroiderer's Guild of America (EGA), and will be held at Freedom Plains United Presbyterian Church, 1168 Rte. 55, Lagrangeville, 12540. Diana will bring samples and invites participants to bring an old textile if they have specific questions about it. You may join this program beginning at 12:30 pm. Or, join other needleworkers

as a guest for fun and learning beginning at 10 am. For more information visit www.facebook.com/SkyllkillEGA or email to EGASkyllkill@gmail.com.

Milan Union Cemetery Association annual plot owners meeting

The Annual Meeting of the Milan Union Cemetery Association will be held at 9:30 a.m. on Saturday, JUNE 17, in the Milan Town Hall, 20 Wilcox Circle, Milan. All plot owners as members of the Association are invited to attend this Meeting for Cemetery current business and plot ownership. For more information please call June Gosnell at 845-677-3299.

Voted Best of Hudson Valley & Zagat Rated



RED HOOK CURRY HOUSE Tandoori Restaurant

**** Dining Daily Freeman & Poughkeepsie Journal

Now open for take-out and inside dining!
 Monday - Wednesday: 11:30 - 3:00, 5:00-9:00
 Friday: 3:00pm - 9:00pm (Closed for Lunch)
 Sat & Sun: 11:30 - 3:00, 5:00-9:00
 Closed Thursday
HELP WANTED - APPLY WITHIN

Best Indian Food In The Hudson Valley!
 Catering for Parties & Weddings • Take out order cordially welcome
 28 E. Market St., Red Hook • (845) 758-2666 • Open 6 Days
 See our Full Menu at www.Redhookcurryhouse.com



OUR PATIO IS OPEN FOR OUTDOOR DINING...COME JOIN US!

Foster's Coach House Tavern
 Celebrating nearly 80 Years of Family Dining

COME JOIN US ON FATHER'S DAY!

OWNED & OPERATED BY NEIL & ELIJAH BENDER
 6411 MONTGOMERY ST., RHINEBECK, NY
 TEL. 845-876-8052
 Hours: Tuesday-Sunday 11:30am-9:00pm; Closed Monday

Zucchini Parmesan



Ingredients
 4 medium zucchini, cut into 1/4-inch slices
 1 tablespoon olive oil
 1/2 to 1 teaspoon minced garlic
 1 can (14-1/2 ounces) Italian diced tomatoes, undrained
 1 teaspoon seasoned salt
 1/4 teaspoon pepper
 1/4 cup grated Parmesan Cheese

Directions
 In a large skillet, saute zucchini in oil until crisp-tender. Add garlic; cook 1 minute longer.
 Stir in the tomatoes, seasoned salt and pepper. Simmer, uncovered, until liquid is evaporated, 9-10 minutes. Sprinkle with Parmesan cheese. Serve with a slotted spoon.



WE ARE OPEN! NOW HIRING!

RHINEBECK CJ's PIZZA & PASTA
 ITALIAN RISTORANTE

HAPPY FATHER'S DAY


LIMITED INDOOR DINING AVAILABLE. CALL FOR RESERVATIONS

Happy Birthday We Have TAKE-OUT, Delivery and Curb-Side Pick Up To:

• Ashely Martin	• Don T.	• Anne M.	• Forrest
• Karen	• Michelle	• John H.	• Leslie C.
• Aiden	• Maggie	• Joey O.	• Vinny
• Jason	• Amy	• Marion	• Chris
• Lisa G.	• Marc	• Janet H.	• Jill
			• Kim B.
			• Carol B.
			• Scotty
			• Dani

A Very Special Happy Birthday To MacKensie!

(845) 876-7711
 353 Old Post Rd. (at Route 9G), Rhinebeck, NY
www.CJsRhinebeck.com



All About Travel
 Professional Travel Planning
allabouttravel@citlink.net
 Call Today:
 (845) 758-1001
 Like us on Facebook!

*"We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures we can have if only we seek them with our eyes open."
 - Jawaharial Nehru*

*Congratulations to the Class of 2023!
 Happy Father's Day to all of the Dads!*

All About Travel
 (845) 758-1001

God's Corner

Father Attachments

By Naomi Fata

As we enter this month of Father's Day, I recognize that not all of us have had fathers who were present in our lives. Some have lost fathers to death, others to desertion and others to emotional detachment, abuse, workaholicism, alcoholism and more. When the memories of a father are lacking or painful, Father's Day may not be the most joyous occasion. For the same reason, the Christian teaching of God as our heavenly Father may not seem that appealing. It is understandable that there may be several negative feelings surrounding the role of "father" in your life.

Several years ago, I read a fascinating book entitled, *The God Attachment* by Dr. Tim Clinton and Dr. Joshua Straub. In it the authors examine our attachments as children and how they affect our attachment to God as our Father. In psychology we learn about the four basic attachment styles in attachment theory. Anxious attachment is an insecure attachment to the parental figure, or a neediness. Avoidant attachment is a fear of intimacy, keeping others at arm's length. Fearful-avoidant attachment could stem from abuse, where the child is fearful of the parent. Lastly, there is secure attachment, which of course is the goal of any parent.

Do you recall last month's article? It was the account of a young man who left his father's

home to go out into the world. He wanted to experience life away from the home that he had known, and perhaps to sow some wild oats. After a while he ran out of money and came home to his father. In this story it would appear to me that the son had a secure attachment to his father, at least secure enough to know that his father was a good man, who would at the very least give him a living wage as one of his hired servants.

I do wonder if he feared his father's anger for what he had done. Or did he feel shame? Fear, anger, and shame are all natural human emotions. Though in church we talk about trusting God, our Heavenly Father, sometimes we fail to recognize that there are emotions at play within our own heart and mind that affect our view of God.

This Father's Day what is your attachment to God as your Father? Are you struggling with trust because of childhood pain or abandonment? His arms are waiting to welcome you home. Perhaps you don't know how to come home to Him. Pick up a Bible (or online) and read Luke 15. Let the living words of Scripture sink into your soul.

There are many Bible translations. Ponder Psalm 103:13 from the Passion Translation, "The same way a loving father feels toward his children—that's but a sample of your tender feelings toward us, your beloved children, who live in awe of you." Naomi Fata is the Author of *Beyond Head Knowledge: Knowing Christ who Satisfies Our Hearts*.

HONOR OUR FATHERS!

"Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee" (Exodus 20:12), On June 18 we celebrate Father's Day, a day set aside to honor our Fathers. While one day is set aside to honor our Fathers, we are to honor our Fathers every day. Throughout the Bible Godly Fathers-Men have had a big influence on the lives of their families and their children. GODLY TESTIMONIES AND EXAMPLES!

It is a blessing to have Godly Fathers that raise their children in the Lord and have a great testimony and example by the lives of faith in which they live. The Apostle Paul wrote about the importance of the relationship between parents and children in

the home. "Children, obey your parents in the Lord: for this right. Honour thy father and mother; (which is the first commandment with promise;) That it may be well with thee, and thou mayest live long on the earth. And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord" (Ephesians 6:1-4). The command for obedience and the responsibility in the home is clearly seen in these verses of Scripture. Parents (Fathers), it is important that you live Godly lives before your children. They will see in your life how important your Relationship is with God and the Lord Jesus Christ by the example of your life. CHARGE BY JOSHUA: AS FOR ME AND MY HOUSE WE WILL SERVE THE LORD!

"Now therefore fear the LORD, and serve him sincerity and in truth: and put away the gods which your fathers served on the other side of the flood, and in Egypt; and serve ye the LORD. And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house we will serve the LORD" (Joshua 24:14,15). Parents (Fathers), it is important to spend time teaching your children the Word of God, and to live a Godly life before them. Like Joshua let's say, "But as for me and my house we will serve the LORD." THE FATHER'S JOY OF KNOWING THAT THEIR CHILDREN ARE WALKING IN THE TRUTH!

