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Nominate the county's next Poet Laureate ... page 13

Happy Holidays

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NORTHERN DUTCHESS NEWS & Creative Living

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'This place will never leave me,' Molinaro tells residents in farewell

Reflecting on his 11-year tenure, Dutchess County Executive Marc Molinaro presented his farewell address to the community on Friday, Dec. 16. Entitled "We Made a Difference," Molinaro addressed residents, County officials and local leaders gathered in the Legislative Chambers in the County Office Building in Poughkeepsie.

County Executive Molinaro, who took office on Jan. 1, 2012, will assume his new role as Member of Congress in the United States House of Representatives on Jan. 3, 2023.

Friday's address not only highlighted the myriad accomplishments of County Executive Molinaro's four terms in office – including, among many others, the inception of the ThinkDIFFERENTLY initiative, creation of the Stabilization Center as the cornerstone of the County's innovative mental-health services, sustained tax relief and vital services for children, families, seniors and veterans – but also thanked the more than 1,800 County employees for sharing his vision of dedicated service to Dutchess' nearly 300,000 residents.

Molinaro said, "No problem we solved, no challenge met, no bridge built, no program developed was accomplished by one mind nor one set of hands. At all hours, every day, County Government employees work to make our community better, safer, and I'm grateful to all of you for your dedicated service."

As prescribed in the Dutchess County Charter, County Executive Molinaro will tender his letter of resignation at 11:59 a.m. on Tuesday, Jan. 3, 2023, at which time current Deputy County Executive William F.X. O'Neil will be sworn in as



Dutchess County Executive Marc Molinaro gives his farewell address entitled "We Made a Difference" on Friday, Dec. 16 in the Legislative Chambers in the County Office Building in Poughkeepsie. *Courtesy photo*

Acting County Executive to serve out the remainder of the term, which runs through Dec. 31, 2023.

"Bill's decades of experience and passion for this community will serve him well. I know in the coming year, Bill will continue our work and leave a lasting legacy of his own," said Molinaro, who will represent New York's 19th Congressional District. "As we begin a new year, I assume a new role, one with new challenges and ripe with opportunities, but please know I take you – all of you – and the lessons we've learned together with me. Though I leave this place, this place will never leave me."

He added, "Dutchess County is a special place. Having traveled extensively throughout New York, I know this firsthand. For my entire adult life, I've had the honor of representing and serving the people of this great county – first as a village trustee, mayor and county legislator, then State Assemblyman, and for the last 11 years, this entire community as your County Executive. We've laughed together, cried together. We've triumphed in one another's joys and mourned each other's sorrows. We have learned, grown, innovated, and thrived together.

"We have repeatedly reached across the aisle, across the state, and across the

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Holiday activities are 'all-inclusive' at Anderson

by Curtis Schmidt

Including residents in activities is an integral part of care at the Anderson Center For Autism. And that is particularly true when the December holiday period rolls around.

This year's inclusive holiday activities have ranged from trips to Radio City Music Hall performances in New York City and "The Nutcracker" at the Bardavon in Poughkeepsie to campus and community tree-lighting events to Polar Express Train Rides and baking gingerbread cookies, gifts with Santa and story times.

"We thank all Anderson team members, families, community members, and donors for making this holiday season extra special for the people we serve and truly optimizing the quality of life of individuals with autism, and their families," said Eliza Bozenski, Chief Development Officer.

A statement at the Anderson Center website reads, "For decades, we've invited and encouraged individuals with autism to become more involved in 'the community,' which usually meant the neurotypical community. As Anderson helps communities become more Autism Supportive, and with diagnostic rates in the United States at 1 in 44 and rising, Anderson recognizes that today, everyone is part of the 'autism community.' We are neighbors, friends, family members, coworkers, professionals, and business owners."

Here is a look at this year's events and how staff members include and care for residents.

• **Radio City Christmas Show (New York City):** Students and staff enjoyed a trip to the city to attend the Radio City Christmas Spectacular Show and lunch. Students with autism may become over-stimulated in nosy environments, so staff members provide students with opportunities to wear special noise-cancelling headphones to reduce overwhelming sounds. Students with autism may also struggle with what to expect in a new environment, so staff members utilize proactive strategies like social stories that outline what to expect in specific situations.

• **Campus Tree Lighting:** The campus has a large pine tree that the staff and students decorate in December. Staff members work with the students to create ornaments to decorate the tree. They also read stories about all the different holidays celebrated during this time.

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Residents at the Anderson Center for Autism enjoy holiday activities to include presents and gift-wrapping, decorating a large tree on campus and visiting with Santa. *Courtesy photos*

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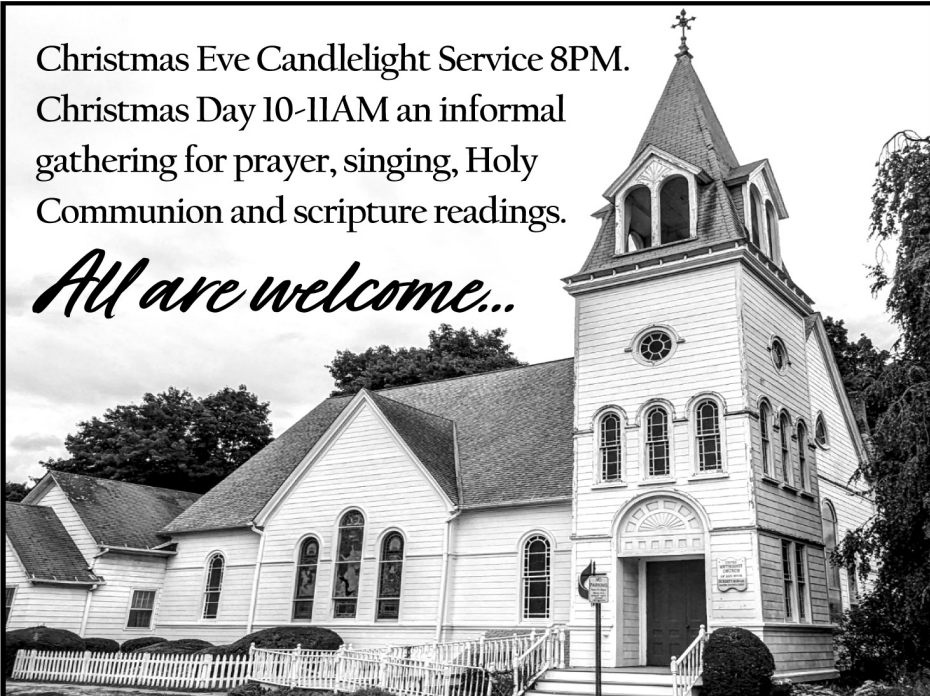


Christmas Services



Christmas Eve Candlelight Service 8PM.
Christmas Day 10-11AM an informal gathering for prayer, singing, Holy Communion and scripture readings.

All are welcome...



Red Hook United Methodist Church • 4 Church St. #2, Red Hook, NY 12571



First Presbyterian Church of Pleasant Valley
1576 Main Street
Pleasant Valley, NY 12569

Christmas Eve Service
7:00 p.m. In-person
OR
Zoom at Meeting
#892 4882 7760
Password: 6353289

Pageant, readings, and carols

Christmas Service Sunday
December 25 @ 9:30am
Zoom only at Meeting
#380 532 465
Password 6353289



Come Home This Christmas

St. Paul's Lutheran Church of Wurtemberg

The Church on the hill
Wurtemberg Road
Rhinebeck, NY

Christmas Eve
7PM

Christmas
10AM



Join St. Paul's Episcopal Church in Pleasant Valley this Christmas Season



- * Sat., December 24th @ 5:30pm
"CHRISTMAS EVE & FESTIVE EUCHARIST"
- * Sun., December 25th @ 9:00am
"CHRISTMAS DAY EUCHARIST (without music)"
- * Sat., January 7th @ 2:00pm
EPIPHANY "Sound Bath" Music Meditation & Service

For info call 845-635-2854.
808 Traver Rd., Pleasant Valley
www.stpaulspv.org



The Parish Community of
St. Stanislaus Kostka, Pleasant Valley
invites you to share the Joy of Christmas with us

CONFESSIONS BEFORE CHRISTMAS

Monday, December 19th
2-4pm & 6-8pm

These are the only scheduled Confessions until December 28th

CHRISTMAS SCHEDULE

Christmas Eve, Saturday December 24th
Masses at 4pm & 7:30pm

Note: There is no designated "Family Mass" this year

Christmas Day, Sunday, December 25
Masses at 8:15 & 11am

NEW YEAR'S SCHEDULE

Saturday, December 31st
5:30pm

Sunday January 1st
8:15am & 11am

Current COVID protocols will be followed
Check our website for updates
Please visit www.ststanislaus.net or our Facebook page

Anderson Center for Autism launches ECHO program

Anderson Center for Autism has announced that it has launched ECHO Autism Best Practices. The case-based learning program, affiliated with the University of Missouri, is one of 44 such programs throughout the country.

Anderson's initiative is designed to provide school personnel from all over New York State (and anywhere throughout the country and world) with an opportunity to connect and learn from experts in the autism field. The collaborative professional development experience, conducted virtually, is led by a team of experts called a HUB. Using specific case studies, HUB experts facilitate discussion to shed light on the tools and strategies that are most effective in promoting success for students with autism.

Patrick Paul, CEO/Executive Director of Anderson Center for Autism, said "ECHO Autism Best Practices gives Anderson Center for Autism a platform to empower school faculty and staff with the kind of knowledge that will make them better equipped to support and educate students with autism. And the experience likewise supports continued professional development for our team members as they learn from session participants. Ultimately, the program is another way we can carry out our mission of optimizing the quality of life for people with autism, which is at the heart of everything we do here at Anderson."

The Extension for Community Healthcare Outcomes (ECHO®) was first developed at the University of New Mexico, when Dr. Sanjeev Arora created a learning model based on the belief that access to information would lead to greater community impact across a number of disciplines. One specialist, for example, can support the professional development of twenty or more local experts, who then bring newfound knowledge and practices to people who might benefit.

Paul explained, "If a school cannot afford to hire someone who specializes in evidence-based best practices in teaching and managing behavior across disciplines (an example would be Applied Behavior Analysis or ABA), then therapists and teachers from that school can attend a session on this topic and gain an understanding of how to bring some of the principles of that methodology to students who might benefit. Technology makes information sharing so easy - and we want to harness the power of virtual programming to ensure we're doing all we can for professionals and for the people with autism who benefit from this knowledge."

Dr. Tina Covington, PhD., BCBA-D, LBA, Chief Operating Officer at Anderson Center for Autism, said "ECHO is a way for us to enhance what is already happening in our own commu-

nities, and to help bridge gaps for people who live in areas where resources and access to expertise are more limited. The HUB team is comprised of up to 10 specialists; included are a Licensed Psychologist/behavior analyst, a Speech and Language Pathologist with an expertise in feeding; a licensed clinical social worker, and other top-notch, highly qualified individuals who have very specific experiences that are shared. In the sessions, the HUB team reviews case studies presented virtually by school personnel from the community, and answers questions in real-time for session participants who want and need to better understand best practices.

"And, likewise, as our HUB team makes presentations and sparks dialogue, they, too, will be able to learn from those who participate in the conversations that take shape. Dr. Arora's model is considered 'all teach, all learn'; this is how we maximize potential for success - by sharing ideas and intelligence."

Tracy Schober, MPA, Senior Admissions Administrator at Anderson, said "The opportunity for case presentation by a representative or educational professional illustrates our commitment to increasing the capacity of school personnel, providing them with the tools needed to better support their autistic students."



Some of Anderson's ECHO Autism HUB Team members include, from left, Ashley Velez, Dr. Tina Covington, Tracy Schober and Kathleen Marshall. *Courtesy photo*

Upcoming Anderson Center for Autism ECHO Autism Best Practices sessions include January 19 - Functional Communication Strategies and February 16 - Intro to District Compliant Behavior Support Plans.

The program is funded by a grant from Anderson Foundation for Autism.

