

# BEACON FREE PRESS

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## Albra updates

### Fishkill residents on proposal for former Downstate facility



A rendering of the former Downstate Correctional Facility in Fishkill.

-Courtesy image

### By Kristine Coulter

Town of Fishkill Supervisor Ozzy Albra sent out an email updating residents about the proposed plans for the former Downstate Correctional Facility site on Red Schoolhouse Road, off Route 52 and Route 9D in the town. According to Albra, he met with the developer and state officials. Also at the meeting, which was held on July 31, were the town attorney, planning chairman and building inspector, said the supervisor. Their main argument, said Albra, "was that the site is a blight and needs remediation, which we agree with. We pushed for more senior and veteran housing and a comprehensive site plan."

"The initial proposal was to develop over 1,300 units on the site. They appear to have revised that number to between 800 and 1,300 units. During the discussion, the developer focused solely on the site itself. They indicated that water and sewer services would be provided by the City of Beacon and that Central Hudson has ample electric capacity. There was a brief mention of providing sidewalks and bike paths in the area. When the issue of school capacity arose, they stated that they were working with the Beacon City School District (BCSD) and noted that enrollment was down. However, when our primary concern - traffic - was discussed, they did not seem to be concerned. Conversely, they did express concern about the lack of fire coverage," said Albra. The BCSD did send a letter last month stating their concerns to the Governor's Office.

The current zoning permits the development of about 80 units as a "right," stated Albra.

"When I asked them what the benefit for the residents was if we "upzoned" this property, they stated tax revenue. I responded that with plenty of development already underway, this was not a sufficient answer. They then argued that the "region" needed more apartments, to which I replied that Fishkill already has affordable housing in town. Their main argument was that the site is a blight and needs remediation, which we agree with. We pushed for more senior and veteran housing and a comprehensive site plan," he said.

Continued on page 3

## Sloop Club Corn Festival on August 11 at Pete & Toshi Seeger Riverfront Park

### By Kristine Coulter

The Beacon Sloop Club's Annual Corn Festival is this Sunday, August 11, from noon-5 p.m. at Pete & Toshi Seeger Riverfront Park, 1 Flynn Dr., Beacon. The family-friendly event will be held rain or shine. Admission is free and all are welcome. One can learn about the Hudson River from non-profits that will feature displays about environmental issues. There will also be a variety of food and craft vendors.

"This year we have many new food, craft vendors and different activities for children. We will have freshly made brick oven pizza and homemade ice cream," said Joyce Hanson, a volunteer for the annual event.

The highlight of the event though is the fresh-picked, sweet Hudson Valley corn, that is served with a choice of butter, according to organizers. There will also be chilled watermelon and lemonade.

"Our Corn Festival is the second of our three annual free festivals- Strawberry, Corn and Pumpkin Festivals. So, it marks

Continued on page 2



The annual Corn Fest hosted by the Beacon Sloop Club will be on Sunday, August 11 at the Pete & Toshi Seeger Riverfront Park in Beacon.

-Photo by Kristine Coulter

## AgriVenture is all about farm-to-table experience

### Agriculture is 'the heart of Dutchess County Fair' set Aug. 20-25

### By Samantha Gulak

AgriVenture is back for the 178th Dutchess County Fair on Aug. 20-25.

AgriVenture made its debut in a 10 x 20-foot tent at the 2016 Fair. This interactive hands-on display offers farm-to-table educational experiences and was originally geared toward children.

Organizers quickly discovered that just as many adults came through the tent and in 2018 AgriVenture moved into a 66 x 80-foot tent. New displays and experiences were added to help educate fairgoers of all ages as to where their food comes from and the importance of agriculture in our lives. Agriventure was reintroduced in its new location in Building E in 2023 where it found its permanent home.

Making its debut in this year's AgriVenture Farm is a virtual reality tractor! The tractor will offer participants the opportunity to "experience" driving a tractor and harvesting a soybean field through a VR headset.