"I have no greater joy than to hear that my children walk in truth (3 John 4). Parents (Fathers). I encourage you to ensure that your children are being faithfully taught God's Word. It is imperative to start at a young age. It should begin at Home, and you should also take advantage of the teaching at a good solid Bible Believing Local Church. GBFC is a great place for your whole family. We have

many ministries geared for the whole Family, and especially for Children and Teens.

If you like to know more about the Ministries at GBFC or want to know about what it means to be a Christian, feel free to contact us by Email 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 Rout 9 and Route 9G, 1/4 mile north on Route 9 in Rhinebeck, NY. Frank L. Cirone, Pastor.

Spencertown Academy Celebrates the Art of the Garden

Spencertown Academy Arts Center's 19th annual Hidden Gardens celebration is scheduled for Saturday, June 24, with a self-guided garden tour to some of the most dazzling private gardens in the region, an outdoor market, and a botanical-themed art exhibition.

"After nearly two decades of Academy garden tours, I always fear we have exhausted the county inventory of inspiring landscapes to share with the community. But to my delight, every year we manage to discover new hidden horticultural gems to feature for everyone to enjoy," says Madaline Sparks, who co-chairs the event along with Vivian Wachsberger. "The gardens feature a wide range of landscape styles and conditions, and many delightful surprises (including Nigerian dwarf goats!)"

"Have dry shade? See how one host has successfully conquered this difficult gardening challenge," adds Wachsberger. "Please join us and take advantage of this chance to be inspired by an array of artful private gardens." This year's Hidden Gardens Tour showcases the glory of late spring and promise of summer beauty at residential gardens in Austerlitz, Hillsdale, and Copake. Two of the gardens, perched high in the Taconic Hills, offer magnificent views and vistas. A 180-acre farm boasts an authentic Japanese Tea House and Zen Garden.

The gardens will be open, rain or shine, from 10:00am to 4:00pm. Advance tickets are \$35 and day-of tickets are \$40. Advance tickets may be purchased via spencertownacademy.org. Day-of tickets will be sold at the Academy and at the Market on The Green from 9:00am to 2:30pm. Tickets and the program guide, with maps and descriptions, will be available for pick up on the day of the tour at the Academy or the Market starting at 9:00am. The Market on The Green will take place from 9:00am to 2:30pm at the Spencertown

Village Green, which is located at the intersection of Rte 203 and Rte 7. More than 20 vendors will offer flowers, plants, vintage and new home and garden furnishings, pottery, crafts, and garden books, plus shoppers will find bargains on choice garden items and accessories at the Academy's White Elephant Booth. Warren Street Oldtime Stringband will serenade visitors with Southern Appalachian fiddle dance music. Food vendors will include the Spencertown Volunteer Firemen, Taco Diablo Food Truck, and Frankie's Coffee Truck. A percentage of all sales benefit the Academy. Admission is free.

"The Garden of Earth" art exhibition, curated by Kelly Kynion, focuses on the natural environment as a source of beauty and imagination. The show features works on paper by Hudson Valley-based artists Bruce Bundock, Mary Flinn, Lynn Palumbo, Lydia Rubio, Susan M. Story, Marianne Van Lent, and Carrie Waldman. The Spencertown Academy Arts Center Gallery will be open from 10:00am to 5:00pm during Hidden Gardens.

In addition, the Hidden Gardens festivities kick off with the traditional "Twilight in the Garden Party" fundraiser on Saturday, June 17, from 5:00pm to 8:00pm on the bucolic grounds of the Austerlitz Historical Society. The party will feature a Mexican-themed menu, as well as festive beverages from Jeremy Kenny's mobile Higher Bar. Partygoers will enjoy hors d'oeuvres, a buffet dinner, a silent auction, and live music by Rob Fisch. Tickets range from \$125 to \$250. Reservations are available on the Academy website.

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



Spencertown Academy Arts Center's 19th annual Hidden Gardens celebration is scheduled for Saturday, June 24 from 10:00am to 4:00pm. Among the private homes to be featured is this one where an irregular stone pathway cuts through a garden bed filled with an array of flowering shrubs, perennials, and ornamental grasses.

Rowe United Methodist Church
1376 Rt. 199, Milan NY

Presents

VINTAGE VISITORS PRESENTATIONS
HISTORIC INTERPRETATIONS

Phyllis Chapman, Historic Interpreter
Michael Chapman, Visuals Coordinator

"Head to Toe - What They Wore, How They Wore It, and Why It Mattered"
2PM, Sunday, June 11, 2023
Join Us For This Free Program!

FIRST BAPTIST CHURCH OF RHINEBECK

PROCLAIMING CHRIST IN THE HUDSON VALLEY FOR 200 YEARS OF SERVICE 1821-2021

"Experience Peace and Hope in an Atmosphere of Faith Love and Worship"

Join us in September for our youth programs for children and teens!
Call or email us for more details!

Christ Centered Bible Teaching, Fellowship and Worship

Located at 9 Astor Drive, Rhinebeck
Phone: 845-876-4300 www.firstbcrhinebeck.org
Sunday Morning Service 10:30am
Wednesday Night Prayer Service 7pm
Youth Nights on Fridays at 6:30pm

ARE YOU READY? JESUS IS COMING!

Grace Bible Fellowship Church

Located at the intersection of Rte 9 & Rte 9G, Rhinebeck, NY (1/4 mile north on Route 9 in the town of Rhinebeck)
845-876-2122

Sunday Services 10:45 am and 6:00 pm

Sunday School 9:30 am Prayer Meeting Wednesdays at 7:00 pm Children & Teen Ministries Fridays at 6:45 pm Women's Bible Study Mondays at 7:00 pm Daily Vacation Bible School will be July 24-28 from 9:30 am - 12:15 pm Ages 4-18. We also have Women's & Men's Classes.

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

Lutheran Parish of Northern Dutchess

Join us at one of our churches for worship this Sunday

Three Loving congregations of the ELCA

Memorial Lutheran - 8:30 am
1232 Rte. 308, Rhinebeck
Third Lutheran - 9:45 am
31 Livingston, Rhinebeck
St. Paul's Lutheran - 11:00 am
7412 So. Broadway, Red Hook

Rev. James Miller, Pastor
Parish Office: 845-876-4471

Visit us on our Facebook page or www.lutheranparishnorthern-dutchess.org

DAVE'S TREE SERVICE

DOCTORS OF TREE SURGERY



24hr emergency storm damage specialists!

Please have your trees inspected for structural integrity prior to the next storm! Call to set up a free evaluation.

A Certified Arborist who protects the homeowner with 5 Million Dollars Liability Insurance and Workers Compensation Insurance certificates!

845-706-7211

- SURGERY · REMOVAL · FEEDING · CABLING · CLEARING
- STUMP GRINDING · BRACING · TRIMMING · CAVITY WORK

**RESIDENTIAL
LICENSED
INSURED**



**COMMERCIAL
FREE
ESTIMATES**

www.davestreeservice.us

**One Of The Only Doctors That Still Makes House Calls
HAVE YOU HUGGED YOUR TREE TODAY?**

MAGIC LANTERN CHILDREN'S PROGRAM AT STAATSBURGH STATE HISTORIC SITE

Staatsburgh State Historic Site will host a free children's magic lantern show for children ages 7 to 12 on Saturdays June 3, June 17, and June 24. Attendees can reserve a time slot between 2:00 p.m. and 4:00 p.m. Presenters Joel Schlemowitz and Dawn Elliott will show how the magic lantern, a projector using images painted on glass, told stories with pictures long before the advent of television or movies. The magic lantern was invented in the 17th century, and by the 19th century had become a widely practiced form of popular entertainment. Professional lanterns were found in lecture

halls and theaters, while German toy makers created children's lanterns for use in the home. Using a toy lantern, Schlemowitz and Elliott will present a show, followed by hands-on activities including hand-coloring reproduction lantern slides, and learning more about these intriguing early optical devices. Additional Victorian games and toys will also be available for children to enjoy, and they can bring home their own magic lantern slide creation. Schlemowitz and Elliott have received awards from the Victorian Society NY and the Magic Lantern Society UK for their presentations. Their website is <https://www.magiclanternexhibition.com> Reservations are suggested to attend the event. Families will reserve a time between 2pm and 4pm when they make the reservation. Reservations can

be made at MagicLanternShow.Eventbrite.com The program is free, sponsored by the Friends of Mills at Staatsburgh with the generous assistance of the Pomeroy Fund for History. Attendees can enjoy a free ice cream cone while supplies last, courtesy of Stewart's Shops. People attending may also wish to enjoy a picnic along the river or a tour of Staatsburgh's Gilded Age mansion (a separate site admission applies for the mansion tour, but ages 12 and under are free: reserve at www.Bookeo.com/StaatsburghSHS) 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, [Facebook](https://www.facebook.com/staatsburgh), and [Blogger](https://www.blogger.com/staatsburgh). Staatsburgh's events are listed at 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 79.5 million people in 2022. For more information on any of these recreation areas, call 518-474-0456 or visit parks.ny.gov, connect on [Facebook](https://www.facebook.com/staatsburgh), or follow us on [Twitter](https://twitter.com/staatsburgh)