Eliza Bozenski, Chief Development Officer at Anderson, said "This is another way Anderson Center for Autism can expand impact; we see this as yet another way to help our broader society make greater strides when it comes to autism care, programming and education."

Holiday activities are 'all-inclusive' at Anderson

continued from cover



Several students from the Anderson Center for Autism took part in a trip to the Radio City Music Show in New York City. *Courtesy photo*

• **Santa Photos and Delivering of Presents:** Santa and his elves go to each residence to deliver gifts to all students on campus. Santa and the elves are trained on how to communicate with each student. Some modes of communication include iPads, sign language and picture icons.

• **Baking Gingerbread Cookies:** Baking is such a fun winter activity! At Anderson, they utilize visual supports, like task analyses, to assist with baking activities. Task analyses can be visual and/or written supports that break down steps to completing an activity.

• **'Nutcracker' at the Bardavon:** The staff and students attended "The Nutcracker" by New Paltz Ballet Theatre. This event was produced in collaboration with Dutchess County Tourism, ThinkDifferently Dutchess County and The Bardavon, New Paltz Ballet Theatre. The event was specifically designed as a sensory sensitive performance.

• **Frosty Fest in Ulster Park and Christmas Lights in Lagrangeville:** These

are wonderful opportunities for students to enjoy winter decorations from the comfort of a vehicle. Staff and students often stop for treats before or after the events.

• **Polar Express Train Rides in Kingston:** Staff and students prepare for this event with social stories of what to expect during the train rides. They often watch the Polar Express movie beforehand. Students who may become over-stimulated with noises are also encouraged to use noise-cancelling headphones.

Social stories are presented for events that may be new to resident to determine interests. Staff members utilized stories for Disney and World of Dance as some of the adults are non-verbal and these were events we had not attended previously.

When they plan the NYC trips, they do talk to the adults about the expectations of travel and work on preparing them for waiting and calming techniques.

'This place will never leave me,' Molinaro tells residents in farewell

continued from cover

nation to improve the life of our community and the lives of those who call it home. Make no mistake: Our collaborative approach has made an immeasurable impact on the lives of countless County residents — it has literally saved lives and rebuilt communities — and as I leave this office, I trust that sense of cooperation and understanding will long prevail."

Molinaro closed, saying, "I thank you all for the opportunity of a lifetime: the chance to serve you, the responsibility to lead, and the opportunity to learn. I hope it might be said of our time together that we didn't serve to make a point; we served to make a difference. And in that, my friends, we did it. We made a difference."

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Family and Community Services

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**Molinaro asks for improvements
at Rhinecliff station to help disabled**

To Stephen J. Gardner
Chief Executive Officer
National Railroad Passenger Corporation, d/b/a Amtrak

Dear Mr. Gardner,
While the residents of northern Dutchess County appreciate the enhancements currently underway at Amtrak's station in Rhinecliff, those living with physical disabilities who require accommodations to embark and disembark from the train at this station find those simple modifications sorely lacking, endangering their lives as they harrowingly negotiate around the difficult situation brought about by the current conditions at the station.

As such, I respectfully ask you reach out to the disability community in Dutchess County to find a resolution that increases accessibility at the Rhinecliff station and alleviates the current problem facing those of all abilities who struggle to access your transportation services there.

In Dutchess County, our successful ThinkDIFFERENTLY initiative encourages individuals and businesses to provide a welcoming, supportive, and inclusive environment for residents and visitors of all abilities. Since its inception in 2015, our ThinkDIFFERENTLY efforts have made impactful change in the lives of countless residents and visitors, providing them more access to their community and government, while ensuring they receive the dignity they rightly deserve. In particular, Dutchess County Government has partnered with the Anderson Center for Autism – which, ironically, is headquartered just 10 miles from the train station in question – to offer Autism Supportive Environment Training to local businesses, training them how to have an understanding for and support individuals with Autism Spectrum Disorder and other neuro-diversities, as well as their families and caregivers. Consulting the local disability community will provide Amtrak with a plethora of similar solutions Amtrak can implement to assist those who with physical disabilities and accessibility challenges.

I request Amtrak reach out to Dana Hopkins, Dutchess County's All Abilities Programs Director, who can connect you with representatives from local services providers which work daily with those of all abilities, to find reasonable solutions that make it easier for those with physical limitations to navigate the current situation at the Rhinecliff station. Ms. Hopkins can be reached at (845) 486-3434 or dhopkins@dutchessny.gov and would be happy to assist you.

Thank you for your attention to my request, and I look forward to having Amtrak partner with Dutchess County so residents and visitors alike can easily access a basic need like transportation as they travel from work, school, medical appointments and the like.

Marcus J. Molinaro
Dutchess County Executive
U.S. Congressman-Elect

**Negotiated peace would have helped
in Vietnam, and will help in Ukraine**

To the editor:

After the geopolitical earthquake that is likely ahead, historians may point to a conflict 68 years ago as the ultimate cause.

In 1954, France's brutal colonial rule in Vietnam was collapsing, after the defeat at Dien Bien Phu. Ho Chi Minh, spurned by the West, had turned to communist Russia and China to support Vietnam's revolution. The West, led by the U.S., pushed for splitting Vietnam into a communist north and a non-communist south. The two were to be reunited by elections, which were never held, likely because Ho Chi Minh almost certainly would have won.

South Vietnam was never militarily capable of resisting the North. There are some indications that this became obvious to the Kennedy administration, with plans to de-escalate, but we will never know, since President Johnson, after Kennedy's assassination, chose to escalate, as did President Nixon. Ultimately, the U.S. bowed to reality and agreed to a face-saving deal which ultimately led to South Vietnam's collapse, the same outcome available in 1954.

In the interim, the U.S. had run large deficits to finance the war without raising taxes. President de Gaulle of France saw where that was going, and asked the U.S. Treasury to exchange France's dollars for gold.

Eventually, Nixon slammed shut the gold window, unmooring the dollar from gold. In response, the dollar's value declined. To rescue the currency, Nixon and Kissinger got Saudi Arabia to agree to only sell oil for dollars, and the petrodollar was born, giving the currency a form of value.

Some leaders, though, got the bright idea to sell oil for something other than the dollar. Iraq's Saddam Hussein, now no longer with us, had the idea to sell oil for Euros. Libya's Muammar Gaddafi, also no longer with us, pushed for a gold-backed African currency.

Two of the leading gold-mining nations, Russia and China, have been stockpiling gold in the last few years - and reducing holdings of dollars. If their currencies become viewed as more solidly anchored, more valuable, the U.S. will find it difficult to finance deficits and past debt, and the dollar's use in world trade will decline.

Some suggest that the real target of the 2014 coup in Ukraine was Russia. Defense Secretary Lloyd Austin has stated his hope that the current war in Ukraine will weaken Russia.

Russia views the situation in Ukraine as an existential threat. If the U.S. similarly views the possibility of an alternate gold-backed currency arising from Russia or China as an existential threat, we are in the most dangerous time in humanity's time on earth.

The alternate outcome, besides door 2 (the end times one), is for a negotiated peace in Ukraine, likely much less favorable to Ukraine than terms available in April 2022, which were less favorable than those in the 2014 Minsk II agreement.

As well as some combination of debt jubilee/restructuring/aid to the vulnerable leading to restoration of currencies backed by value, limiting the ability of nations to run up debts or finance wars on the cheap.

Whichever outcome, historians, if any remain, will marvel how an unnecessary war, in Vietnam, ultimately undermined the power of the world's then superpower.

Hope you will urge the door 1, non-catastrophic, solution to those in power.

Frank Stoppenbach
Red Hook

NOTICE OF EARLY DEADLINE

Due to a holiday press schedule, the Dec. 28 and Jan. 4 issues will have early deadlines. The editorial deadline for the Dec. 28, 2022 paper is Thursday, Dec. 22, at noon. The ad deadline is Thursday, Dec. 22, at 5 p.m. The editorial deadline for the Jan. 4, 2023 paper is Thursday, Dec. 29, at noon. The ad deadline is Thursday, Dec. 29, at 5 p.m.

Email cschmidt@sutchessnews.com for more information.

CORRECTION

In an article in the Dec. 14 issue St. James Episcopal Church and cemetery were incorrectly identified as being in Red Hook. The church and cemetery are located in Hyde Park.

**Register for upcoming
'Nonprofit Refresh' training**

Registration is open for the United Way Dutchess-Orange Region's (UWDOR) Professional Development Training and UWDOR Mandatory 2023 Funding Meeting. "Nonprofit Refresh 2023" will take place on Zoom on Wednesday, Jan. 25, from 9 a.m. to 1 p.m. Register at <https://fundraise.givesmart.com/vf/npdtraining>.

The featured speakers are Cammie Jones and Jessica Scheer. The agenda:

- Welcome & Introductions, Jeannie Montano, President & CEO, UWDOR;
- Community Engagement During the Pandemic and Beyond: Strengthening and Advancing Civic Engagement

Through Equitable Best Practices, Cammie Jones, Partners for Campus Community Engagement;

- The North Stars for Fundraising in 2023: Clarity, Community, and Relevancy, Jessica Scheer, Nonprofit Fundraising, Management, and Operations Consultant;

• Mandatory Funding Meeting, Melissa Clark, VP Community Impact. This is a mandatory training to receive funding from United Way of the Dutchess-Orange Region.

- Closing, Melissa Clark, VP Community Impact

Email Clark at mclark@uwdor.org for more information.

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Experts offer tips to maintain mental health during the holidays

by Kate Goldsmith

The winter holidays are upon us. While they are hopefully a joyous and peaceful time, stress can creep in and dampen our spirits. Between shopping for gifts (and figuring out how to pay for them), hosting and attending parties, worrying about arguments at the dinner table, and a myriad of other pressures – including concerns about the “triple-demic” of flu, RSV and COVID-19 – it’s all too easy to feel frazzled and decidedly Grinch-like.

“Where do you begin?” said Jean-Marie Niebuhr, LCSW-R, Deputy Commissioner and Director of Community Services at Dutchess County’s Department of Behavioral and Community Health (DBCH). “I think there’s a lot of things [that cause holiday-related stress]: Perceived cultural pressures to, if you’re a parent, to make your children’s holiday special; of course, there’s always financial concerns this time of year. ... Sometimes holidays can be very difficult for people experiencing loss.”

She added: “There’s a glaring disparity between what is portrayed in the media about the holidays and how [people] should be feeling, and how they’re actually feeling. They think, ‘What’s wrong with me? Why aren’t I happy like everyone else?’ It becomes this negative self-experience.”

The hustle and bustle of the season can also prompt us to skimp on self-care activities such as going to the gym and eating a healthy diet, Niebuhr said.

“One of the best things you could do [is to] try to keep self care as part of your

routine. That’s really important,” she said. “The issue is that self care really does need to be prioritized – it’s not a luxury, it’s a necessity.”

Make sure you’re taking breaks during busy days and not over-committing yourself, Niebuhr added.

“It’s OK to say no to things; you don’t have to go to every holiday party, every potluck,” she said. “I saw something on social media and sent it to my sister, because it really resonated with me: ‘You are not obligated to continue holiday traditions that leave you broke, tired or overwhelmed.’ It sums it up, because for so many people there’s so much pressure to make it perfect.”

On another level, we should be mindful of the fact that holidays are not a happy time for everyone.

“I see it a lot, the people who are alone and for whatever reason don’t have a family, loneliness really becomes a big issue during the holidays,” Niebuhr said. “It can be a loaded emotional time for people. Be kind and compassionate when people seem to be a little cranky this time of year.”

Stress can also lead to frustration which is then taken out on others, she noted, recalling a recent visit to a store where the checkout line was long and customers were venting on the beleaguered cashier.

“It’s not a good look for people, they get worked up about things and take it out on the people behind the register,” said Niebuhr. “It’s easy to get sucked in.”

Don’t be afraid to lean a little bit on others for a boost.

“It’s a time of year that can be really lovely, but also really stressful,” said

Niebuhr. “It’s important to use all the supports that are around you naturally – calling a sibling or your best friend, just to talk things through. Sometimes when you’re busy you think you don’t have time.”