"The primary purpose of the Fair's education mission is that the Hudson Valley is still an agricultural community, but it's changing and many people are not directly involved in agriculture," said Samantha Gulak, coordinator of AgriVenture. "Local FFA (Future Farmers of America) chapters and members of the newly formed Dutchess County Agricultural Society's Junior Fair Board have been actively involved in preparing for opening day at the Fair and will be volunteering their time the entire week of the Fair. Not only are they there to help manage AgriVenture, but they are also happy to answer any questions you may have and to provide you with information as to how



The AgriVenture Scavenger Hunt involves a variety of farm scenes and hands-on experiences with the mission of teaching children and adults about the benefits of agriculture.

-Courtesy photo

agriculture is a part of our daily lives."

Upon entering AgriVenture, fair-goers will be greeted by volunteers who will engage you in a Scavenger Hunt that is fun for everyone. AgriVenture offers participants the opportunity to milk Dutchess the Cow, pick apples, grapes and vegetables, collect raw wool and eggs.

At the end of their walk and they have checked everything off of their scavenger hunt shopping list, participants will visit the market, where they will unload their basket and sort their items for the distribution center. Each participant will be given a ribbon and coloring book.

# Corn Festival at Pete & Toshi Seeger Riverfront Park on August 11



There will be a number of performers during the annual Corn Festival at the Pete & Toshi Seeger Riverfront Park on Sunday, August 11. Pictured are musicians from a previous year's event.



Volunteers serve corn to attendees at a previous Beacon Sloop Club Corn Festival. This year's annual event is scheduled for August 11.

-Archive photos

Continued from cover

the midpoint of our festival season. But, more importantly, it is a celebration of summer, a special season in our Hudson Highlands and along the Hudson River," said Robert May, who is the president of the Sloop Club in an email for Beacon Free Press.

May said, "I have heard nothing but praise for our sweet and tasty fresh-picked corn, expertly prepared by our dedicated chefs. The corn tastes especially good with a generous helping of our homemade chili, washed down with a few cups of cold, refreshing lemonade."

The Beacon Sloop Club festival has about a thousand come throughout the day, remarked Hanson, who continued, the festival is easily accessed through

Metro-North at the Beacon train station where there is free Sunday parking at the station.

"We encourage people to bring a tarp [for] under their blanket or bring camping chairs and enjoy the day at the festival," she added.

There will be two solar-powered music stages. One of the stages will be for kids to enjoy. Among those expected to perform throughout the day are Bindlestick Bill, Lydia Adams Davis, Crosby Gibson, Spook Handy, Pat Lamanna, Last Minute Soulmates, Laurie Siegel & Patrick Jones, The Trouble Sisters, Offshoots Band, Soil & Soul Creek Band & The Seed Song Family.

"We have scheduled a number of new and exciting musical performers on the main stage and on the children's stage this year. Visitors can expect to enjoy diverse

and original acts as well as entertaining emerging artists, selected from our lively local music community. These artists will join our lineup of established musical favorites to round out a memorable festival music experience," said May. He continued, "Also, we have invited several excellent new vendors and craftspeople to this year's Corn Festival. They have been carefully chosen for their expertise, delightful offerings and their friendly and courteous service. I know that our guests will be pleasantly surprised when they visit our vendors and craftspeople this year."

Want to go sail on the Hudson River? If the weather permits, the Beacon Sloop Club's boat, the Woody Guthrie, will be taking attendees on free sails from the Beacon Harbor, said organizers. One may

sign up at the Beacon Sloop Club table starting at noon.

"Our corn is freshly picked [the] morning of our festival from Wallkill View farm in New Paltz. Our corn is boiled for 2 minutes and served with or without butter. People say our corn is "sweet and delicious" and sold at a very affordable price," said Hanson.

May noted, "The Beacon Sloop Club Corn Festival is a summer celebration where friends, neighbors, visitors, young and old can get together and enjoy each other's company. It is a chance to appreciate our beautiful river. It is a music venue for all types of music lovers- young and old. Come on down to the festival and see for yourself how much fun it is!"

For more information, visit <http://www.beaconsloopclub.org/>.

## Ryan announces funding for area fire departments

Congressman Pat Ryan delivered \$1.4 million in federal funding to the Rifton Fire District, Tivoli Fire Department, Arlington Fire District, Kripplebush Fire District, and Beacon Fire Department in a ceremony in Poughkeepsie on Monday.