Hyde Park to Host U.S. Mint Quarter Event

On June 8, the community of Hyde Park will be hosting the launch of a new Eleanor Roosevelt quarter. As part of the U.S. Mint's American Women Quarters Program, the new quarter celebrates the life and legacy of Eleanor as a first lady, author, civil liberties advocate, and chairperson of the United Nations Human Rights commission. The event at 10:00am on June 8 at the Ecolab Auditorium at the Culinary Institute of America (CIA) is free and open to the public. Co-hosted by the CIA, the U.S. Mint, National Park Service, FDR Presidential Library and Museum, and the Roosevelt family, the event will include a panel discussion on Eleanor, a presentation by the U.S. Mint, and a special official launch of the quarter. "We are excited to bring this celebration to Hyde Park and launch the Eleanor Roosevelt quarter to the rest of the nation," noted NPS Superintendent, Amy Bracewell. "We are proud to be a part of this event and encourage everyone in the community to

come and celebrate with us." The American Women Quarters Program is a four-year program that celebrates the accomplishments and contributions made by women of the United States. Begun in 2022, and continuing through 2025, the U.S. Mint will issue up to five new reverse designs each year. The American Women Quarters feature contributions from a variety of fields, including, but not limited to, suffrage, civil rights, abolition, government, humanities, science, space, and the arts. For more information about the American Women Quarters Program, please see www.usmint.gov/learn/coin-and-medal-programs/american-women-quarters www.nps.gov *About the National Park Service. More than 20,000 National Park Service employees care for America's 424 national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities. Learn more at www.nps.gov, and on [Facebook](https://www.facebook.com/nps), [Instagram](https://www.instagram.com/nps), [Twitter](https://www.youtube.com/nps), and [YouTube](https://www.youtube.com/nps).*

Heel Pain?

We feature the latest in Podiatric Technology Extracorporeal Shock Wave Therapy (ESWT) is a non-invasive, non-surgical treatment to stimulate healing and relieve pain



- | | | | |
|---|--|--|--|
| Hudson
23 Fish & Game Rd.
1-877-339-HVFA | Wappingers
1315 Rt 9, Ste. 205
845-297-4055 | W. Coxsackie
28 Hope Plaza
518-731-5444 | Kingston
103 Hurley Ave.
845-339-4191 |
|---|--|--|--|

www.hvfa.com

ANN'S ELECTROLYSIS

Computerized Procedure

- Medically Approved • Board Certified
- Disposable Needles Used • Sterile Equipment • Gender Friendly • 30+ Years

Anne Lombardozzi
Michelle Lombardozzi-Strollo
www.AnnsElectrolysis.com

FREE
Consultation &
Demonstration

Permanent
Hair Removal

Gift Certificates Available!

22 E. Market St., # 201 Rhinebeck, NY
(845) 876-4878

CRAIG AUSTIN DERMATOLOGY

A Reminder!

Schedule Your Annual Skin Cancer Screening Appointment Before Summer Starts!

GENERAL & MEDICAL DERMATOLOGY
COSMETIC DERMATOLOGY

Same Day Appointments Available In Rhinebeck

Evening & Saturday Appointments Available

CRAIG AUSTIN, M.D.

ASSOCIATE CLINICAL PROFESSOR / Mount Sinai Medical School / Dermatology



RHINEBECK LOCATION

(845) 516-6500 / 6565 Spring Brook Ave / Suite 11 / Rhinebeck NY 12572

FISHKILL LOCATION

(845) 896-6669 / 200 Westage Business Center Dr. / Suite 231 / Fishkill NY 12524

<http://www.craigaustindermatology.com>

Barkbusters from page 6
 quietly on the backseat of the car. She does not sit in the front passenger seat nor do I allow her to stand between the two front seats with her feet on the center console. She wears a harness that is designed specifically for the car that is padded and secured to the seat belt in the back. It provides protection for her in the event of an accident, prevents her from becoming a projectile in the car or from her leaving the car if a door was to open unexpectedly. An alternative to securing her in the backseat would be to install a pet barrier to keep her in the back of the vehicle. A barrier, however, would not prevent her from jumping out of the vehicle if a door opened or glass shattered. Allowing your dog to hang its head out of the window is not safe. Imagine for a minute what might happen if your dog were hit in the eye by an insect or road debris when your vehicle is travelling at 40 or 50 mph! If you must transport your dog in the bed of the pick up, be sure she is contained and safe, preferably in a crate or carrier secured to the truck. **An unrestrained dog in the vehicle is dangerous to everyone in the car including the dog herself.** By following these precautions, you and your dog can enjoy a healthier, safer, fun-filled summer. 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 1.1 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 she already instinctively understands, you build a relationship with the dog based on trust, respect and bonding. **Barbara Fassett is the Owner of Bark Busters Home Dog Training, Dutchess County and has conducted business in the mid-Hudson Valley for the past 17 years.** For more information about Bark Busters, please visit our website at www.BarkBusters.com where you can take a quiz to rate your dog's behavior.

Blood Sugar Control And Why Glutathione Levels Matter More Than You Realize

By Joseph V Cassarino
www.TheBestImmuneSupport.com
Diabetes is considered a global epidemic affecting an estimated 422 million people worldwide. The International Diabetes Federation (IDF) projects diabetes will affect 780 million people by 2045. The World Health Organization projects that diabetes will be the 7th leading cause of death by 2030. An estimated 4 million die annually from diabetes complications. The disease affects all ages, genders and races. Diabetes is the major cause of blindness, kidney

failure, heart attack, stroke and lower limb amputation. A healthy diet, regular physical activity, maintaining normal body weight, minimizing saturated fats and avoiding sugar and tobacco use are some ways to mitigate or delay the onset of type 2 diabetes. Also, avoiding sweetened beverages full of sugar is another great way to help avoid insulin control challenges. Sweetened beverages and soft drinks can spike up blood sugar levels. A wonderful substitute to sweetened beverages and soft drinks like sugar filled soda is to drink fresh mineral water with lemon or lime for flavor. Your body will receive tremendous nutrients in the form of minerals from the mineral water that will provide supportive nutrients to your body. The lemon is also refreshing, cheerful and uplifting which adds another health benefit.