Mental illness can be exacerbated by holidays

This time of year can be especially challenging for those affected by mental illness. According to a recent survey conducted by the American Psychological Association, three years into the pandemic there is an increased demand for treatment for anxiety, depression, trauma and substance abuse. This survey indicates that practitioners cannot keep up with the demand.

Niebuhr reminds everyone that people experiencing a mental health crisis can call 9-8-8, which connects to National Suicide Prevention Lifeline call centers, including the call center in Dutchess County, where they can talk or text with trained mental health professionals who can help them. Other resources are listed at the end of this article.

The National Alliance on Mental Illness (NAMI) offers the following suggestions for reducing stress and maintaining good mental health during the holiday season:

- Accept your needs. Be kind to yourself. Put your own mental and physical well-being first. Recognize what your triggers are to help you prepare for stressful situations. Is shopping for holiday gifts too stressful for you? What is making you feel physically and mentally agitated? Once you know this, you can take steps to avoid or cope with stress.

- Write a gratitude list and offer thanks. As we near the end of the year, it’s a good time to reflect back on what you are grateful for, then thank those who have supported you.

- Eat well. With dinners, parties, and cookie trays at every turn, our eating habits are challenged during the holiday season. Try to maintain a healthy diet through it all. Eating unprocessed foods, like whole grains, vegetables, and fresh fruit is the foundation for a healthy body and mind. Eating well can also help stabilize your mood.

- Get enough sleep. Symptoms of some mental health conditions, like mania in bipolar disorder, can be triggered by getting too little sleep.

- Avoid alcohol and drugs. They don’t actually reduce stress; in fact, they often worsen it. If you’re struggling with substance abuse, educate yourself and get help.

- Spend time in nature. Studies show that time in nature reduces stress. Need to break away from family during a holiday gathering? Talk a walk in a local park.

- Volunteer. The act of volunteering can provide a great source of comfort. By helping people who are not as fortunate, you can also feel less lonely or isolated and more connected to your community.

- Find support. Whether it’s with friends, family, a counselor or a support group, airing out and talking can help. In addition to calling 211 to get connected to a primary health care provider to facilitate a substance use screening, New York residents can call the 24/7 HOPEline: Call 1-877-8-HOPENY (467369) or Text HOPENY (467369).

SEND US YOUR NEWS

cschmidt@s Dutchessnews.com

Mount professor discusses aging and the holidays

’Tis the season to be jolly, but Christmas can also be a difficult time for aging family members, said Mount Saint Mary College psychology professor Lawrence Force.

“Holidays are a time of tradition, family, and reflection, and there’s a lot of value and strength in that,” explained Force, a gerontologist and director of the Mount’s Center on Aging and Disability Policy.

Reminiscing about Christmases past “can have a positive outcome, but it can also churn up some negative feelings,” he added.

The paradigm holds true for people of all backgrounds, but Force points out that the older one gets, the greater the chance for the loss of a spouse or other loved one during the course of the year, which can influence the holidays. Families could also experience other changes in dynamics, including marriage or divorce.

Thinking about unpleasant or stressful life changes can cast a dark shadow over what was once an enjoyable holiday, especially in the twilight of the COVID-19 pandemic. For most of us, life has returned to normal. But for immunocompromised individuals – often including the aging population – the risk of becoming

ill remains a threat.

Force suggests that there might also be another reason for feeling down during the holidays – Seasonal Affective Disorder (SAD), in which an individual who otherwise has normal mental health can experience symptoms of depression based on the time of year. One possibility is that SAD is related to a lack of the biochemical serotonin, which is thought to be a contributor to feelings of well-being and happiness.

Because sunlight stimulates the production of serotonin in one’s body, winter’s shorter days might be partly to blame for changes in mood.

According to Force, a therapy lamp – which emulates natural light – might help push away the holiday blues. Daytime walks might also help seniors to feel better. Force also suggests drinking more water and getting more exercise.

Force has worked in the field of aging and disabilities for decades as an administrator, clinician, and educator. He has authored and collaborated on books, articles, and technical reports that address topics of aging policy, Alzheimer’s disease, family caregiving, and end-of-life care.

For more information, visit www.msmc.edu.

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Albeno:Stefanie Little; Fred Albrecht:Stephen &
Jean Albrecht; Grace Albrecht:Stephen & Jean
Albrecht; Noreen Aldrich:Mr. & Mrs. Michael Knox;
Alethea:Family and Friends ; Annie Alexander:Eric Alexander
& Marcia Devoe; Billy Alexander:Eric Alexander & Marcia Devoe;
Cary Alexander:Eric Alexander &
Marcia Devoe; Helen Alexander:Eric
Alexander & Marcia Devoe; Oliver
Alexander:Eric Alexander & Marcia Devoe;
Socrates Alexander:Eric Alexander & Marcia Devoe;
Sol Alexander:Eric Alexander & Marcia Devoe; Trip
Alexander:Eric Alexander & Marcia Devoe; Marlene
Allen:Dana M. Biagetti; Andrew 2019:Pam Highbridge; Anne
Angiulo:Doug Malone; Anton Angiulo:Doug Malone; Faye
Angiulo:Doug Malone; Joe Angiulo:Doug Malone; June Angiulo:Doug
Malone; Carl Arndt:Rachel; Chris Arndt:Rachel; Cortland Auser:Phyllis
Menzenski; Doris Auser:Phyllis Menzenski; Kim Austad:James Gundell; Una
Austin:The Kenyon Family; Una Austin:Bill & Jane Austin; William Austin:Bill & Jane
Austin; Sharon Bailey:Carrie DePaola; Clifford G. Baker:Karen Baker; Elizabeth G.
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Baker:Faye & Lee Benedict; William E. Baker, Sr.:Karen Baker; Alphonse John Balga:Stefanie Little;
Alphonse Joseph Balga:Stefanie Little; Dwayne Balga:Stefanie Little; Sal Baratta:Pat Aber; Peter
Barbarosa:Karen Skiadus; Aunt Carolyn Bargna:Andy, Suzanne, Sam & Liv Sileno;
Carolyn Bargna:Ginger Carroll; Helen Bargna:Ginger Carroll; Nino Bargna:Ginger
Carroll; Diana Barrera:Mary Holden; Gloria Bazaldua:Mary Holden; Pat Beatty:Barbara Herles;
Patricia Slivernail Beatty:Reno & Marcia Valdatta; Dolores & Gary Benedict:Tynion & Fischer Cousins;
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19:James Gundell; Covid Victims:Doug Malone; Lucia Crescenzo:Sharon DiMetro; Bru Cross:Jay and Viki Cross; Tom Cross:Jay and Viki Cross; Betty Cunliff:Betsy & Ed Kinkade; Mike Cunliff:Betsy & Ed
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Lama, Doug Malone, Jim Reed, Tom Reed, Fred Schaeffer, Fran & Charlie Traver, Lex
VanLoon, Kirk VanSwearingen, Lee & Rob Vrablik

Additional evidence leads to more charges in Courtyard Marriott homicide case

Dutchess County District Attorney William V. Grady announced last week that Roy A. Johnson was arraigned before County Court Judge Edward T. McLoughlin on a Superseding Indictment containing additional charges in connection with the homicide at the Courtyard Marriott on Oct. 2, 2022.

Johnson has been charged with the following additional counts: Attempted Murder in the Second Degree for attempting to cause the death of a hotel employee in the lobby area of the hotel; two counts of Criminal Possession of a Weapon; and an additional count of Murder in the Second Degree relating to the death of Paul Kutz.

According to Grady, "This superseding indictment is a product of additional

evidence that was developed subsequent to the initial Grand Jury presentation into the tragedy that occurred at the Courtyard Marriott on Oct. 2, 2022."

Judge McLoughlin continued the remand of the defendant without bail and the case was adjourned to Jan. 20 for further proceedings.

Johnson faces 50 years to life in prison if convicted on the charges contained in the indictment.

The case is being prosecuted by Bureau Chief Kristine Whelan, and Deputy Bureau Chief Angela LoPane under the supervision of Chief Assistant District Attorney Matthew Weishaupt.

It should be noted that an indictment is an accusatory instrument and not proof of a defendant's guilt.

DA's office announces indictment against former Fishkill bookkeeper

Dutchess County District Attorney, William V. Grady, has announced a 1,330-count indictment charging a former bookkeeper with stealing almost \$715,000, over the past two and a half years, from the Fishkill Auto Body Shop in Fishkill.

According to District Attorney Grady, "The success of any business, large or small, depends on the integrity of those who are given the responsibility for financial oversight. The evidence in this case will show that the defendant breached that trust and nearly ruined the Company by repeatedly writing checks from the Company's bank account and cashing them to fund her personal expenses, and disguised the thefts as legitimate payments to vendors."

The District Attorney's Office said that the defendant, Suzanne Whitman, 55, of Poughkeepsie, was arraigned on Dec. 7 before County Court Judge Edward T. McLoughlin on an indictment charging her with one count of Grand Larceny in the Second Degree, a Class C Felony, 627

counts of falsifying business records in the First Degree, a Class E Felony, and 702 counts of Criminal Possession of a Forged Instrument, a Class D Felony. If convicted of these crimes, the defendant will, because she has a prior felony conviction, face a prison sentence of 5-15 years. The Court was legally prohibited from setting bail on this case and the defendant was released under the supervision of the Dutchess County Probation Department.

This case was investigated by New York State Police Investigators from the Bureau of Criminal Investigation as well as the Special Investigations Financial Crimes Unit.

The case is being prosecuted by Senior Assistant District Attorney Liz Kurtz, under the supervision of Bureau Chief Frank Petramale and the overall supervision of Chief Assistant District Attorney Matthew Weishaupt.

It should be noted that an indictment is an accusatory instrument and not proof of a defendant's guilt.

Barrett shares legislative highlights of 2022



Didi Barrett, Assemblymember for the 106th District. Courtesy photo

As this year comes to a close, I am writing to wish you a happy and healthy holiday season and to share with you some of the highlights of our 2022 legislative session.

We all know how challenging these last few years have been, but my team and I have worked hard to support our constituents and to bring significant resources back to the district to ensure that our schools, families and communities can continue to bounce back stronger than ever.

Earlier this year, the state budget delivered record funding for our public schools. And here in the district, we secured special funding for Dutchess Community College students who are housing-insecure, and a major grant to make the workforce-ready construction trades program at Columbia-Greene Community College accessible to more students – traditional and non-traditional. For our towns and villages, I secured more than \$2 million to support first responders, recreation programs, libraries, infrastructure improvements and ADA-compliance.

To help address inflation and the impact it has had on our wallets, we suspended the state gas tax through the end of the year and we set aside \$250 million to help New Yorkers catch up on utility bills. We accelerated middle-class tax cuts and enhanced STAR rebate checks to support working families in the Hudson Valley.

I am pleased to report that the governor just signed my bill requiring the state Department of Agriculture and Markets to develop guidance and educational materials on the use of "agrivoltaics" to support green-energy production, like solar fields, while also protecting our vital farmland (Ch. 629 of 2022). Farming is such a critical economic driver for the Hudson Valley – and New York State – and it's essential to ensure the viability of the agriculture economy as we

work to meet our climate goals.

Gov. Hochul also signed three of my bills that support local food production, restaurants and tourism. These measures expand the popular Dutchess Wine Trail (Ch. 245 of 2022), allow Hyde Park's Culinary Institute of American (CIA) to train students to manufacture beer, spirits, cider, wine and mead (Ch. 345 of 2022) and authorize establishments with the proper licensing to sell shochu, a popular Korean beverage (Ch. 255 of 2022).

I have been honored to serve as the first woman to chair the Assembly Committee on Veterans' Affairs, and proudly helped make history this year by spearheading the creation of the first-ever New York State Department of Veterans' Services, a cabinet-level state agency that will serve as a one-stop shop for veterans and their families to better navigate and access the programs and services available to them. Two more of my bills, which the governor signed into law on Veterans Day, include the creation of a searchable database of veteran memorials across the state (Ch. 588 of 2022) and the designation of U.S. Route 20 as the New York Medal of Honor Highway (Ch. 381 of 2022), which links New York with the other states, from Oregon to Massachusetts, through which Route 20 travels.