Ryan also celebrated his nominations of the City of Poughkeepsie Fire Department, the Port Jervis Fire Department, and the Arlington Fire District for federal Community Project Funding for Fiscal Year 2025. Ryan joined with leaders from the fire departments to celebrate the announcement.

"Our firefighters are heroes, working around the clock with the sole focus of protecting others - that's why, every single day, I'm pushing to make sure they have the resources they need and deserve to keep both us and themselves safe," said Ryan. "From fighting tooth and nail for every last dollar of Community Project Funding to overhaul the firehouses for Tivoli and Rifton to securing landmark funding for state of the art equipment for Beacon, Kripplebush, and Arlington, when our fire departments are fully equipped, we are all safer. I'll keep fight-

ing to deliver for all of our first responders."

"The safety of Dutchess County residents is a top priority, one that we at every level of government - local, county, state and federal - share and take very seriously," said Dutchess County Executive Sue Serino. "Strengthening our local fire departments with this federal funding will enhance these departments' ability to respond to emergencies, and we appreciate Rep. Ryan's efforts to secure these grants."

"We greatly appreciate Congressman Ryan's efforts to secure this important funding," said Poughkeepsie Mayor Yvonne Flowers. "Making structural repairs to the Hooker Avenue Fire Station is essential, and this money would go a long way to achieving the goal. This funding also would enable the city to bring energy efficiency to a century-old building. I thank Congressman Ryan for fighting for these funds and for understanding the importance of putting resources into helping our first responders do their jobs to protect the community."

"The City of Poughkeepsie Fire Department is extremely grateful for the

assistance in our application to get the proposed repairs done to Station 7," said City of Poughkeepsie Fire Chief Joseph Franco. "This is a firehouse that first opened in 1929, and it is truly the Community's station. In particular, the City Team starting with former Acting City Administrator Ron Knapp, City Engineer Rich DuPilka, Deputy Fire Chief Vincent Parise, Finance Commissioner Dr Brian Martinez, and City Public Works Commissioner Chris Gent all got together to form a plan and submit the application to our Federal government partners. The assistance of US Senator Gillibrand and Congressman Pat Ryan cannot be understated. Congressman Ryan's office has been in contact with us and has moved this application to where it is today. They have gone the extra mile to make this happen. These repairs, when all are completed, are expected to give us another 40-50 years of service out of this fire station."

"We are extremely grateful for the nomination to receive this community funding," said City of Poughkeepsie Deputy Fire Chief

Vinny Parise. "This funding will help with much needed repairs to the 96 year old Hooker Avenue firehouse. The Hooker Avenue firehouse built in 1929, is the oldest active firehouse in the city, and provides a large portion of the south side of Poughkeepsie with fire protection. When constructed, this firehouse was built like many others of its time. We are very fortunate to have had this building stand up for nearly 100 years. Over time, the infrastructure has deteriorated and though the city has made improvements to the building, the larger repairs to the main construction of the building is in critical need of repair. With limited vacant land to construct a new facility, it is crucial that we make the necessary repairs to this historic building on the Southside of Poughkeepsie. With funding allocated for this project, the residents of Poughkeepsie will continue to receive the high level of emergency service the fire department provides. After these critical repairs to the Hooker Avenue firehouse are completed, this firehouse will continue to provide fire protection to the residents of Poughkeepsie for another 30 to 40 years."

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# DCAS Education Program takes agriculture into area schools



Youngsters learn the art of milking cows from artificial cow cutouts as part of the Agricultural Education program of the Dutchess County Agricultural Society.

-Courtesy photos

**By Jim Donick**

The Dutchess County Agricultural Society (DCAS) may be best known for presenting the annual Dutchess County Fair. They do much more. Their mission is “the promotion of agriculture, horticulture, mechanical and domestic arts, fine arts, and allied sciences through education, instruction, display, and competition.” They promote every aspect of agriculture - from neighborhood backyards to family farms and commercial enterprises.

One of their most important projects is delivered by Cassie Messina, the DCAS Agriculture Educator. Messina, with help from any number of local farmers, has created a program to take agriculture and agricultural experiences from the farm into the classroom.

This amazing program was kicked off in 2018 with visits to a number of schools in the area. Then, as Messina notes, “Covid put a little wrench into

our program and we had to go remote. Now, with that behind us, we have been building back.”