Over time, unbalanced blood sugar levels can damage the heart, blood vessels, eyes, kidneys and nerves. Lifestyle changes have been shown to be effective in mitigating or delaying these potential concerns and subsequent complications. Having awareness of lifestyle changes are important. The sooner that you focus on your health and in losing weight and

modifying your diet is a great start to wellness. Making small or little incremental diet changes is a wonderful beginning of your health journey. Substituting junk food, filled with sugars and chemicals and switching to more fresh green juices and eating more raw vegetables is the absolute healthiest thing a person could do. No one can underestimate the powerful benefit eating fresh fruits and vegetables provides. When eating unprocessed fresh fruits and vegetables you also receive many more nutrients; you increase vitality and energy and that alone is a great reason to make changes. Remember, every journey begins with the first step. Try to take your first step towards wellness today and spend a little more time focusing on how you can make some changes or substitute unhealthy foods for nutritious foods that ultimately support longevity. **"Diabetes is a pandemic of**

unprecedented magnitude spiraling out of control." claims IDF President, Professor Andrew Boulton. China, India, Pakistan and the United States had the highest rates of diabetes in 2021, each with over 30 million cases, according to IDF's latest Diabetes Atlas. The number of people in the Middle East and North Africa is expected to grow by 87%. The link between oxidative stressors and insulin resistance has drawn attention. Emerging research in this area has revealed that there is a correlation between the state of oxidative stress in the body and the incidence of insulin resistance cases. Read National Institutes Of Health Article below: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6138814/#:~:text=The%20link%20between%20oxidative%20stress,even%20late%20stage%20diabetes%20cases.>

Continued on page 12

BENEFITS OF GLUTATHIONE
 THE MASTER ANTIOXIDANT



- INCREASES ENERGY *
- HELPS MENTAL FOCUS & CLARITY *
- SUPPORTS DETOXIFICATION IN THE LIVER & CELLS *
- HELPS THE IMMUNE SYSTEM *
- HELPS WITH MUSCLE & JOINT DISCOMFORT *
- SUPPORTS THE AGING PROCESS*
- HELPS WITH THE EFFECTS OF STRESS *

www.TheBestImmuneSupport.com

*These Statements Have Not Been Evaluated By The Food and Drug Administration
 This Product Is Not Intended To Diagnose, Treat, Cure Or Prevent Any Disease.



SERVICES:
 Propane • Heating Oil
 Diesel Fuel • Gasoline
 Kerosene • Heating Systems
 Service • Installations
 24 Hour Service

MILLERTON BRANCH
 (518) 789 3014

PLEASANT VALLEY BRANCH
 (845) 635 2400
www.crownenergycorp.com

LeGrand Services

LAWN MOWING

Large & Small Jobs
 Brush Hog Mowing
 Yard Clean-Ups



~ Dependable Service ~

DUMP TRAILER SERVICE



TRASH REMOVAL
 CLEAN OUTS
 DUMP RUNS

REASONABLE RATES

CALL OR TEXT TODAY!
 Rhinebeck, NY
845-943-0266
 CALL OWNER
 Cramer T. LeGrand

Get the Best Awning Under the Sun and the Best Service!



FREE ESTIMATES - EVENING AND WEEKEND APPOINTMENTS AVAILABLE

SAUSBIER'S AWNING SHOP INC.
 Quality Products at Affordable Prices
 43 Eighth Street, Hudson, NY 12534
 (518) 828-3748

An Authorized Eastern Awning Systems, Inc. Dealer



LIC/REG #566507



Dr. Hoffman Dermatology
 4 Crumwold Place, Hyde Park, NY
845-229-2990

Nadine Bedrosian PA-C
 Physician Assistant

Medical and Cosmetic Dermatology
Skin Cancer Screenings
Dermatologic Surgery

Welcoming New Patients



drhoffmandermatology.com

Blood Sugar Control from page 11

Why glutathione levels matter. Developing research is reporting that people with blood sugar regulation challenges can lack sufficient glutathione levels. Please read National Institutes Of Health research below:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3005481/>

A revolution of science. Dr. Albert B. Crum, M.D., M.S., D.Sci-Hon, Rhinebeck, NY - has pioneered a revolutionary scientific discovery in the form of a natural glutathione precursor that helps cells produce

glutathione intracellularly and as nature designed and intended. ProImmune® - Immune Formulation 200® a patent pending scientific formula is the scientific discovery and revolution by Dr. Albert B. Crum, M.D., MS, D.Sci-Hon. - A graduate of Harvard Medical School, Dr. Crum gained renown both for his biochemistry research and a concern for humanity. He was awarded a Harvard Medical Student Research Fellowship and merited Honor grades for his research and holds a Master of Science degree from New York University, and a Doctor of Science (Hon.) degree from the University of Redlands (CA). Dr. Crum has been called into counsel or Audiences with many world leaders, including an Audience with Pope John Paul II, now Pope Saint John Paul II, and with His Holiness the Dalai Lama and many others. In 1974, Dr. Crum, a nonsectarian, was awarded the Pope John XXIII (now Pope Saint John XXIII) Gold Medal with a sacred embedded Relic of Pope Saint John XXIII. Dr. Crum served as co-Chair of the U.S. Coordinating Committee Supporting the Nomination of His Holiness the Dalai Lama XIV of Tibet for the Nobel Peace Prize. Dr. Crum is also a 2018 Albert Nelson Marquis Lifetime Achievement Award recipient. Dr. Crum made his groundbreaking scientific discovery over many years of laboratory research. Immune Formulation 200® is a scientific formula that he worked on to discover glutathione synthesis, and Dr. Crum's motivation

was that he always felt that there should be a way, where the [human] cell could make its own glutathione exactly as nature intended. Meaning that ProImmune's Immune Formulation 200 does not bypass the vital glutathione, substrate specific synthesis enzymes. Dr. Crum since then has received many patents for his scientific work and for ProImmune® - Immune Formulation 200®. Today, many medical centers and health professionals recommend ProImmune® - Immune Formulation 200® for a specific reason and that reason is they fully understand the importance of how glutathione replenishment effects the health of the cell. The scientists and health professionals realize that supplementing with the discovery that Dr. Crum made also naturally helps people protect their cells from oxidative stress perhaps better than anything else. Even the popular, synthetic, glutathione precursor NAC is not nearly as effective of producing glutathione in the cells

because NAC loses a substantial percentage in the gastrointestinal tract attempting to make its way into the cell. NAC is not produced inside the cell as nature intended. Additional information is located in the science section of the website: www.TheBestImmuneSupport.com

Why ProImmune® - Immune Formulation 200® is superior? The answer is simple says Joseph V Cassarino, appointed global distributor of ProImmune® - Immune Formulation 200® by Dr. Albert B. Crum. ProImmune® - Immune Formulation 200® is the only formula in the world and the only glutathione precursor that is pure nutrition for each of the three hundred trillion cells in the human body to produce glutathione intracellularly and as nature designed and intended. No other glutathione product of glutathione precursor in the world permits the cell to manufacture glutathione *inside the cell* or to receive nutrition for optimal glutathione production

Continued on page 13



G & H Enterprises Excavating, Inc.

Glenn Hilbrandt
(Owner)

**Excavating, Bulldozing, & Trucking
Land Clearing, Sitework, & Brushhogging
Hydraulic Hammer available for Rock Removal
Construction Demolition
Ponds (New and Cleanouts)
Septic Systems & Repairs**

Home
(845) 756-5819Cell
(914) 388-2645

Kukon Brothers LLC.

Farm Located At
2329 Route 9
Livingston, NY



Growers of Grains:
(Bag or Bulk)
Corn, Soy, Oats, Wheat...

- * Rye, Cracked Corn
- * Custom Feed, Mixes
- * Hay, Straw & Shavings
(YEAR ROUND SUPPLY)

POULIN GRAIN DISTRIBUTOR

(518) 537-6772 (518) 965-8269
KukonBrothersLLC@gmail.com

BEFORE YOU FALL...CALL

Advanced Aluminum Railings

*Installation and Sales of Aluminum, Wrought Iron,
Glass, Wood and Cable Railings
Other Services Available such as
Fence Work and Welding*



(845) 901-9246
aarailings@gmail.com

Rhinebeck, NY

WILLIAMS

Lumber & Home Centers

Red Hot Buys Valid June 1-30

GET GROWING

ALL SEASON LONG



SALE

\$19.99

each

**25' Pocket Hose®
Silver Bullet**
6000920
50' 6809263... SALE \$29.99. 100' 6809271... SALE \$39.99.
150' 6809289... SALE \$49.99.