I hope you have a holiday season filled with friends, family, love and laughter. I am so grateful for the opportunity to continue to represent you and this beautiful Hudson Valley district in the New York State Assembly.

Didi Barrett (D) represents the state's 106th Assembly District, covering parts of Dutchess and Columbia counties. She has district offices in Hudson (420 Warren St., 518-828-1961) and Poughkeepsie (12 Raymond Avenue, Suite 105, 845-454-1703); or contact her via email at BarrettD@nyassembly.gov.

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HINCHEY BILL TO PROTECT NEW YORK FARMLAND AND FOOD SECURITY SIGNED INTO LAW

State Sen. Michelle Hinchey (D, 41st District) recently announced the signing of her bill (S8889A) to create the Agricultural and Farmland Viability Protection Fund, which will bolster efforts to protect agricultural land from being permanently removed from farming to make way for solar development.

Currently, all solar projects receiving funding through NYSEERDA's NY-Sun incentive program that site projects on active farmland must pay a penalty, which currently goes into the State's General Fund. S8889A-Hinchey requires that all penalty money collected be deposited instead into the new Agricultural and Farmland Viability Protection Fund and allocated to state and local farmland protection programs.

"With the Climate Crisis changing the face of agriculture as we know it and rendering top food producing states, like California, unequipped to respond, New York must act now to protect local farmland and ensure a stable food supply for our region," said Hinchey. "I thank Governor Hochul for signing my bill to create the Agricultural and Farmland Viability Protection Fund and look forward to ensuring that we continue to work to create a future centered on locally sourced, healthy food and incentivize smart solar development without eliminating our finite agricultural resources."

PSC releases findings from Central Hudson investigation

ALBANY – Following an investigation requested by State Sen. Michelle Hinchey, then-Ulster County Executive Pat Ryan, and Assemblyman Kevin Cahill, the New York Public Service Commission (PSC) recently released its report affirming that Central Hudson demanded unjust and unreasonable charges from thousands of customers, failed to provide adequate and timely billing service and operated an estimated billing system in conflict with Public

Service Law and Commission orders, among other findings.

Hinchey said, “After months of investigation, today, the PSC rightfully found Central Hudson guilty of numerous violations that have directly caused economic harm to its customers. I’m proud that my office, along with Rep. Pat Ryan, Assemblyman Kevin Cahill, and our partners at PULP, have kept the pressure on to ensure an accurate investigation in support of ratepayers.

“In their findings, the PSC found that Central Hudson’s estimated billing practices are in breach of the state’s standards for customer quality and service, and I’m incredibly pleased that my bill to ban estimated billing and require monthly, accurate meter readings has officially been adopted as one of the formal recommendations moving forward. If there is anything this investigation has made clear, it’s that customers across the Hudson Valley deserve better and that passing my

bill to protect customers into law has never been more important. It’s about time Central Hudson’s customers receive justice and answers for the hardships they’ve endured, and I’ll continue to fight to hold the company accountable for its negligent actions.”

At the start of the 2023 state legislative session, Hinchey will be reintroducing her bill (S9469) to ban estimated billing and prioritizing it for early passage.



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WMCHHealth opens new 're-imagined' HealthAlliance Hospital in Kingston

ER, ICU, birthing center are part \$113M project

Lieutenant Governor Antonio Delgado joined community officials and Westchester Medical Center Health Network (WMCHHealth) leadership for on Tuesday, Dec. 13 at a ceremony celebrating the opening of the new HealthAlliance Hospital on Mary's Avenue in Kingston.

Highlights of the new HealthAlliance Hospital include a new, two-story, 79,000-square-foot building adjoining the hospital's legacy structure, as well as a full renovation of 48,000 square feet of the previous hospital environment.

The new HealthAlliance Hospital also has a newly constructed 25,000-square-foot emergency care center, as well as a new modern family birthing center, and a new intensive care unit with many of the latest medical technologies, provided through WMCHHealth's technology partnership with Philips.

The new HealthAlliance Hospital will also serve the community with emergent and preventive solutions for blocked arteries, irregular heartbeats and coronary heart disease in a new, advanced service cardiac catheterization laboratory.

Total cost for the HealthAlliance Hospital expansion and enhancement project is \$113 million.

"We are immensely proud to deliver this state-of-the-art new hospital, fulfilling our long-term commitment to transform the quality of care for residents in the Hudson Valley," said WMCHHealth President and Chief Executive Officer Michael D. Israel. "I want to thank New York State for their tremendous support and helping champion an important investment in the health of this community, as we further our commitment to provide the highest level of care for patients across our entire network, locally and close to home."

"The health of every New Yorker depends on a strong, stable, and equitable health care system, and that includes investing in state-of-the-art medical facilities," said New York State Governor Kathy Hochul. "With support from our state's Capital Restructuring Financing Program, the newly renovated HealthAlliance Hospital will boost access

and essential healthcare services for residents of the Kingston area. We will continue to ensure that New Yorkers receive the high-quality healthcare they deserve, and we remain committed to building the health care economy of the future."

"Our doctors, nurses, and healthcare professionals deserve state-of-the-art technology to serve their communities," said New York State Lieutenant Governor Antonio Delgado. "This project is an investment that will continue to serve the people of the Hudson Valley for years to come."

"There should be no hurdles in accessing quality, local, state-of-the-art healthcare for Hudson Valley residents, and the significant expansion of Kingston HealthAlliance Hospital moves us toward that shared vision for health equity," said New York State Senator Michelle Hinchey. "The loss of healthcare services across upstate New York is an issue that demands action, and I thank WMCHHealth for turning this moment into an opportunity to bring more healthcare, new services, and cutting-edge medical technologies to Ulster County through this exciting hospital expansion."

"With the investment of over \$100 million into accessible healthcare right here in heart of our city, the needs of our growing community are being seen and met," said Steven T. Noble, Mayor, City of Kingston. "I want to thank Governor Hochul, WMCHHealth, and our community, for rallying behind this investment in local healthcare while also ensuring the adaptive reuse of the former Kingston Hospital campus on Broadway. My role as Mayor is to make sure that my residents have the services they need to live a vibrant, healthy life and that is not possible without a well-funded, well-staffed hospital system. I look forward to opening this next chapter of healthcare here in Kingston and want to thank all of the dedicated healthcare workers who serve our residents each and every day."

New hospital operations

Emergency medicine and other patient care services began at the new HealthAlliance Hospital on Dec. 14 at 7 a.m.

The expansion and enhancement of HealthAlliance Hospital was the initial component of a two-phase, Ulster County healthcare advancement plan initiated by



Taking part in the ribbon-cutting ceremonies of the new HealthAlliance Hospital in Kingston on Dec. 13 were, from left, Craig Sickler, Chairman, Board of Directors, HealthAlliance of the Hudson Valley, Michael Doyle, MD, Executive Director, Chief Medical Officer, HealthAlliance Hospital, Lieutenant Governor Antonio Delgado, Michael D. Israel, President & CEO, Westchester Medical Center Health Network, Zubeen Shroff, Chairman, Board of Directors, Westchester County Healthcare Corporation, City of Kingston Mayor Steven T. Noble, and Ulster County Executive-Elect Jen Metzger. Courtesy photos



WMCHHealth, in cooperation with New York State, to consolidate the operations of the two HealthAlliance Hospitals in Kingston.

In the next phase of this plan, WMCHHealth will convert HealthAlliance Hospital on Broadway into a walkable health village, where HealthAlliance Hospital workforce members will collaborate with community partners to deliver

preventive and primary healthcare services as well as lifestyle counseling. WMCHHealth projects the new walkable health village will open for care in 2025.

The total cost of the Ulster County projects is expected to be \$134.9 million, with \$88.8 million coming from the New York State Capital Restructuring Financing Program.

DOT-TO-DOT PUZZLE

See page 15 for finished puzzle (no peeking!)

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Sets
Stop your line after completing each set, then skip to the next set and start your line again.
 □ • 1 thru 10
 □ ▲ 11 thru 19
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 □ ◆ 31 thru 46
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Baked Oatmeal

An innovative and almost-decadent way to enjoy a breakfast staple.

'Tis the week before Christmas when all through the house, every creature is hungry including your spouse. On these chilly mornings leading up to the holidays, a good, comforting breakfast can make all the difference. And while we may not have the luxury of a long winter's nap, many of us will be enjoying the warmth of home over a long weekend.

It's really the perfect time to treat yourself to a special and satisfying hot breakfast you might not indulge in any other week. The holidays are about spending time and, if you're lucky, taking time to slow down after all that hustle and bustle. To me a lovely breakfast on a cozy morning sounds like a little bit of heaven.

If you have the time and the inclination, you could certainly prepare a lavish spread to start your mornings; but if you really want to indulge in the joy of being home and relaxed, you don't need to put in that much effort to whip up something special that everyone will love and so have nothing to dread. That's where I come in.

If I told you that breakfast treat was oatmeal you might have your doubts. Even if you're a fan it doesn't sound all

that exciting. But what if I told you that, instead of making it on the stove top or in the microwave you'd bake it to sweet, creamy perfection? I would also add that it's easy to make, doesn't require special skill or equipment and is infinitely customizable, and maybe you'd be thinking about it in a whole new way.

Well, my friends, that's exactly what I'm telling you! Baked oatmeal is a treat, something special you can serve up hot in no time. You can mix in anything you like – berries, raisins, nuts, chocolate chips, coconut, apple slices sauteed in butter with brown sugar - or serve them on the side so everyone can add what they like. A bit of cream or warm maple syrup poured over the top, and suddenly breakfast is worth lingering over. Prepare to make your holiday mornings more special.

BAKED OATMEAL

Something magical happens when you bake oatmeal: it takes on a pleasantly chewy texture and is reminiscent of bread pudding. When you add berries, cream, bananas, yogurt, even candied nuts, you've taken it to a whole new level and upped the nutrition factor even when it

continued on page 15



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Farming in 2023

What the ag community needs from the state and federal government to thrive in the New Year.

“We are working toward it, I promise.” Caitlin Gilligan Daly will be Marcus Molinaro's district director when he assumes his seat in Congress on January 1st. She answered my question, a question that all 33,000 New York farmers have been asking – “Will Marc Molinaro become a member of the U.S. House agriculture committee?”

“He is currently making the rounds with the steering committee, vying for a seat,” Caitlin assured me.

New York State lost all 3 of its House ag committee members in the last election. Two were from Dutchess County – Sean Patrick Maloney and Antonio Delgado (who was appointed Lieutenant Governor). As a current member of the Dutchess County executive's ag advisory committee, I can assure you that Congressman-elect Molinaro cares deeply about New York's farmers and their families.

Here are some of the issues both local and national, our farmers will be facing in the new year:

• **2023 Farm Bill** – Government support for agriculture pales in comparison to support for Health, Education and Defense. The farm bill, newly written every 5 years, will cost \$1.3 trillion over

10 years, with about 84% of the money going to nutrition programs (food stamps). The job of New York's congressional delegation is to make sure we get some of the money in the form of support for dairy and conservation programs, instead of sending it all to the Midwest.

• **Nourish New York** – Milk was dumped on the ground during the early days of the pandemic. The Nourish New York program was initiated to help food banks buy milk, meat, eggs and fresh produce to distribute to the people most in need. The program was so successful, it was made permanent by Gov. Hochul last year, and expanded to include funding for food pantries. Local farmers need to show their support by donating surplus products, ensuring that no food goes to waste.