Now they are back in the classroom and that means regularly visiting schools in five different school districts. The variety of programs she brings to the schools are simply amazing. In the course of a year’s travels around the county (and sometimes to Westchester), she manages to cover nearly every aspect of the agricultural business.

Examples range from the creation of an in-class farmer’s market where students explore the considerations of a consumer and a producer by playing the role of each, to an exploration of the genetics of watermelon and other crops. The lessons engage students through problem solving and real-life experiences.

In other lessons, students learned about lambs with a visit from a bottle baby lamb and then made small objects from their



“Starburst” the calf is part of a program by the Dutchess County Agricultural Society that visits area schools. “Starburst” is from Stormfield Swiss Dairy Farm.

wool. When learning about the dairy industry, they have been visited by a calf from Stormfield Swiss, a local dairy farm. During this visit, students handled the calf, met with the farmer, learned about the milking process, and then designed their own brand of ice cream, which they used in their in-classroom activities the next month.

Jen DeForest and Jim Lawrence, from Stormfield Swiss, regularly bring out a calf to take part in the classes and are enthusiastic supporters of the program. DeForest said, “We believe this program is so important because most kids today are so removed from agriculture. It’s teaching them where their food comes from and they will remember this for years to come. The excitement they have when they can actually pet the calf and ask questions about her is so great.”

As a regular part of the dairy program, they bring wooden cows with an artificial udder of sorts to allow the kids to try their hand at milking. DeForest said, “When they milk the wooden cows, they realize how hard it would be to milk by hand. This allows us to explain how we milk the cows with a machine and even robots are used now for optimum milk quality.”

Messina shares recollections of this event with an anecdote. “The most often asked question is ‘does chocolate milk come from brown cows?’” DeForest notes that “a lot of the kids have no idea that food has to come from someplace to get to the grocery store. Up until they get into one of these sessions, many have never even thought about where the food

actually comes from.”

The program focuses on grades K - 12 and the older students get exposed to an even deeper understanding of some of these topics. Messina organized an opportunity for Dutchess BOCES students to take a field trip to a farm. Students met with veterinarians from Millbrook Equine and Rhinebeck Equine, as well as Kent Feeds Sales Manager, Mackenzie Chauncey.

Dr. Paul Mountan showed students a bit about imaging through X-ray, viewing a horse’s back and identifying the different bones within the lower leg. He also brought along a skull from a horse that had a tumor that ate through the sinus cavity. Millbrook’s Dr. Cyra Erwin scoped a horse, showing the students the start of the digestive tract through to the stomach.

The programs, in all of their variety, are provided to the schools free of charge. In-class activities follow a well developed lesson plan and can extend over multiple days or even weekly visits from time to time. Those in-class sessions encourage the students to consider the details of their topic, whether it is planting seeds and watching them grow until time to take them home and plant them in a garden, or doing actual dissections to see how the animals’ bones and sinews work together as well as other systems in the animal.

The teachers who bring this program into their class rooms offer great reviews. Here are a couple. “The only regret I have is that I didn’t have you in the classroom sooner! I think this is valuable experience for students and they would look forward to your visits.”

“The lessons and experience were fantastic. I loved the use of graphic organizers and visual supports. The hands-on experience was awesome.”

DeForest shares her own view as well. “It’s also teaching them how to interact with people. They open up and tell us about their pets and other animal experiences.”

How can you get your school involved? Messina enthusiastically offers the following: “Lessons are provided at no cost and are available for grades K-12, geared appropriately for the age and grade level. If you are an educator, parent, PTA member, or administrator interested in this free resource, please reach out as we are accepting a few additions to our schedule this year!”

Contact Messina at [dcasaged@dutchessfair.com](mailto:dcasaged@dutchessfair.com). Programming can be designed to fit within existing curriculums, or bring in something totally new and exciting.

## Albra updates residents on Downstate proposal

Continued from cover

Supervisor Albra said he has been contacted by residents about the process. He said the following is how the proposed project “could” proceed.

1. The Planning Board most likely would require a Draft Environmental Impact Statement “DEIS” which would require a Public Hearing.