**ACE REWARDS EXCLUSIVE*
SAVE INSTANTLY \$10**

on select Roundup®
Weed Killers

7317464, 7330228,
7369010, 7008393
Limit 10 each.
Not all varieties available in NY.

SALE \$34.99 - \$5 ACE REWARDS EXCLUSIVE*

\$29.99

Ortho® 2 Gal. Tank Sprayer
7006226
Limit 2 at this price.
4 Gal. Backpack Sprayer, 7006231...SALE \$114.99 - \$15.00 Ace Rewards Exclusive.*
You Pay \$99.99.
Limit 2 at this price.

SALE \$21.99 - \$4 ACE REWARDS EXCLUSIVE*

\$17.99

gallon

**Ortho® Home Defense Max®
Indoor Insect Barrier**
7004828
Limit 2 at this price.

SALE \$49.99 - \$5 ACE REWARDS EXCLUSIVE*

\$44.99

Suncast® 150' Capacity Hose Hideaway®
7025324
Limit 2 at this price.

SALE \$34.99 - \$5 ACE REWARDS EXCLUSIVE*

\$29.99

Ace® SmartFLO Max® 50' Premium Garden Hose
7637085
Limit 2 at this price.
100', 7637028...SALE \$49.99 - \$10.00 Ace Rewards Exclusive.*
You Pay \$39.99. Limit 2 at this price.

SALE \$49.99

Teknor Apex Synergy 50' Heavy Duty Garden Hose
7016236

**YOUR CHOICE
SALE \$9.99 - \$2 ACE REWARDS EXCLUSIVE***

\$7.99

each

Spectracide® Triazicide® Lawn Insect Killer 10 Lb. Granules, 32 Oz. Ready-to-Spray or 40 Oz. Concentrate
7114176, 7435290, 7215197
Limit 2 each at this price.

**YOUR CHOICE
SALE \$17.99 - \$3 ACE REWARDS EXCLUSIVE***

\$14.99

each

Miracle-Gro® Shake 'n Feed® Plant Food, 4.5 Lb.
7105380, 7295405
Limit 2 each at this price.

**YOUR CHOICE
SALE \$5.99 - \$2 ACE REWARDS EXCLUSIVE***

\$3.99

each

Cutter® Skinsations® or Backwoods™ Insect Repellent, 6 Oz.
7105380, 7295405
Limit 2 each at this price.

SALE

2 FOR \$14

Cutter® Backyard Bug Control Outdoor Fogger or Concentrate
7551427, 7130057
\$7.00 each.

Blood Sugar Control from page 12

inside of the cell. All other glutathione products have to attempt to make its way into the cell and other glutathione products or precursors lose a large percentage of glutathione making its way into the cell which is inefficient. Only Dr. Crum's scientific discovery works in a way, in which, cell's produces only as much glutathione that is needed, while each cell discards any excess glutathione precursors nutrients in order not to over-toxify the cell. Immune Formulation 200® is all natural to the body and a blend of three generally recognized as safe (i.e., GRAS) amino acids, which in pivotal comparative university studies, has been found to be more effective than N-Acetyl L-Cysteine (NAC). Furthermore, Immune Formulation 200®

premier glutathione supplement is manufactured in a third-party accredited good manufacturing practice facility and does not pose any distribution vulnerabilities of NAC containing supplements. **ProImmune® - Immune Formulation 200® tastes sweet but has no sugar, carbohydrates or artificial sweeteners.**

Those concerned about maintaining ample glutathione levels to help support optimal kidney function and detoxification now have a superior natural glutathione precursor formula available to them to help support health and well-being. Increasing glutathione production as nature intended and in conjunction with healthy lifestyle changes could help sustain a healthy life and even help people live longer according to research on the benefits of glutathione. Glutathione is also known as the master antioxidant.

Therefore, supplementing with glutathione precursors, nutrition, especially, ProImmune® - Immune Formulation 200® to ensure healthy glutathione levels will also support a strong immune system. Joseph V Cassarino is a business consultant for the licensing division of ProImmune Co. LLC and has sat in meetings top scientists and medical doctors in the world during scientific presentations of ProImmune - Immune Formulation 200®. Additionally, Joseph has been appointed distributor of Immune Formulation 200™ by Dr. Albert B. Crum and Joseph has researched glutathione for several years before becoming appointed global distributor. If you have interest in ordering a jar or more of the life changing ProImmune® - Immune Formulation 200® you may order online at www.thebestimmunesupport.com with free shipping, plus discounts on multiple 6 jar combo packages. Coming to Amazon June 2023. Joseph V Cassarino is

a published wellness author, nature photographer, health advocate, business consultant and entrepreneur, residing in Rhinebeck, Hudson Valley, NY. Contact: 845-206-8104.

Columbia-Greene Humane Society/ SPCA

waives all adoptions fee for the month of June A longtime friend of the Columbia-Greene Humane Society/SPCA (CGHS/SPCA) who wishes to remain anonymous has generously

offered to sponsor all adoption fees for the month of June. During the month of June, all adoption fees at CGHS/SPCA will be waived. The goal during this time is to empty the shelter. The sponsored adoption fees cover cats, dogs, and pocket pets (rabbits and guinea pigs).



LeGrand Excavating, Inc.
Rhinebeck, New York

→ **Septic System Specialist** ←
Repairs, Replacements, Locating & Inspections

- Water Lines & Repairs
- Site Work for New Homes
- Driveways Fixed & Installed
- Field Mowing - (Bush Hog Mowing)
- Land Improvements
- Deliveries Of Sand / Stone / Topsoil

→ **Electronic WELL Locating Service** ←

- Bulldozer & Backhoe Work
- Lawn Service - Large & Small Jobs
- Oil Tank Removal
- Rock Removal
- Demolition

845-876-2630 Emergency **845-417-1670**

Beaver Stump Grinding

Serving the Hudson Valley

Fully Insured

I Can Also Grind Up-rooted Stumps

(845 758-5400)
www.beaverstumpgrinding.biz

The *Hudson River View* is published monthly and distributed on the 1st Wednesday of the month. The View is a privately owned, independent, Partnership publishing business. The View is mailed at the Newburgh, NY Post Office to homes in the Northwest part of Dutchess County. Doreen Baretzky, Publisher John Vogt, Publisher. (518) 828-0333 or (518) 929-9579 hrview@yahoo.com

The Hudson River View accepts no financial responsibility for errors that occur in advertisements beyond the cost of the space occupied by the error. The publishers reserve the right to reject any advertising. The total editorial content of this newspaper does not necessarily reflect the views/opinions of the owners. The advertising and editorial content of this paper, in whole or in part, may not be reproduced without the explicit permission of the publishers.

Conway's Your Local Professional Lawn & Power Equipment Dealer.

Sales, Service, Parts and Accessories
SNAPPER, TORO, STIHL, BRIGGS & STRATTON, KOHLER, KAWASAKI

- Air Filters
- Axle Bolts
- Ball Joints
- Batteries
- Bearings
- Belts
- Blades
- Cables
- Carburetor Kits
- Clutches
- Chain
- Control Cables
- Drive Disc
- Engines
- Floats
- Flywheel Keys
- Fuel Caps
- Fuel Filters
- Fuel Shut-offs
- Gas line
- Gaskets
- Goggles
- Handles
- Hitch Pins
- Idler Pulleys
- Ignition Keys
- In-Line Filters
- Mufflers
- Mulching Blades
- Nylon Rope
- Oil
- Oil Filters
- Oil Seats
- Piston Rings
- Pulleys
- Regulators
- Rewind Springs
- Short Blocks
- Spark Plugs
- Stop Switches
- Tires
- Trimmer line
- Tubes

OVERHEARD OFTEN AT CONWAY'S
"Yeah, we've got that..."

BBB **We Are Proud To Honor The FAVOR Program**

CONWAY'S LAWN & POWER EQUIP., inc.

Route 9 7235 South Broadway
Red Hook, NY 12571 • 758-8134

Mon-Fri 7:30 am-5:00 pm
Saturday til 1pm

Visit us at: www.conwaysusa.com

Conway's in Business 45 Years!