• **Direct shipment of liquor** – Our State senator Michelle Hinchey and Assemblymember Didi Barrett are cosponsors of legislation allowing farm distilleries to ship vodka, whiskey and other spirits directly to customers (this is currently allowed for wine). Kim Wagner, co-owner of Stoutridge distillery and winery in Marlboro, tells me that her business depends on the passage of this

continued on page 15



Farm distilleries are hoping for the passage of a state bill that would allow them to ship spirits directly to customers. Shown are some of our Hudson Valley spirits on display at Arlington Wines & Liquor. Photo by Mark Adams



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Nominations open for 2023 Dutchess County Poet Laureate

Arts Mid-Hudson has announced applications are now being accepted from individuals interested in serving as Dutchess County's 2023 Poet Laureate. Dutchess County Executive Marcus Molinaro established the Dutchess County Poet Laureate post in 2016 to honor local outstanding poets, integrate poetry into the community, enrich the education of our young people, and enhance the County's position as a cultural center in the Mid-Hudson region.

Nominations for this position may come from individuals or organizations within or outside Dutchess County and poets may self-nominate.

The Dutchess County Poet Laureate will shape the position in their own way, duties typically include public activities with schools, community groups, and the press during the year and contact with writers and readers by mail, email and/or through a website. They will also present their poetry at the State of the County Address, typically held in the first quarter of the year, as well as other appropriate public events, such as National Poetry Month in April. The Dutchess County Poet Laureate will be an advocate of

poetry in the community, including, but not limited to, bringing poetry to school children, projects or programs that promote the appreciation of poetry, or poetry workshops with underserved populations in the community. This is an unpaid, honorary position.

The title of Poet Laureate is a time-honored tradition. In 1668, England officially established the post as a royal office. Beginning in the 19th century local Poet Laureates were recognized in their communities and in 1937 the United States created the position of a National Poet Laureate, which has been held by Rita Dove, Philip Levine, Natasha Trethewey and Charles Wright to name just a few. Since that time, individual states and then counties have begun to nominate Poet Laureates.

Nominations for 2023 Dutchess County's Poet Laureate must be submitted by Jan. 20, 2023. Criteria and review process can be found at: <https://tinyurl.com/2023dcpoetlaureate>

For history of past Dutchess County Poet Laureates: www.artsmidhudson.org/dc-poetlaureate.

Thomas Cole site announces Salon schedule, winter tours

The Thomas Cole National Historic Site in Catskill recently announced the 2023 Sunday Salon speakers on new ideas in American art and the accompanying Sunday Tours. The 2023 season features leading voices across the field of American art, including curators, historians, and the next generation of innovators.

Sunday Tours are offered before and after each Salon at 1 and 3:30 p.m. for visitors to experience the historic home and studio of the American artist and environmentalist, Thomas Cole (1801-1848).

Sunday Salon tickets are \$10 for members and \$15 general admission and available at thomascole.org/events. Sunday Tours are \$18 and available at thomascole.org/tickets. Advance registration is encouraged for the Sunday Salons and advance registration is required for the Sunday tours.

Sunday, January 29 at 2 pm
Toward Radical Care and Rigorous Joy: The Future of American Art at the Brooklyn Museum

Stephanie Sparling Williams, Andrew W. Mellon Curator of American Art, Brooklyn Museum

Building on the Brooklyn Museum's mid-19th century founding ethos of "art for social improvement," Dr. Stephanie Sparling Williams charts a new vision for American art and its display at the institution. Expanding the conversations about diverse representation and desires for collections to "tell more stories," Sparling Williams discusses the power and potential in the organization and experience of the art itself.

Sunday, February 12 at 2 pm
It is Wild and Untamed – Descriptions of the Land and the Original Stewards

Heather Breugl, Public Historian, Activist, and Decolonial Education

Consultant
Words that have been used to describe the land—wild, untamed, savage—have also been used to describe the land's original inhabitants. Hear the perspective of this accomplished decolonial scholar about the use of these stereotypes of Indigenous peoples.

Sunday, March 26 at 2 pm
Exhibiting American Women Artists at The Baltimore Museum of Art

Virginia Anderson, Curator of American Art and Department Head of American Painting & Sculpture and Decorative Arts, The Baltimore Museum of Art

Dr. Virginia Anderson will share recent and upcoming collection installations at The Baltimore Museum of Art that feature women artists, whose work ranges from the Hudson River School era to the mid-twentieth century. The presentation will highlight well-known collection favorites, works by understudied artists, and new acquisitions.

Sunday, April 16 at 2 pm
Class of 2023 Cole Fellows' Research Presentations, Vicente Cayuela, Sofia Thieu D'Amico, Kristen Marchetti & Beth Wynne

As the culmination of their year-long Cole Fellowship, Vicente Cayuela, Sofia Thieu D'Amico, Kristen Marchetti, and Beth Wynne will present their new research findings. Their research explores Indigenous land use and 19th-century industry in the Hudson Valley, previously unacknowledged labor on the historic property, post emancipation histories, the artistic achievements of Sarah Cole, the life and work of Maria Bartow Cole, and the systems of labor, commerce, trade, and agriculture that supported the development of the 1815 Main House.

Creative Living

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A&E Calendar

arts and entertainment happenings

Note: Please check with event venues for any guidelines related to the ongoing COVID-19 pandemic.

Dec. 22-31: "A Gilded Age Christmas," Staatsburgh State Historic Site, Old Post Rd., Staatsburgh. Tour the lavishly decorated Gilded Age mansion, Thurs.-Sun., 10 a.m.-3 p.m. (last entry 2:30 p.m.). Admission \$8 adult; \$6 seniors/students; children ages 12 and under are free. Additional open hours Dec. 26-28, 10 a.m.-3 p.m. Registration for all tours and programs must be made at www.Bookeo.com/StaatsburghSHS. The site will be closed Dec. 24-25. (845) 889-8851

Dec. 23: Talk & Book Signing with Paulina Porizkova, Merritt Bookstore, 57 Front St., Millbrook. Writer and former model Porizkova's book contains a series of intimate, introspective, and enlightening essays about the complexities of womanhood at every age, pulling back the glossy magazine cover and writing from the heart. The author will talk with Merritt's Kira Wizner and sign copies of her book, 2 p.m. (845) 677-5857 or www.merrittbooks.com

Dec. 27-29: Animals in Art, Locust Grove, 2683 Rte. 9, Poughkeepsie. Come on a special kid-friendly gallery hunt tour of 30 paintings by Hudson Valley artist Carolyn Clowes in the Dutchess County Historical Society's "Fertile Ground: The Hudson Valley Animal Paintings of Caroline Clowes" at Locust Grove. Then, paint your own animal portrait to take home. Classes are for children ages 5 and older; families and caregivers welcome to join. Classes at 11 a.m. or 1:30 p.m. \$15/person; all participants need a ticket. Tickets available at www.lgny.org/calendar

Dec. 29: Dance Jam, Towne Crier Cafe, 379 Main St., Beacon. Beacon Dance Beat plays a wide array of dance music mostly from the '60s to present with emphasis on soul, R&B, funk and all Latin rhythmic styles, 7 p.m. Producer DJ Rhoda Averbach also welcomes requests. Tickets \$10. (845) 855-1300 or www.townecrier.com

Dec. 30: The Englishtown Project, Towne Crier Cafe, 379 Main St., Beacon. On Sept. 3, 1977, the Grateful Dead headlined one of the largest and most musically successful concerts of all time at Raceway Park in Englishtown, N.J. In addition to the Dead, who had just completed its legendary Spring / Summer 1977 tour featuring a batch of new material from Terrapin Station, the show also included the Dead family's New Riders of the Purple Sage and the good-time, southern rock Marshall Tucker Band. This tribute extravaganza will feature healthy "doses" of selections from each band's sets that day with a relaxed, festival style program, 8 p.m. Tickets \$20 advance, \$25 door. (845) 855-1300 or www.townecrier.com

Dec. 31: New Year's Eve Celebration featuring Chris O'Leary Band & Dan Brother Band, Towne Crier Cafe, 379 Main St., Beacon. Come ring in 2023 and enjoy great food and powerhouse performances by two of the finest blues-rock bands in the region: Chris O'Leary Band and Dan Brother Band, 9:30 p.m. New Year's Eve Special Chef's New Years Menu; bistro menu also available. Show only \$50, Show + Full Course Dinner \$135. (845) 855-1300 or www.townecrier.com

Troop K announces Toys for Tots results



New York State Police in Troop K joined forces with the United States Marine Corps to collect donated children's toys as part of the national Toys for Tots program this holiday season. Troop K reported that community members and local businesses contributed 594 gifts to local children. All 18 Troop K stations located in Westchester, Putnam, Dutchess and Columbia counties participated in the initiative. *Courtesy photo*



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ART EXHIBITIONS

Cunneen-Hackett Arts Center, 9 & 12 Vassar St., Poughkeepsie. **Through December:** Featuring the works of painter & photographer Erin Ann Koch (Hallway Art Gallery, 9 Vassar St.), mixed-media artist Marie DiPerri (Reception Gallery, 12 Vassar St.) and photographer & mixed-media artist Kat Spontak (Hancock Galleries, 12 Vassar St.). **Jan. 2-Feb. 28:** Featuring the works of Renee Samuels in the Victorian Gallery (formerly the Hallway Art Gallery) at 9 Vassar St., and Frank Rapant in the Hancock Gallery and Adrian Lee in the Reception Gallery at 12 Vassar St. **Free Public Art Opening Receptions:** Fri., Jan. 6, 5-7 p.m. Visitors must call the Cunneen-Hackett Arts Center Office at (845) 486-4571 for access to the galleries. cunneen-hackett.org

LAND Gallery, 30 Charles Colman Blvd., Pawling. **Through Dec. 30:** Holiday Show, featuring the works of nature inspired photographers and other local artists. There are also special Pawling coasters, cards, photographs and more for your local gift giving. (845) 490-2281 or www.landgalleryonline.com

Locust Grove, 2683 South Rd. (Rte. 9), Poughkeepsie. **Through Dec. 30:** The art of pioneering female artist Caroline Clowes (1838 - 1904) a LaGrange resident, in a special exhibit assembled by the Dutchess County Historical Society. Wed.-Sun., 1-5 p.m. (closed Thanksgiving Day) and by appointment. **Special programs:** Wed., Dec. 28, children's program for ages 7 - 12 takes place. It is free, but requires advanced sign-up. **Through Jan. 22, 2023:** Exhibitions of paintings by celebrated Hudson Valley artist Carolyn H. Edlund in the Locust Grove Transverse Gallery, free every day from 10 a.m. to 5 p.m. (845) 454-4500, ext. 212, or www.lgny.org

Olana State Historic Site, 5720 Rte. 9G, Hudson. **Through March 26, 2023:** "Chasing Icebergs: Art and a Disappearing Landscape," shown primarily in the Sharp Family Gallery at Olana, the exhibition highlights Frederic Church's iceberg sketches from his 1859 intrepid voyage to the Arctic. (518) 751-6879 or olana.org

Rhinebeck Bank, 6414 Montgomery St., Rhinebeck. **Through Dec. 27:** Exhibition of pointillist paintings by Lorna Schipp, on display during regular business hours. **Dec. 29-Feb. 9:** Exhibition of paintings by Stanfordville resident Joan A. Smith.



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Peer Leaders at Chancellor Livingston collect toys for Astor Home families

by Curtis Schmidt

Fifth-grade students in the Peer Leadership program at Chancellor Livingston Elementary School in Rhinebeck collected a total of 125 donations in the school's holiday toy drive for families at the Astor Home for Children.

Faculty Coordinators of the Peer Leadership program are School Social Worker Morgan LoBrutto and School Counselor Abigail Smith.

LoBrutto said the goal of the Peer Leadership program is to promote inclusivity, positive peer-to-peer communications, enhance school culture, promote and demonstrate volunteerism and community outreach.

The 5th grade Peer Leaders this year include Charli Goodsight, Galianna Blanco, Janey D'Ordine, Joey Frischknecht, Silvana Walter, Skye D'Ordine, Adelina Knapp, Riley Story, Sarah Webb, Ben Shapley, Grace Davis, Kayla Colbert, Jianna Labbadia and Van Giffin.