2. The Town Board, if the project was acceptable to the public would hold a Public Hearing to upzone from 80 units to about 300.

3. The Zoning Board of Appeals would then hold a Public Hearing to consider a “variance” to allow anything over 300 units.

“Residents also asked about what the town currently has in affordable housing,” noted Albra, who said there are approximately 100 units on Route 9D by the bridge, another approximately 100 units on Route 52 near the Fishkill Town Hall and around 40 standalone units throughout the town.

“We have more than most communities in the Hudson Valley. We are also currently working on accessory apartments for private homes and maybe some form of rent stabilization for renters living in

town,” said Albra.

Representatives from Governor Kathy Hochul’s Office, the developer’s company, Beacon City School District, Central Hudson did not get back with a response for comment before deadline. City of Beacon Administrator Chris White said on Aug. 5, “As of today, no party has contacted me to see if it was willing and able to provide sewer and water service to the proposed development.” Mayor Lee Kyriacou said he has not been contacted yet either.

Albra said on August 5 that representatives for the State do want to meet again. He said they are starting to begin to work with the town.

He concluded in the letter, “We are in a difficult situation with the state owning the land, and as they did when they built Downstate years ago, they can do what they please. I sense that the state does want to work with the town, but in reality, they do not have to. It is my intention to the keep lines of communication open and to turn Downstate into something that will benefit the town and that we can all be proud of.”

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## Krachy earns Eagle Scout pin



Eagle Scout Zakary Krachy receives the Elks Eagle Scout pin during the recent Court of Honor for Scout Troop 41. Pinning Zakary is Beacon Elks Lodge Chaplin Stephanie Soltish and in the background is Troop leader Larry Wood.

-Courtesy photo

## Beacon man arrested for intent to sell controlled substance

The Dutchess County District Attorney's Office Drug Task Force has been working an investigation into the sale of Fentanyl and other dangerous drugs in Dutchess County. According to a press release, the Drug Task Force Agents purchased dangerous drugs from Rakim Paulin, DOB 04/04/1980, multiple times in the Dutchess County area during the course of this investigation. The investigation by the Drug Task Force led to obtaining a search warrant for Paulin and his vehicle.

On July 31, Drug Task Force Agents and the Dutchess County Sheriff's Office Emergency Services Unit located Paulin operating his vehicle on Route 82 in the Town of Wappinger and took him into custody without incident. Paulin was allegedly found to be in possession of a large quantity of Fentanyl and Crack Cocaine along with scales and packaging material. Paulin was charged with the following:

2 Counts of Criminal Possession of a Controlled Substance 3rd degree with intent to sell, a class B Felony (1)

2 Counts of Criminal Possession of a Controlled Substance 3rd degree while

having a half ounce or more of narcotics. Paulin was later transported to the Town of Wappinger Justice Court where he was remanded into the custody of the Dutchess County Jail with no bail.

The Drug Task Force was assisted in the execution of the search warrant and arrest of Paulin by the Dutchess County District Attorney's Office Violent Crime and Dangerous Drug Unit and the Dutchess County Sheriff's Office Emergency Services Unit.

The Dutchess County District Attorney's Office Drug Task Force warns the public that dangerous drugs like fentanyl and cocaine are the leading cause of overdose deaths in Dutchess County.

If anyone has information regarding this case or about any other individuals selling drugs in Dutchess County, you are urged to contact the Drug Task Force confidential tip line at 845-463-6040 or by sending an email to the following web address: DrugTaskForceTips@gmail.com

As with any criminal case, the charges described above are merely an accusation and those individuals named in this release are presumed innocent until proven guilty in a court of law.

## Beacon police investigate stabbings on South Avenue

On July 31, at approximately 12:17 a.m., Beacon Police received a 911 call of an upset subject stating, "Looper's Plaza," which is located at the intersection of South Ave. and Wolcott Ave, according to a press release from Beacon Police Chief Thomas Figlia. Department members checked the area and located individuals in South Avenue Park walking away from the area toward West Center St. According to Figlia, "They stopped the individuals and one of them, a 16-year-old male, was observed to be bleeding. He stated he had been in a fight and was stabbed. He was transported to St. Luke's Hospital [in Orange County] by ambu-

lance, and it was determined that he had suffered a non-life threatening laceration to the head. While officers were interviewing him at the hospital two other individuals, a 17-year-old female and an 18-year-old male, believed to be associated with this incident entered the emergency room also suffering from non-life-threatening lacerations."