DISCOVER VISA

Fertilizers
Feed
Fencing
Lawn & Garden Supplies
Shavings
Pet Food & Supplies
Lime
Bedding - Straw
Blue Buffalo
Taste of the Wild
Wellness
Nutro
Natural Balance
Science Diet

RED HOOK, NY
MAC'S
FARM & GARDEN WORLD
Est. 1993

AGWAY

Nutrena - Purina - Triple Crown - Blue Seal - Cavalor

Fax: 758-8002
876-1559 or 758-3601
68 Firehouse Lane, Red Hook, NY 12571

SPRING ITEMS ARE HERE!

Welcome Spring

Seeds & Seed Starting Supplies Are In!

Check our Website or Facebook for Upcoming Specials!!!

Spencertown Academy Arts Center Presents "Curator as Artist III" Exhibit

Spencertown Academy Arts Center presents "Curator as Artist III" exhibit featuring collages, paintings, ceramics, and photographs by Academy gallery curators Norma Cohen, Leslie Gabosh, Barbara Lax Kranz, Moira O'Grady, and Lynn Rothenberg. On Saturday, July 1, there will be an opening reception from 4:00p.m. to 6:00p.m. and the show will remain on display through August 6. Gallery hours are Saturdays and Sundays from 1:00p.m. to 5:00p.m. Admission is free and the artworks are for sale, with a portion of the proceeds benefiting the Academy.

"This exhibit is our way of thanking the diligent and dedicated volunteer Curatorial Committee for their hard work mounting multiple shows each year. Our curators are accomplished artists in their own right and not eligible to participate in the shows they curate," says Madaline Sparks, vice president of the Academy Board. "It's also a wonderful opportunity for the community to get to know them through their individual artistic endeavors."

Norma Cohen's art is colorful and playful, demure and serious, often at the same time. Her

subjects include the human form, architecture, still life, landscape, flora, and fauna. "There is often a sense of history or antiquity combined with new work, as I juxtapose media and theme," she says. "My artwork is primarily watercolor or mixed media, including acrylic paint, oil pastel, pencil, ink and beloved collage material from my collection of vintage papers, cards, discarded books, and more."

As a painter, Leslie Gabosh draws inspiration from 17th and 18th century Dutch, Spanish and 19th century American paintings.

"Historically, translucence and luminosity of natural objects have appealed to artists and viewers alike. They relay a sense of tranquility and serenity that cancels out the noise of everyday chaos," she says. "A moment of quiet reflection can produce a calm and meditative perspective of ordinary and recognizable objects. Although they are unremarkable subjects, they are a pathway to thoughts and memories, and a window into the world of the artists from the past centuries who inspire me."

"For years, my art focused on large, non-objective abstract oil paintings," explains Barbara Lax Kranz, who is now moving in a new creative direction. "As a lifetime admirer of French artist Honoré Daumier, whose faces are often obscured and yet evoke

great emotion, I am currently exploring the abstracted human body. The faces are unreadable yet each painting has feeling and personality," she says. "These works done on paper with mixed media, encourage you to explore the figure's thoughts in much the way that Daumier's paintings draw you in."

Moira O'Grady's ceramic pieces are characteristically embellished with high-relief, naturalistic forms. "My ceramic bowls, tiles, and vessels tend to be serene, with subtle underglaze/glaze color combinations," she says. "Currently, I'm inspired by Louise Nevelson's early wood sculptures. My more recent pieces often embrace sharper, unfired clay cut-offs with more abstract and colorful juxtapositions."

"I am excited by how natural light meshes with color and transforms everyday objects into artful subjects. As the sun rises throughout the day, the magic it imparts to an object changes—often enhancing its appearance," says photographer Lynn Rothenberg. "Light is my guide. The way light hits a wall in late afternoon may inspire me to use that particular wall as background, at that particular time of day, even if I don't yet know what my subject will be. As the days pass, in a slowly unfolding process, I find myself pondering which ordinary objects



can transform into an arresting image under the influence of the sun as it begins to sit low in the sky. Light is everything when it comes to photography."

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

GILDED AGE SERVANTS COSTUMED TOUR AT STAATSBURGH STATE HISTORIC SITE

At the turn of the 20th Century, it took a small army of employees to operate Staatsburgh, the Gilded

Age home of Ruth Livingston and Ogden Mills. In June, Staatsburgh will offer a special 90-minute tour that focuses on the lives and duties of the servants. The tour, called "A Life in Service," will show visitors the mansion through the servants' eyes, as they rose before dawn and toiled until after midnight to provide the luxurious lifestyle enjoyed by their employers.

Led by a costumed guide, "A Life in Service" will include visiting additional parts of the mansion not on standard tours, including the unrestored servants' hall. Even in its unrestored state, this unique area of the house is a striking artifact of servant life, featuring the servants' dining room, the footmen's bedrooms, and the tiled kitchen with its massive coal stove, where Staatsburgh's French chef prepared gourmet meals for society's elite.

Servants often worked seventeen-hour days, six and a half days a week, providing all the comforts required by Gilded Age millionaires. They ironed their employers' shoelaces and newspapers, put toothpaste on their toothbrushes and buttoned their buttons as they dressed. While Staatsburgh's servants were well-provided for, servants elsewhere sometimes endured grim conditions, eating scanty meals and living in unheated attics. The tour at Staatsburgh

Continued on page 15



Le Grand Real Estate, Inc.

4 Enterprise Drive, Rhinebeck, NY 12572 Phone: 845-876-2630
www.LeGrandRealty.com Cell: 845-417-1470



GREEN PASTURES FARM - 188 rolling acres located in historic Livingston with frontage on CR -19. Five miles from Taconic parkway, located halfway between Rhinebeck and Hudson. Exceptional parcel for continued agricultural use or livestock. Excellent gravel soil and great Catskill views to the west. Development possible w/2 acre zoning, which also allows camp sites. Hard to find large parcels that are high and dry. Offered at **\$1,795,000**



RED HOOK - 1.3 acre approved lot in quiet subdivision, minutes to the Village of Red Hook. In a wooded area of quality homes. BOHA extension applied for. Offered at **\$145,000**



GERMANTOWN - 11+ acre building lot on a quiet country road, BOHA. Catskill views and there is a small pond on the property. Land is cleared with a great pasture area; a very special property. Germantown schools. Offered at **\$255,000**



TIVOLI - Charming 3BR, 2BA farmhouse w/ original detail, in excellent condition w/updates. Has 1BR apartment, separate entrance & deck. Also a 3000+ building for many uses - commercial, retail, art studio or gallery. High visibility, large outside storage. Has Catskill views. Very good live/work opportunity. New to market. Offered at **\$1,250,000**



Visit us at www.LeGrandRealty.com • Email: legrandinc@aol.com



JFIVE HOMES REALTY LLC

162 Deer Run Rd, Red Hook NY 12571
845-758-6842
845-594-9947(m)
www.jfivehomes.com
jennifer@jfivehomes.com



WE HAVE A BRAND-NEW LOOK

We're excited to unveil our brand-new look, logo, and improved user experience. Explore our revamped pages and discover an enhanced journey filled with fresh content, intuitive navigation, and engaging features. Whether you're a long-time visitor or new to our site, we're confident that you'll find the changes we've made both visually appealing and user-friendly. Thank you for joining us on this exciting journey, and we hope you enjoy your time on our refreshed website!

<https://jfivehomes.com/>

J.D. von der Lieth & Sons, Inc.