LoBrutto said Chancellor Livingston has a long-standing dedication of supporting Astor Services for Children and Family's holiday initiatives through various efforts, including the creation of a mitten tree to gather warm gloves and



Fifth-grade students in the Peer Leadership program at Chancellor Livingston Elementary School in Rhinebeck gather with the toys they collected in the holiday toy drive for families at the Astor Home for Children. *Courtesy photo*

hats to donate to Astor, as well as through participation in years past in Astor's Adopt -A-Family program.

The student group, Peer Leadership (formally Peer Mediation) has organized a holiday toy drive for Astor families for over eight years now. Students are responsible for decorating a donation box, making posters to be displayed

around the school and creating fliers to go home to each student. Student leaders tally and organize all donations and create a letter to thank the generous Chancellor Livingston families that contributed to the drive.

The specifics of donation requests are made in consultation with Dana Valdez, Senior Manager Operations, The

Children's Foundation of Astor, as the needs and age group may shift from year to year. This year, the request was specifically for new toys appropriate for ages 3-8.

"The families have been so generous and it is wonderful to see the joy of our students in being able to help other local children during this holiday season," said LoBrutto.

DR. RAYMOND M. HOUSTON NEW VP OF INSTRUCTION AT DCC

Dutchess Community College has named Raymond M. Houston, Ed.D.C.T. vice president for instruction and learning. He will begin his new role on Jan. 17.

In his new role, Dr. Houston will oversee curricula and instruction matters, faculty, personnel and manage the College's academic budget. The vice president will work to improve the efficiency of academic program delivery and ensure sound integration of academic and administrative resources. Dr. Houston will provide the necessary academic leadership to achieve the highest standards of teaching, learning, scholarship and student success at each of the College's locations.

Dr. Houston comes to DCC from Westchester Community College (WCC) in Valhalla, NY, where he served as the Dean of the School of Mathematics, Science and Engineering (SMSE). Dr. Houston began working at WCC in 2010. Prior to transitioning into his role as SMSE Dean in 2018, he served as Adjunct Coordinator, Assistant Department Chair and Department Co-Chair.

Houston's previous experience includes serving as Coordinator for Developmental Mathematics at Robert Morris University in Moon Township, PA, and as Coordinator of Mathematics and Science Tutoring at Point Park University in Pittsburgh, PA.

Love to Cook

continued from page 11

now feels more like dessert. And it reheats beautifully so you can make it any time and have it all week long.

INGREDIENTS

2 cups old-fashioned (not quick) oats
1/3 cup brown sugar, packed
1 1/2 teaspoons cinnamon
1 teaspoon baking powder
1/2 teaspoon salt
1 large egg
1 1/2 cups milk or cream
1/2 cup applesauce (don't have any? Peel and apple and use a fine grater or microplane)
2 tablespoons butter, melted and cooled slightly
1 teaspoon vanilla
Optional: nuts, blueberries, raisins, dried cranberries, about 1/3 cup

METHOD

Preheat oven to 350 degrees. Grease an 8x8 baking dish and set aside.

In a large bowl, whisk together oats, brown sugar, cinnamon, baking powder and salt.

In a separate bowl beat the egg. Add milk, applesauce, melted butter and vanilla and mix to combine.

Add wet ingredients to the oat mixture and mix well. Stir in any add-ins and pour

into prepared baking dish. Bake until golden brown, 30-35 minutes.

Serve warm with extra toppings on the side, a drizzle of cream or warmed maple syrup. Serves 4-6.

In less than an hour you can have a breakfast treat that will fill your holiday home with a comforting aroma that will reach the children while they're still nestled all snug in their beds. It's a treat for them and for you: delicious, easy and ready to serve up warm in the wink of an eye, a little gift to soothe the soul and brighten chilly winter mornings.

Happy Christmas to all!

Vicki Frank Day is a graphic artist with more than two decades of experience in different aspects of the food service industry. She is the Content Marketing Specialist for Adams Fairacre Farms where she has worked for 25 years, with in-depth food research being an integral part of her marketing position. She believes that cooking is for everyone and should be a pleasurable journey, that food should be experienced, not merely eaten, and that special occasions can be an everyday celebration. E-mail her at vfrankday@adamsfarms.com.

Get Growing!

continued from page 12

bill, which has bipartisan support from Republicans Kieran Lalor and George Borrello. This would give a huge boost to our local economy.

• **Extended Producer Responsibility** – Partly because of increased labor costs, municipal recycling programs are becoming cost-prohibitive. Extended Producer Responsibility shifts those expenses to the producer of packaging, bottles and cans. A 15-page bill in the N.Y. Senate details the plans which includes advisory boards, lots of paperwork and hefty fines for noncompliance. Dairy farms and wineries would incur another round of expenses. Hopefully, Gov. Hochul will realize the burden she would be inflicting on our farmers should this bill pass, and veto it, as she recently did to the C-streams bill (Senate 4162), declaring that while the goal is laudable, it would have "serious regulatory impacts" and greatly increase the costs to the state and local

communities.

• **Labor** – It's no big secret that undocumented workers help to produce our food. Maybe the crisis at our southern border will force Congress to finally realize that agriculture needs a willing, legal work force or else our food will come from overseas.

• **Crop protectants** – Farmers feel that the N.Y. Department of Environmental Conservation, rather than the legislature, should determine the status of N.Y. Approved pesticides.

• **Good news** – Local Farmers are recognized as stewards of the land as well as providers of delicious, nutritious fresh food. We plan to stay around for awhile, at least through the new year – 2023.

Mark Adams is an agricultural advisor to the Dutchess County Executive, Congressman Sean Patrick Maloney, Dutchess County B.O.C.E.S. and Cornell University.

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Diversions

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

		2	9		4			5
				3	1		4	
7	6	4						
				4				8
	8	9				4	6	
5				8				
						2	1	6
			1	6				
4			8		5	9		

Suguru

4	2				
		1			
	3				2
				3	

The heavy lines indicate areas, called cages, from one to five squares in size. Fill each cage with unique digits, counting up from 1. So for example a 2-square cage contains the numbers 1 and 2; and a 5-square cage contains the numbers from 1 to 5. Adjacent (touching) squares, even ones that touch diagonally, may never contain the same number.

ACROSS

1. Snoozes
5. Brief flash of light
10. Suffix for rhyme or pun
14. Circular snack
15. Forbidden
16. Existed
17. 100 dinars
18. Fight site
19. Orient
20. Is amazed
22. Changed slightly
24. Indisposed
25. Braid
26. Open
29. Loony
30. Fruit salad ingredient
34. Word with johns or shoremen
35. Lung contents
36. Read carefully
37. Nice affirmative
38. Throw here and there
40. Heat in the microwave
41. Property of the deceased
43. Court divider
44. Old Roman garb
45. Word with case or way
46. ___ soup
47. Group of contest judges
48. Take place anew
50. Feel rotten
51. Cinderella's dropped item
54. Baltic Sea republic
58. Oz visitor
59. Vicinities
61. ___ bene
62. Finished
63. Perceive
64. ___ so; very
65. Forward
66. Borders
67. Knighted woman

DOWN

1. Schwarzkopf, for short
2. Musical number
3. Juicy fruit
4. Doing mathematics
5. Horse's place
6. Averages
7. Presidential nickname
8. Reagan, for one
9. Eucalyptus leaf muncher
10. Like a better peach
11. Lacerate
12. Scottish tongue
13. Sent back: abbr.
21. Antlered animal
23. Stopwatch user
25. Mate
26. Sheets of ice
27. Stir
28. Ms. Bryant
29. Sinatra's third
31. Manila's island
32. Oklahoma Indian
33. Himalayan nation
35. Part of every suit
36. Domesticated animal
38. ___ throat
39. Social event
42. JFK, for one
44. Like an eagle
46. Made a feline sound
47. Abyss
49. Discontinue
50. Beasts of burden
51. Red light's message
52. Reason to marry
53. Brain passage
54. At ___ ; military command
55. Start of a Canadian province
56. Object
57. Swiss waterway
60. Widely spoken lang.

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						64			
65					66						67			

The solutions to both the Sudoku & Crossword puzzles can be found on page ??



Christmas, Santa and Salt Point, NY - A Christmas Story

by Richard Focht

It was just after Thanksgiving and we were just beginning to anticipate Christmas. We unpacked the decorations and were bringing them down to our store in Salt Point. Most days my friend Warren stops by and we spend some time talking about the old days and how things have changed. On this day, we were telling Christmas stories.

A stranger happened to come in and was listening in on our tales as he walked about the store. At first, I thought him a teenager because of his small stature, but when he came to the counter you could see he was in fact older. He had on an old blue jacket, like those a mailman wears and longish hair with a hat pulled down over his ears. He introduced himself as Eli and confessed to listening to our Christmas tales.

Eli said "You know Christmas, Santa and Salt Point have a long history. If you like a good Christmas story, sit back, get comfy and I will tell one that might surprise you - in fact I am sure it will."

It took place on a Christmas Eve a long time ago. Santa had just finished deliver-

ing gifts in Rhinebeck and was headed to Salt Point. Santa was admiring the moonlit pine forest below him and went right past a house and had to circle back to make his delivery. But, in a hurry to make up time, misjudged his landing and banged down on the Oberly house - waking up young Ray Oberly. Santa waited for the Ray to go back to sleep, then delivered the presents.

He had a difficult time keeping the sleigh straight during take off and it wasn't much better in the air. Something was dreadfully wrong. In fact, they were going slower and getting closer to the ground. He saw a road below and headed for it. He managed to land directly in front of the Salt Point Post Office.

Almost every business was closed this time of night on Christmas Eve except for the Post office. As it happened, they were behind in delivering Christmas packages and were working late. Patty, the postal worker, had just finished up loading the last delivery sleigh and Jeff was preparing to drive it away. They could hardly believe their eyes as Santa's sleigh came out of the night sky and bounced and skidded to a stop in front of them.

Although Patty and Jeff were amazed and excited to meet the real Santa, they were very concerned over the landing he made. The Reindeer were just walking around and checking out the sleigh. You could tell by the way it leaned, it was not going to fly without some repairs. Rudolf was the first to find the problem. With his bright red nose for light, he saw that one of the runners was broken.

Santa said, "This could be the end of Christmas deliveries and many children would not get presents this year."

At the Post Office, however, Patty had a plan. She said "We have sleighs and deliver to all the houses around here. We just as easily deliver presents as mail." Santa immediately brightened, but quickly lost his smile and said "What about the children not around here?"

They needed a sleigh repair shop. As it happened, one of the best shops was right down the road, Matt's Sleigh Repair Shop. Matt, the owner, lived right across the street. "I will go get him to open the shop," said Patty. "In the mean time, Jeff will deliver to the local houses. Santa can get the reindeer to tow the sleigh to Matt's."

Everything went well, except that the reindeer were not able to pull the broken sleigh. Luckily, Fire captain Cady from the firehouse brought the horses the pull the fire equipment and together with the reindeer were able to get the sleigh to Matt's.

By the time Patty and Jeff were finished with the deliveries, Matt had the sleigh repaired. Santa was able to deliver to all the boys and girls and Christmas was saved. What just started, however, was the beginning of a partnership that still exists today. It is the reason children send letters to Santa thru the mail. The Post Office sends the letters directly to Santa and keeps track of so even if someone moves to a new house, Santa can find them at Christmas. To this day you will find a Santa Mail Box in Salt Point, outside the Honey store.

Eli said he hoped we enjoyed the story and appreciate the town we live in. He paused and said with a twinkle in his eye, "Many postal employees are retired Elves - though most have lost their pointy ears. It is known that during the Christmas season, if they get caught up in the spirit, their pointy ears show themselves."

COMMUNITY CALENDAR

Grief Support Group

On the third Thursday of the month at 7 p.m., St. Paul's Episcopal Church in Pleasant Valley hosts a Grief Support Group facilitated by The Rev. Heather Sisk, Episcopal Priest and Spiritual Director with Liz Whitman, MSW. We offer a brief healing service beforehand at 6:45. Come to either or both. (You are not alone; Many of us are hurting; Everyone is welcome.) For more information, call (845) 635-2854, email stpaulspv@gmail.com or visit www.stpaulspv.org. Accessible facilities.