The incident is still under investigation and further details are not being released. Anyone who may have witnessed the incident or who has further information is urged to call the Beacon Police Department at 845-831-4111 and ask to speak to a detective.

### Register to volunteer at HV Hot-Air Balloon Festival

Volunteers are needed for the 33rd Annual JPMorgan Chase Hudson Valley Hot-Air Balloon Festival. Aug. 30-Sept. 1 at Tymor Park in Union Vale.

Examples of volunteer duties are:

- Run a Game: Help manage and oversee one of the fun festival games in the Children's Zone and Family Activities area.
- Drive a Golf Cart: Assist with transporting guests and supplies around the festival grounds.
- Tend to the Bar: Serve drinks and manage the bar area.
- Park Cars: Direct attendees to parking spots and help manage the flow of traffic.
- Balloon Crew: Help pilots with their balloons.
- Runners: Help to deliver the logistics of the festival.
- Help set-up/clean-up

Register at <https://www.dccoc.org/balloonfestinvolved>

### Donate blood Aug. 9

A blood drive is being held at the Beacon Recreation Gym, 23 West Center St., in Beacon on Friday, August 9, from 11:30 a.m. - 4:30 p.m.

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## LETTERS TO THE EDITOR

Letters may be edited for legal considerations, reader interest and length. Please include a telephone number and address for verification purposes. Deadline for letters is Friday at noon. Letters must be submitted by e-mail to be considered for publication. Letters can be e-mailed to [newsplace@aol.com](mailto:newsplace@aol.com), and the phrase "Letter to the Editor" should be included in the subject line of the e-mail.

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- Letters that include personal attacks will not be published
- Letters written in response to other letter writers must address the issue at hand, rather than mentioning the writer by name and must refer to the headline and date the letter was published.
- Letters referring to news stories must mention the headline and date of publication.
- The Beacon Free Press will not be used as a vehicle to place misinformation.
- Information must be attributed to a specific individual or published item (ie- tell us where or from whom you obtained the information)
- All letters must contain a name, hometown and phone number for verification.
- Letters appearing on the Viewpoints page are the views of the writers alone and do not necessarily reflect the views of the Beacon Free Press.



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Historical Society

[www.DCHSNY.org/ddp](http://www.DCHSNY.org/ddp)

## Dutchess peaches - no fuzz and other early inventions



Home of Alson Ward and family in Pleasant Valley ca 1880s.

-Images courtesy of DCHS Collections.

### By Melody Moore

*Editor's note: This is an incomplete, "snippet view" of an article from the 2023 DCHS Yearbook, vol. 102, "Farming in Dutchess County." You will find the whole article at [www.dchsn.org/yb-2023](http://www.dchsn.org/yb-2023) or by purchasing a print copy at [amazon.com](http://amazon.com) (search books). If you have any questions, contact Bill Jeffway at [bill.jeffway@dchsn.org](mailto:bill.jeffway@dchsn.org). Melody Moore is a DCHS Trustee, Chair of Collections, and Co-Chair of Interpretation.*

During the second quarter of the nineteenth century the agricultural economy of New York went through a period of profound change. The 1825 opening of the Erie Canal had made available more fertile western lands and eastern New York farmers were forced to diversify. While wheat remained the most important cash crop until after 1850, it began to be displaced by corn, oats, barley, rye, hay, dairy products, sheep and wool and fruit orchards. As farming became more and more competitive and complicated, farmers soon realized that they needed more skills and there was a concur-

rent rise in interest in improved machinery and in scientific agriculture.

In her book "The Nature of the Future: Agriculture, Science and Capitalism In The Antebellum North," Emily Pawling explores the active scientific community thriving in New York in the years preceding the Civil War that was interested in agricultural improvement. One of the "improving agriculturists" she cites is the Ward family of Pleasant Valley that included Alson Ward.