Excavating contractors Since 1946

**Sand ♦ Stone ♦ Gravel ♦ Screened Topsoil ♦ Mulch
Landscape Rocks - Large and Small**

**Septic Systems & Dry Wells, Drainage
Underground Utilities, Driveways
New Home Excavation, Rock Hammering
Demolition, Ponds**



Stump, Wood, Brush, Yard Waste Recycling

**Preferred Seed Dealer
Grass Seeds Available For
Hayfields, Pastures, Lawns or Food Plots**

**410 White School House Road, Rhinebeck, NY
(845) 876-4511**

Gilded Age Servants Costumed Tour from page 14 will look at the advantages and sacrifices of being a servant, and why the profession of domestic servants began to change after World War I. The tour will take place on June 1, June 8, and June 15 at 2 p.m. Reservations for "A Life in Service" are required and can be made at <https://Bookeo.com/StaatsburghSHS>. Admission is \$12.00; \$8.00 for seniors and students; children under 12 are free. Visitors interested in learning more about Staatsburgh's servants can visit an exhibit at the site, featuring biographical information about some of the people who worked at the mansion, including the housekeeper, the butler, the chauffeur, and the chef. The exhibit includes hands-



on activities, offering the chance to interview for a servant's job on a touchscreen display or to use a buttonhook to button an old-fashioned shoe. Visitors may also enjoy a picnic or stroll on the historic estate grounds (now Mills Memorial State Park) or a hike on the woodland trails in adjacent Mills and Norrie State Parks. Staatsburgh was the Gilded Age country home of financier and philanthropist Ogden Mills and his wife, Ruth Livingston Mills, a prominent figure in New York Society. Their stately home, overlooking the Hudson River in the hamlet of Staatsburg, was redesigned and expanded to 79 rooms in 1895 by the

Continued on page 16



Contrary to what you may have read, the real estate market here is very strong. Now is the PERFECT time to sell. Anyone can list your home... I know how to sell it. I have an exemplary sales record, long experience and I will give you the individualized attention you deserve. You only sell your home once. Why not sell for the most you can get? Let's chat. - Paul

BERKSHIRE HATHAWAY HOMESERVICES
HUDSON VALLEY PROPERTIES

PAUL HALLENBECK
Associate Real Estate Broker
m. 845.943.9038
o. 845.876.8600



#1 REAL ESTATE OFFICE IN RHINEBECK
6384 MAIN STREET | IN THE HEART OF THE VILLAGE



58 E. Market St. Rhinebeck, NY
P: (845)876-3197

"Where tradition and experience come together"
www.StaleyRealEstate.com

400 Route 308 Rhinebeck, NY
P: (845)876-3196

Red Hook Cape
\$885,000

With private stream!

Travel down a long private driveway and you'll find this immaculate 2584 sqft 3 bed 2.5 bath Cape on a park-like 13.95 acres. Throughout is light, bright and airy. The home is heated by and highly efficient Gas Propane Boiler with a side arm hot water heater and has an electric back up water heater. Has large 3 car garage and is located close to shopping, restaurants, golf, tennis and the TSP.

9.89 Acre Staatsburg
\$565,000

Ready to Build!

Complete serenity with exceptional wildlife, open meadows, Indian creek, a pond, beautiful landscapes. Driveway is in, land has been carefully cleared, Surveyed, BOHA, and is Ready to Build. Upstate at it's best. Prime location only 6 minutes from the Rhinebeck Village, and less than 2 miles from the historic Dinsmore Golf Course, and Norrie State Park Marina on the Hudson River.

3.02 Acre Red Hook
\$89,900

With Pond

Located off a quiet country road in the town of Red Hook lies this 3.02 acres with pond. This land offers it all, sitting high above the road and gives you that grand feeling of seclusion and elegance. To the rear of the property there is a rock ledge that drops down to a pond that offers you a peaceful view to enjoy and watch nature at its best. This lot is BOHA and ready to go!

Rhinebeck Colonial
\$450,000

With spacious yard and pond

Located east of the Historic Rhinebeck Village on a cul de sac is the 1882 sqft 4-bedroom 2.5 bath Colonial that is located on a park-like 1.07 acres with pond. This home boasts eat in kitchen, dining room, living room, family room that can be used as first floor bedroom, laundry room and a full walk basement. All located within a short drive to restaurants, shopping, tennis, golf and is located in the Red Hook Central School District.

Mondello
Upstate Properties, LLC

37 West Market St., Red Hook, NY 12571
Phone: (845) 758-5555

www.mondello.com

West Hurley, NY
Minutes to Woodstock!

- 2 BR/ 1 FB
- .47 Acre Backing up to Ashokan Preserve
- Cozy LR & Sparkling New FB
- Country KIT w Breakfast Bar
- DR w Sliders to Gazebo for AI Fresco Dining w Nature
- MBR w Custom WIC
- New Flooring & Windows
- Convenient to Kingston, NYS Thruway & the Rail Trail for Hiking & Biking

Asking \$339,000

BRAND NEW & MORE AFFORDABLE THAN RENT!
Red Hook:
Lovely one level home in a quiet, well-maintained park, perfect for those who just want to enjoy an easy lifestyle w very little maintenance. 2 BR's include Main Suite w double-seat shower & pretty vanity. Open FP includes sleek modern KIT, DA & LR. 2nd BR enjoys its own FB. Efficient utilities & minutes to village. **\$126,825**

Red Hook Village: First time offered in 37 years; family is parting w this sweet Circa 1950's gem. Rare opportunity-One level, solid, low maintenance home located in the Red Hook Village. Meticulously maintained w many recent updates including roof, oil tank, furnace, septic, blacktop driveway & more...high ticket items check! Just the fun stuff left to do to make it your own. Lovely front sitting Porch wraps around to side deck overlooking sunny level yard for gardening enjoyment, plus fantastic age-old shade trees. Historic quiet street a minute's walk to Red Hook Village! Come see all the reasons people FALL IN LOVE W RED HOOK! **\$384,500**

Lake Front! Livingston: Come experience life by the water! So rare to find a sweet waterfront home w so many updates. Open FP boasts a light & airy KIT/DR overlooking views of the lake & wood burning FP provides warmth & ambience on chillier days. After enjoying leisure on the lake, retire to your MBR en suite which fronts the lake, making every waking morning a wonder. Main floor second BR is a perfect guest space and/or home office. The lower level has a generous size BR w 1/2 BTH, a great flex space where one can do yoga or be creative. The PVT backyard has much space to enjoy; plant a garden, stroll down to your own shore & dip your toes in the water or take a kayak out for a cruise to observe the eagle's nest in the pines. Updates include septic, heat/ac, custom doors, windows, black locust wood covered deck, siding, red oak floors, & more. Mature plantings, rock gardens & raised beds ready for planting. Come see what lake living all is about. **\$550,000**

Life on the Lake! Livingston: Get Ready for Summer at the lake! 3 BR/ 2 BTHS located on a double lot. Enjoy the peaceful lake community & fresh upstate air. Turnkey & wonderfully maintained home. Features include a wood fireplace & vaulted ceiling that make for luxury living space. Lots of natural light throughout. Spacious outdoor deck perfect for summer BBQs & admiring the lush lilac bushes. Bring your swimsuit & maybe a canoe because lake life is calling you! 15 Min to Rhinebeck, Red Hook, & Hudson for everything you'll need for your fun Upstate weekends at the lake! **\$375,000**

Brand New! Livingston: Exciting Brand-New Home is almost ready for new owners. First Floor is an Open LR/DR/KIT concept w full tile BTH & access to covered Front Porch. Upgrades include LG SS Appliances, Quartz Countertops & Diamond Cabinets. Hardwood Floors run throughout & windows are abundant, bringing in natural sunlight. Second Floor Primary BR w Tiled Ensuite. Top notch utilities are energy efficient & foam insulation saves you money while giving extra comfort. Two Car DET GAR plumbed for water. Set on pretty knoll w 4+ acres of open yard to play. Plenty of space for a pool, garden, or chickens! Shed is great for tools/ lawn equipment. Perfect for those weekend getaways or full-time living. 10 minutes to Hudson, TSP, Red Hook & Rhinebeck. **\$549,900**

Private & Gorgeous! Elizaville: Situated on a private road sits this lovely custom-built colonial w majestic mountain views. Fresh paint, moldings, new floors, & appliances are just some of the upgrades to mention. This beauty has a long circular driveway w immense privacy. Modern farmhouse KIT w formal DR & deck for al fresco dining. A double size LR features a propane FP & oversized windows flooding the house w natural sunlight. Primary suite w WIC & FB. Gleaming HW floors throughout. Under 15 minutes to Red Hook, Rhinebeck, Hudson & TSP. **\$749,000**