Lyal Church in Millbrook offers programs

The Anti-Racist Study Group has been meeting for several years. We currently meet on Mondays, at 12:30 p.m. by Zoom. We invite anyone to join us who wants to explore the issues of race and caste in our country, issues that will not go away or improve unless we face them together. Our study group is welcoming and hospitable. We have a great time as we continue to learn a lot. We also are happy to include new members. Contact Cat Greenstreet (catgreenstreet@gmail.com) or Pastor Thom if interested.

Two other ongoing programs at Lyall are Meals on Wheels at Millbrook and Food For Folks Food Pantry (emergency support). The service area of both these programs is limited to the Town of Washington Village of Millbrook.

Menorah Lighting set Dec. 22 in Pleasant Valley

The Pleasant Valley Chanukah Committee invites the public to the lighting of the Menorah on Thursday, Dec. 22, at 5:30 p.m., at the Mill Site & Museum, 1624 Main Street (Route 44) in Pleasant Valley. The lighting will be followed by hot Latkes, hot apple cider, chocolate gelt and donuts.

RJC to host Chanukah events

The Rhinebeck Jewish Center (RJC) will hold the following events:

Saturday, Dec. 24: Kosher Chinese & Movie Night, 7:30 p.m., at the RJC, 102 Montgomery St., Rhinebeck. Reservations are required. Call (845) 876-7666 or email RSVP@RhinebeckJewishCenter.com.

Sunday, Dec. 25: Eighth Night of Chanukah Menorah Lighting, Village of Rhinebeck Municipal Parking Lot, East Market St., Rhinebeck. Enjoy donuts, latkes and Chanukah gelt, 4 p.m. Everyone is welcome, and no reservation is required.

Christmas services at Pleasant Valley church

Join St. Paul's Episcopal Church in Pleasant Valley will hold a Christmas Eve service, Festive Eucharist, on Saturday, Dec. 24, 5:30 p.m. Christmas Day Eucharist will be held on Sunday, Dec. 25, at 9 a.m. (without music); Epiphany "Sound Bath" Music Meditation & Service is set Saturday, Jan. 7, 2023, at 2 p.m. For information, call (845) 635-2854. The church is at 808 Traver Road in Pleasant Valley. www.stpaulspv.org

Rhinebeck church announces holiday services

Grace Bible Fellowship Church, at 6959 Route 9 in Rhinebeck, will hold its Christmas Eve Service at 7 p.m. on Dec. 24. The Christmas Day service will be at 10:45 a.m. on Dec. 25. All are welcome. For more information, email Pastor Frank Cirone at fdcirone@aol.com or call (845) 876-2122 or (845) 876-6923.

Blood Drive in Clinton set Dec. 28

The Clinton Alliance Church along with Clinton Seniors will be hosting the 2nd Annual Ray Joyce

Memorial Blood Drive on Wednesday, Dec. 28, from 3 to 7:30 p.m. The drive will be in the Youth Center across from the church at 1192 Centre Road, Rhinebeck. There will be freshly baked snacks for donors. Register and reserve a donation time with the NY Blood Center at nybc.org.

Rolison to be sworn in Jan. 7

State Senator-Elect for the 39th District, Rob Rolison, will be sworn in on Saturday, Jan. 7, at 11 a.m., at Revel 32, located at 32 Cannon St. in Poughkeepsie. RSVP to <https://bit.ly/RolisonSwearingIn> or email RobertGRolison@gmail.com.

Grace Bible Institute course to begin Jan. 9

The Grace Bible Institute will offer a course on "The Apostles" starting Jan. 9. The course will run for 10 weeks on Mondays from 7 to 8:20 p.m. at the Grace Bible Fellowship Church, 6959 Route 9, Rhinebeck. Contact Pastor Frank L. Cirone at (845) 876-2122 or fdcirone@aol.com for more information.

ONGOING

The Frederick W. Vanderbilt Garden Association is looking for volunteers to perform all tasks required to plant and maintain the garden. No gardening expertise is needed, we will train as we work. Must be 18 years old or older and be able to perform, at minimum, basic physical labor such as bending, kneeling and carrying buckets. Garden work is done during the spring, summer and fall months on Saturday, Tuesday/Thursday mornings, 8:30 a.m.-noon. You are welcome to work as often and on any days that suit your schedule. For more information, email info@vanderbiltgarden.org, visit <http://www.vanderbiltgarden.org> or call (845) 229-6432.

Thrift shop in Red Hook: The "New to You" Thrift Shop at 30 Benner Road has opened. Sales will benefit St. Christopher and Good Shepherd Church. Four rooms to roam through; items include books, crafts, CDs, tapes, housewares, home décor, clothing and more. Hours: Thursdays, 11-4 and Saturdays, 10-2 (and Saturday donations).

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VBMC named to Report's 2022-2023 list for Best Hospitals for Maternity Care

U.S. News & World Report, the global authority in hospital rankings and consumer advice, recently named Vassar Brothers Medical Center as a 2022-2023 High Performing Hospital for Maternity Care (Uncomplicated Pregnancy). This is the highest award a hospital can earn for U.S. News' Best Hospitals for Maternity Care.

The annual evaluation is designed to assist expectant parents and their doctors in making informed decisions about where to receive maternity care.

Vassar Brothers earned a High Performing designation in recognition of

maternity care as measured by factors such as newborn complication rates.

"Our obstetricians, nurses and ancillary staff are dedicated to providing an outstanding and safe childbirth experience to all of our patients and their families," said Peter Kelly, president of Vassar Brothers. "This is an accolade that reflects their commitment to excellence, and we could not be more proud."

U.S. News evaluated nearly 650 hospitals that provide high-quality labor & delivery services for uncomplicated pregnancies for its 2022-2023 Best Hospitals for Maternity Care. Fewer than half of

all hospitals that offer maternity care and participated in the survey received a High Performing designation.

"When expectant parents are considering their options for welcoming a baby to the world, the Best Hospitals for Maternity Care are designed to help them identify hospitals that excel in delivering babies for uncomplicated pregnancies," said Ben Harder, chief of health analysis and managing editor at U.S. News. "A

hospital that has earned a High Performing designation may be a good option for parents, in consultation with their medical provider, to consider."

For more information, visit Best Hospitals for Maternity Care (<https://health.usnews.com/best-hospitals/hospital-ratings/maternity>) or Vassar Brothers Medical Center (<https://www.nuvancehealth.org/locations/vassar-brothers-medical-center>)

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4-H clubs now accepting new members

La Togge Nubi Alpi Saan, one of our 4-H goat clubs, wants you to join them as a new member!

This club focuses on animal husbandry, crafts, cooking/baking and community service. Open to youth ages 5-18, this club meets monthly in Clinton Corners. In the photo above, you can see some of the club members at the Clinton Community Day where they educated the public about goats! Interested in learning more? Let us know here: tinyurl.com/dc4hinterest.

Want to volunteer and/or support our programs?

For information on any of the above activities please contact us. We welcome new members as well as volunteers who would enjoy helping these kids be their best selves, and donors who want to be a part of their success!

Visit our website at dutchesscounty4h.weebly.com/ or call Jane on 845-204-4670 to learn more or send an email to jr825@cornell.edu.

NYS Ag Mac & Cheese Challenge

The dairy industry is the largest agricultural sector in New York State. Around 15 billion pounds of milk are produced on nearly 3,600 farms across the Empire State, making New York the 5th largest dairy producing state in the nation.

From its milk, New York makes more than one billion pounds of cheese annually, some of it right here in Dutchess County. With cheese taking the starring role in delicious, nutritious macaroni & cheese, we find ourselves lucky to live in New York where so many delicious cheese varieties are produced.

The 4-H Dairy Discovery members have accepted the challenge and, working with 4-H Program Manager Emma Jenks, have developed their

perfect macaroni and cheese recipe, created marketing materials for their product, and learned more about the dairy product industry in their community.

Let's hope they win, but regardless they have learned a ton and had a lot of fun!




La Togge Nubi Alpi Saan 4-H Goat Club members participate in a wide range of hands-on goat-related activities. Courtesy photo

4-H CONNECTION



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Stony Ground 4-H Club offers milking opportunities

The Stony Ground 4-H Club is based at the Stony Kill Foundation near Beacon. Youth engage in a wide variety of projects relevant to their interest including poultry, sheep and beekeeping. The animals and poultry raised on Stony Kill Farm are heritage breeds which are rare breeds of animals once commonly found on farms but are now in danger of extinction.

To support the conservation of these rare breeds, Stony Kill Farm has chosen heritage animals that tell the historical story of the farm and support the education and viability of these animals. In 2020 the Foundation introduced the historic American Milking Devon cows to the farm. They are a rare and ancient breed of cattle that date back to Devonshire, England. Devon cattle were brought to America by the pilgrims and were once very common in New England and the Hudson Valley.

The Foundation has started an artificial breeding program to increase their herd over time. 4-H'ers are lucky to have the opportunity to learn all aspects of their care and management and are excited to show them at the 2023 Dutchess County Fair.

4-H'ers wow Amenia Lions with presentation skills

Teaching our youth to speak well in public is one of the 4-H flagship programs. It is a life skill we all need to succeed, regardless of where life takes us.

In 2022, the Amenia Lions Club made a generous donation to support the 4-H presentation program, helping 295 youth improve their presentation skills. On November 10th, the Lions Club met at Millbrook Café. To show them just how impactful their support is, 9-year-old Amelia and 8-year-old Ben Coon took the stage to give presentations about their

projects as part of the Flock of Feathers and Northern Dutchess Dairy clubs.

They were superstars, impressing their adult audience by presenting fluently, and answering questions with confidence. We are very proud of our 4-H members and grateful to the community partners who make this possible.



On December 4, 4-H'ers had a productive day working with the cows. The kids got to practice hand milking and the calves are making excellent progress with their halter training.

Courtesy photo

Legal Notices

SUPREME COURT OF THE STATE OF NEW YORK INDEX NO. 2019-54435 COUNTY OF DUTCHESS

Plaintiff designates DUTCHESS as the place of trial situs of the real property

SUPPLEMENTAL SUMMONS

Mortgaged Premises: 3 IDLEWILD DRIVE, POUGHKEEPSIE, NY 12601

Section: 6164, **Block:** 02, **Lot:** 778714 PHH MORTGAGE CORPORATION Plaintiff,

vs. MICHAEL D. SHEEDY; HEIDI S E E L B A C K , DUTCHESS COUNTY COMMISSIONER OF FINANCE, AS ADMINISTRATOR OF THE ESTATE OF JENNIFER L. SHEEDY; KYLE SHEEDY, AS HEIR AND DISTRIBUTE OF THE ESTATE OF JENNIFER SHEEDY; GAYLE SHEEDY, AS HEIR AND DISTRIB-

Legal Notices

UTE OF THE ESTATE OF JENNIFER SHEEDY; UNKNOWN HEIRS AND DISTRIBUTEES OF THE ESTATE OF JENNIFER SHEEDY, any and all persons unknown to plaintiff, claiming, or who may claim to have an interest in, or general or specific lien upon the real property described in this action; such unknown persons being herein generally described and intended to be included in the following designation, namely: the wife, widow, husband, widower, heirs at law, next of kin, descendants, executors, administrators, devisees, legatees, creditors, trustees, committees, lienors, and assignees of such deceased, any and all persons deriving interest in or lien upon, or title to said real property by, through or under them, or either of them, and their respective wives, widows, husbands, widowers, heirs at law,

Legal Notices

next of kin, descendants, executors, administrators, devisees, legatees, creditors, trustees, committees, lienors and assigns, all of whom and whose names, except as stated, are unknown to plaintiff; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE; UNITED STATES OF AMERICA; "JOHN DOE #1" through "JOHN DOE #12," the last twelve names being fictitious and unknown to plaintiff, the persons or parties intended being the tenants, occupants, persons or corporations, if any, having or claiming an interest in or lien upon the premises, described in the complaint, Defendants.

To the above named Defendants

YOU ARE HEREBY SUMMONED to answer the Complaint in the above entitled action and to serve a copy of your Answer

Legal Notices

on the plaintiff's attorney within twenty (20) days of the service of this Summons, exclusive of the day of service, or within thirty (30) days after service of the same is complete where service is made in any manner other than by personal delivery within the State. The United States of America, if designated as a defendant in this action, may answer or appear within sixty (60) days of service. Your failure to appear or to answer will result in a judgment against you by default for the relief demanded in the Complaint. In the event that a deficiency balance remains from the sale proceeds, a judgment may be entered against you.

NOTICE OF NATURE OF ACTION AND RELIEF SOUGHT
THE OBJECT of the above captioned action is to foreclose a Mortgage to secure the sum of \$117,550.00 and

Legal Notices

interest, recorded on February 28, 2000, in Document Number 01 2000 1967, of the Public Records of DUTCHESS County, New York., covering premises known as 3 IDLEWILD DRIVE, POUGHKEEPSIE, NY 12601.

The relief sought in the within action is a final judgment directing the sale of the premises above to satisfy the debt secured by the Mortgage described above.

DUTCHESS County is designated as the place of trial because the real property affected by this action is located in said county.

Legal Notices

NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME

If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment


Legal Notices

to the mortgage company will not stop the foreclosure action.

YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT.

Dated: December 7, 2022
ROBERTSON, ANSCHUTZ, SCHNEID, CRANE & PARTNERS, PLLC Attorney for Plaintiff Oluwatobi Adedokun, Esq. 900 Merchants Concourse, Suite 310 Westbury, NY 11590 516-280-7675

GIVE BLOOD GIVE LIFE
Who needs blood?
Under normal circumstances, every two seconds someone in America will need a blood transfusion. Blood transfusions are used for trauma victims - due to accidents and burns - heart surgery, organ transplants, women with complications during childbirth, newborns and premature babies, and patients receiving treatment for leukemia, cancer or other diseases, such as sickle cell disease and thalassemia.



GOLDEN LIVING

Holiday Advisory: Dutchess County government observes Christmas Day on Monday, December 26th; and New Year's Day on Monday, January 2nd, 2023. Offices and Friendship Centers will be closed both days. Clients of OFA's Home Delivered Meals program will receive meals in advance of each day that friendship centers are closed.

EMERGENCY HEAP BEGINS JAN. 3

The Emergency Home Energy Assistance Program (HEAP) Component will open on Tuesday, January 3rd. That's the earliest date emergency benefits can be applied for. Emergency HEAP can help eligible seniors heat their homes during a heat or heat-related emergency.

Emergency HEAP vs. Regular HEAP

If you have already used your initial HEAP benefit, you may request a second benefit. You may be eligible for emergency HEAP under any of the following circumstances:

Your electricity is necessary for your heating system or thermostat to work and electricity is either shut off or scheduled to be shut off;

Your electric or natural gas heat is off, or scheduled to be shut off;

You are out of fuel, or you have less than one quarter tank of fuel oil, kerosene, or propane, or have less than a ten (10) day supply of wood, wood pellets, corn, or other deliverable heat source.

To be eligible, applicants age 60+ must have received the first HEAP benefit and have less than \$3,000 in financial resources. An application may be completed in person or over the phone. Applicants may be asked to provide additional documentation if there have been significant changes in the household, such as someone new moving in or a large increase in income. If there have been no such changes, applying just requires a short interview. Please contact 845-486-2553 to begin the application process. For those who have not yet applied for HEAP this season, the benefit is still open and projected to remain open until at least Spring 2023.

What If This Is the First I'm Hearing About HEAP? What About Those Under Age 60?

Low-income seniors who are not currently in the HEAP program, but believe they might be eligible, can contact the Office for the Aging's HEAP division (845-486-2553) for more information about eligibility and applying. For questions from applicants under age 60, contact the Dutchess County Department of Community and Family Services at 845-486-3000. Outside of Dutchess within New York State, contact that county's health department.

WINTER WEATHER-RELATED OFA CANCELLATIONS

During the winter, clients of OFA's Home Delivered Meals (HDM) program receive shelf stable meals when weather forecasts predict difficult travel conditions that may require cancellation of regular HDM deliveries, along with closure of some or all OFA Friendship Centers. You can find up-to-date cancellation information on Dutchess County Government social media, at facebook.com/DutchessCoGov and twitter.com/DutchessCoGov.

OFA MEDICARE CLASS IN RHINEBECK (Mon 12/26)

Although OFA and our Friendship Centers will be closed in observation of Christmas Day on Monday, December 26th, the monthly OFA Medicare 101 class in Rhinebeck is on as scheduled on the 26th, at 4:00 pm, at the Pavilion at Brookmeade, 34 Brookmeade Dr. off Route 308 in Rhinebeck.

Registration for the class is required; call 845-486-2553 to register.

VOLUNTEERING IN DECEMBER AND OVER THE HOLIDAYS

As we get closer to the holiday season and a new year, interest in volunteering often grows. The Office for the Aging is ready with options, whether it's for yourself, a family member, or a college student home for winter break.

Demand for volunteer drivers through-

out Dutchess County in our Home Delivered Meals program is a year-round need, and during winter our Home Energy Assistance Program (HEAP) needs clerical volunteers here at OFA offices in Poughkeepsie. Looking ahead to 2023, our various OFA Exercise programs are looking for volunteer instructors, and we're preparing to launch a "Friendly Calls" program aimed at improving social connections for Dutchess County's socially isolated older adults.

You can read about all of OFA's volunteering options and fill out a printable volunteering form at www.dutchessny.gov/ofavolunteer, and if you have follow-up questions you can email bjones@dutchessny.gov or call 845-486-2544.

MEDICAL RESERVE CORPS VOLUNTEERING OPPORTUNITIES (Thu 12/22)

Many OFA volunteers give of themselves to more than one volunteer organization. That said, if you're interested in joining the ranks of the Medical Reserve Corps of Dutchess County, their next New Member Orientation is scheduled

for Thursday, December 22nd at 6pm at the Emergency Response campus, 392 Creek Road in the Town of Poughkeepsie. Both medical and non-medical volunteers are needed. Register to attend by emailing: mrc@dutchessny.gov

If you've been to an OFA Picnic, you've seen the MRC at work, wearing blue and silver reflective vests.

ORDER FREE COVID TESTS IN TIME FOR THE HOLIDAYS

The federal government is again making free COVID-19 tests available, which can be ordered now to be delivered in time for holiday gatherings.

Up to four free tests per household are available, at www.covidtests.gov.

Free tests are also available during business hours at OFA headquarters, 114 Delafield St. in Poughkeepsie. The tests cannot be mailed.

Golden Living is prepared by the Dutchess County Office for the Aging, 114 Delafield St., Poughkeepsie, New York 12601, telephone 845-486-2555, email: ofa@dutchessny.gov website: www.dutchessny.gov/aging

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Southern Dutchess News
& Beacon Free Press**

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A letter of correction will be supplied if requested.

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105 Employment Opportunity
106 Business Opportunity
107 Situations Wanted
120 Schools
121 Special Instruction
122 Musical Instruction
140 Nursery Schools
141 Child Care
142 Day Care
143 Baby-sitting
145 Adult Care
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903 Motorcycles
904 Auto Parts & Tires
905 Autos Wanted

Contact Us

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Fax:
845-297-6810

E-Mail:
sdnadvertising@aol.com

Monday-Friday
9 am-4 pm

100 Help Wanted

TOWN OF STANFORD RESIDENT

needed to volunteer to serve on the Zoning Board of Appeals. Monthly meetings are at 7:30PM on the second Wednesday of every month at the Town Hall. Please send your letter of interest and resume to townclerk@townofstanford.org or by mail: Stanford Town Clerk P.O.Box 436 Stanfordville, NY 12581 or call for more information: 845-868-1310 Option 5

Administrative Opening Monticello Central School

Assistant Superintendent for Curriculum & Instruction

The successful candidate should have a minimum of five (5) yrs. professional exp. in school administration or comparable teaching leadership.

This individual will provide leadership and vision in ongoing planning, implementation, development, direction, review, and evaluation of the district's curriculum and instructional services. They would be responsible for ensuring that the district's educational objectives align with state frameworks and to instructional practices that yield the highest standards for student achievement and instruction excellence.

NYS SDL or SDA Certification Required

Please apply online by Jan 9th at <https://monticelloschools.tedk12.com/hire>

EOE

150 Announcements

NOTICE OF EARLY DEADLINES:

Due to a holiday press schedule Southern & Northern Dutchess News and Beacon Free Press have the following early deadlines for Classified Display Ads:

Dec. 28th issue: Ad's must be received by 3PM on Wednesday, Dec 21st.

Jan. 4th issue: Ad's must be received by 3PM on Wednesday, Dec. 28th.

(845) 297-3723 Ext. 1003 for more information

721 Wanted To Buy

Buying diamonds, gold, silver, all fine jewelry and watches, coins, paintings, better furs, complete estates. We simply pay more! Call Barry 914-260-8783 or e-mail [Americabuying@aol.com](mailto:Amercabuying@aol.com)

111 Career Training

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-543-6440. (M-F 8am-6pm ET). Computer with internet is required.

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 844-947-0192 (M-F 8am-6pm ET). Computer with internet is required.

204 Health

ATTENTION VIAGRA USERS: Generic 100mg blue pills or generic 20mg yellow pills. Get 45 plus 5 free \$99 + S/H. Call Today. 877-707-5523

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Get **25% off** Beltone Hearing Aid Set* + A Free Cleaning Set with Purchase. **Limited Time Offer!**

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295 Financial

ARE YOU BEHIND \$10k OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 888-869-5361 (Hours: Mon-Fri 7am-5pm PST)



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521 Internet

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/23. 1-866-595-6967

HEAVY HIGHWAY EQUIPMENT

The village of Wappingers Falls is accepting bids for a "Heavy Highway Equipment Diesel Mechanic" work as needed. Your hourly rate can be submitted to John M. Karge, jkarge@wappingersfallsny.gov or mailed to 2582 South Ave., Wappingers Falls, NY 12590 Attn: Village Clerk.
Q's call Village Clerk 845-297-8776 x 5. Last date to submit bid is 1/6/23.

NEWSPAPER DELIVERY DRIVER

BEACON, NY WEEKLY
Drop off Bundles to local businesses
Call: 845-297-3723 Ext. 1003 for more information.



P/T POLICE OFFICERS

The Village of Wappingers Falls Police Department is accepting applications for part-time Police Officer positions. Candidates **MUST** have the following: Must be fully certified or completed Phase II Academy, possess a valid NYS driver's license, successfully pass a thorough background check, & able to work at least 150 hours quarterly-including holidays, weekends, and overnights. Please include copies of all certifications of training and resume. Salary based on experience. Part-Time Police Officers receive time, and a-half and or double time rate for working contracted holidays. Interest please send resume to Village Clerk, John M. Karge @ Jkarge@wappingersfallsny.gov



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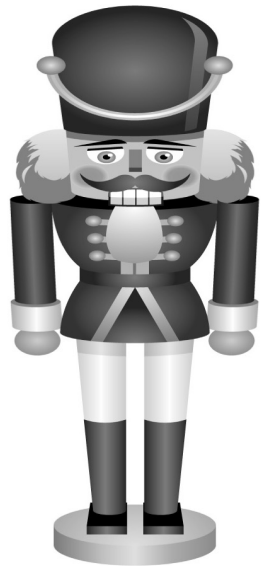


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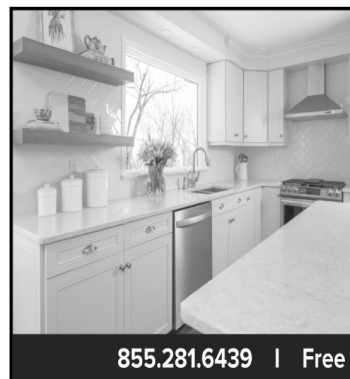
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