1900's Colonial on 8 Acres! Clermont: This delightful Center Hall Colonial has been lovingly cared for, restored, & renovated w style & good taste. The home melds original period & modern details in perfect harmony, whether you're cooking in the spacious updated KIT w skylight & cathedral ceiling as your guests gather in the fabulous FR enjoying the comforts of the Vermont Casting Stove or having cocktails by the FP in the formal LR or sitting down to a holiday meal in the elegant DR. Working from home is easy in the Den & Summer evening breezes are welcomed from the front covered Porch. Patio dining is a must or lemonade in the Gazebo overlooking the lush perennial gardens. A separate outbuilding hosts a summer kitchen perfect for home catering business or studio & a one car GAR w Loft. The possibilities are endless! 2336 SQFT Barn is perfect for hobbies, car collection / events. This mini estate has 8 pastoral AC perfect for horses, sheep or goats & is graced w tall vintage shade trees, vegetable & flower gardens. Tucked privately down a meandering driveway walking distance to Clermont State Park. **\$824,000**

Land for Sale:

- Red Hook:**
- 16.1 Acres **\$189,000**
- 16.27 Acres with Garage **\$279,000**
- Clinton Corners BOHA:**
- 7.71 Acres **\$135,000**
- 9.22 Acres **\$139,000**
- 16.93 **\$259,900**
- Hyde Park BOHA:**
- 2.2 Acres **\$67,500**
- 2.8 Acres **\$69,000**
- Red Hook BOHA:**
- 13.8 Acres **\$225,000**

Locally Family Owned
Serving the Hudson Valley Real Estate Market for Over 45 Years!

Gilded Age Servants Costumed Tour on page 15
famous architect Stanford White. 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, [Facebook](https://www.facebook.com/parks.ny), and [Blogger](https://www.blogger.com/parks.ny). Staatsburgh's events are listed at 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 79.5 million people in 2022. For more information on any of these recreation areas, call 518-474-0456 or visit parks.ny.gov, connect on [Facebook](https://www.facebook.com/parks.ny), or follow us on [Twitter](https://twitter.com/parksny)

Spencertown Academy Presents Emily Duff Band Rock-Country-Soul Concert

Spencertown Academy Roots & Shoots Concerts Series presents the Emily Duff Band on Saturday, July 8 at 8:00pm. *Rolling Stone* magazine described singer-songwriter-guitarist Duff as "one Part Patti Smith, one part Muscle Shoals." Her band includes John Hamilton (bass and background vocals), Kenny Soule (drums and background vocals), and Danny Ray (saxophone). General admission tickets (\$25 public, \$20 Academy members) are available via www.spencertownacademy.org.

"Emily's songs are personal and gritty, delivered with a downtown attitude and informed by the blues, roots, punk rock and country music. And, she has a killer band. We are delighted to have this exciting artist perform at the Academy," says Wayne Greene, member of the Academy's Music Committee.

A prolific songwriter, Duff was born in Flushing Queens, NY, and says she was "raised by a pack of cigarettes." Her mama taught her four perfect chords and then ran off, leaving her to figure the rest out on her own. She has recorded and released five records in the past six years. Two at FAME, the legendary Muscle Shoals, Alabama studio, one at NY Noise, and two with producer Eric "Roscoe" Ambel (Joan Jett, Sarah Borges, Del Lords) at his Brooklyn studio, Cowboy Technical Services. Her most recent record, "Razor Blade



"Smile" produced by Ambel, takes her back to her NYC street punk rock roots, proving that great songwriting defies

genres and transcends playlists. Roots & Shoots Concerts is an ongoing Academy series that showcases artists who reach back to earlier traditions in music (Americana, jazz, blues, rock, and world music) for inspiration, while incorporating more recent forms and influences of the present. Founded in 1972, Spencertown Academy Arts Center is a cultural center and community resource serving Columbia County, the Berkshires, and the Capital region. Housed in a landmark 1847 Greek Revival schoolhouse, the Academy is located at 790 State Route 203 in Spencertown, New York. For more information, please contact info@spencertownacademy.org.

YOUR REAL ESTATE EXPERT SINCE 2002

Proud to be a leading Real Estate Agent in Rhinebeck & Red Hook. Find out how my 20+ years of experience and expertise can work for you. Let's connect!

PEGGY SANTAMORENA
Associate Real Estate Broker, GRI, ABR
M 845.399.3999 O 845.677.6161 Ext. 312
PSantamorena@HoulihanLawrence.com
PeggySantamorena.HoulihanLawrence.com



HOULIHAN LAWRENCE
MILLBROOK BROKERAGE
3274 FRANKLIN AVE.
MILLBROOK, NY 12545

RESIDENTIAL LUXURY COMMERCIAL

THE ANGELA LANUTO TEAM
AT OLD MILL BANKER VILLAGE GREEN REALTY

FEATURED LISTING \$1,395,000
67 Spring Lake Road Red Hook, NY
18.90 Acres Pond 3 Car Garage 2 Story Barn 3 Bedrooms 2.5 Bath

MATCHING HUDSON VALLEY PROPERTIES TO YOUR LIFESTYLE

ANGELA LANUTO
Associate Real Estate Broker
AngelaLanuto.com | Call/Text 845-658-0536
397 Main Street Catskill NY 12414 | 7484 South Broadway Red Hook NY 12571
Coldwell Banker Village Green Realty

ALLISON MORELLE
Associate Real Estate Broker

IN TODAY'S REAL ESTATE MARKET...

WHAT'S YOUR HOME WORTH?



LOG ON TO

WWW.BHSHUDSONVALLEY.FINDBUYERS.COM

AND FIND OUT TODAY!

BERKSHIRE HATHAWAY
HOMESERVICES
HUDSON VALLEY PROPERTIES

3 INSTANT ESTIMATES
SEE BUYERS IN YOUR AREA
FREE HOME VALUE REPORT



#1 REAL ESTATE OFFICE | IN THE HEART OF THE VILLAGE | BHSHUDSONVALLEY.COM
6384 MILL STREET | 845.876.8600 | RHINEBECK NY 12572

Need a Certified Residential Appraisal?

Cornerstone
Real Property Services, Inc.

Michael J. Mondello
NYS Certified Residential Appraiser

(845) 758-9483
www.cornerstonerealestateservices.com
michaelmondello@hvc.rr.com

Prompt
Courteous
Discreet
Confidential
Accurate
Objective
Professional

Single Family * 2-4 Family * Vacant Land * Farms * Estates * Luxury Homes *
Property Tax Grievance * Divorce * Bankruptcy * Asset Management * Mortgages *
Real Estate Listings and Transactions * New Construction * Conservation Easements *

If you own it, we can protect it for you!

Auto Home Condo Renters Landlords
Personal Umbrella Boat Motorcycle
Classic or Antique car
Business Insurance Workers Comp
Contractors

Call
845-876-4831

dowdenagency@gmail.com



Dowden Agency, Inc.

Insurance Is Our Only Business

STALEY REAL ESTATE
EST. 1940

58 E. Market St. Rhinebeck, NY P: (845)876-3197
"Where tradition and experience come together"
www.StaleyRealEstate.com
400 Route 308 Rhinebeck, NY P: (845)876-3196



Rhinebeck Commercial Rental

Great Office Space Available

Located on the outskirts of the Rhinebeck Village, this is a high traffic area, nestled off Route 9. Conveniently located across the street from the famous Dutchess County Fairs Grounds, this is a second story unit in the Spring Brook / MHV Plaza. This unit is 1500 square foot second floors unit that offer a tremendous amount of natural light. This space would be great for an Attorney, Accountant or any other kind of professional office space. \$1500 a month plus utilities.

\$1500 a month plus utilities.
Long term lease preferred