Pawling points to entries included in Alson Ward's diary, now part of the collections of the Dutchess County Historical Society, that describe the Wards improving their soil with plaster, ashes, and stable manure, their use of a water-powered corn -sheller, a threshing machine, and an automatic hog feeder.

On October 18, 1844 Alson records "father spent his time fitting a hive of bees in my bedroom for experimenting &c." Presumably the bees remained there through the winter for on May 6, 1845. Alson shares "We have fed the bees for a few days in the following manner by placing honey in a flat square tin pie dish with a floating board



The Ward family of Pleasant Valley had active orchards and livestock, and operated this mill which was directly opposite their home.

filled with holes that they may eat readily in the middle of which we placed a bottle of honey prepared with a stimulus sufficient for them. Today they used two bottles of honey the eleven hives which consist our stock."

The Wards were also working on a design for a machine that would brush their peaches in order to remove the then characteristic fuzz on the outside of the peach. Presumably this design was a forerunner to the 1851 patent granted to Joshua O. Ward for improvement in machines for peeling and cutting peaches.

The Ward family, originally from England, was among the early settlers of Pleasant Valley and owned a mill and farmlands 2 1/2 miles from the village on what is today Traver Road. Despite the success of their milling operation, the Wards saw themselves as farmers and self-identified as such in census records. The "1850 United States Selected Federal Census- Non-Population Schedule" provides an overview of the agricultural production on their 81- acre farm. Valued at \$6,000, the entirety of the farm is listed as improved and seems similar in size and worth with others in the nearby vicinity. The farm's livestock, valued at \$500 included 3 horses, 5 milch cows, 1 other cattle, and 10 swine. The field crops enumerated in the schedule included such staples as wheat, rye, Indian corn and oats. Other produce worthy of mention was 500 pounds of butter which the diary records as being marketed in Poughkeepsie, and 15 pounds of beeswax. Numerous diary entries from 1844 - 1847 describe the Wards' apple orchards and provide great detail about the labor-intensive work of necessary for the successful cultivation of peaches, so it is surprising that column 97, Value of Orchard Products in dollars is empty

Starting in the spring of 1844 Alson's diary entries reveal what was required annually in order to create and maintain the family's peach orchards as follows:

"April 9: Went to Poughkeepsie to see about getting some peach trees. April 11: Went to valley on foot in evening to get help to work in orchard. April 13: To Poughkeepsie to engage peach trees, engaged 300 of Daniel Beadle at 10 cents, bought those, inoculated last fall, the inoculating just starting. April 15: Put ashes around peach and apple trees."

On April 17th Alson describes in great detail how their new peach trees were planted: "Spent most of the day planting peach trees. The method followed by us was by placing a large scoop shovel full of manure on top of the ground where the hole was intended and also a quart or two of unbleached ashes, also dug up the ground with a stubbing hoe in order to loosen it well and get the manure and ashes well mixed with the ground, then made a hole with a space or shovel for the tree. Place the tree in and partly fill the hole with the dirt and after they were all sett in this way we put half a pail of water on each tree and pulled the remaining dirt around the tree."

The rest of the summer, in addition to other farm chores, there was always weeding and hoeing around the peach trees and by August it was time to inoculate the trees.

Very little diary space is given to the harvesting of the peaches but on September 16th of 1844 Joshua set off to the State Fair in Poughkeepsie with some of his peaches.

The remaining years of Alson's diary record the same monthly sequence of peach orchard related tasks...

Please visit [www.dchsn.org/yb-2023](http://www.dchsn.org/yb-2023) to read the full article.

Melody Moore is a long-standing Board member of DCHS, Chair of its Collections Committee, regular contributor to the DCHS Yearbook, and develops a wide range of programs. More information at [www.DCHSNY.org](http://www.DCHSNY.org).

### Auditions at County Players in Wappingers Falls

"Eleanor" by Mark St. Germain

Auditions: August 18, 1p.m.

Performances: Oct. 4-5

This one-woman show brings to life Eleanor Roosevelt, the most influential First Lady the world has ever seen. From her "Ugly Duckling" upbringing to her unorthodox marriage to Franklin, Eleanor puts her controversial life, loves and passions on the stage.

Directed by Jeffery Battersby

"Underneath the Lintel" by Glen Gerber

Auditions: August 18, 3 p.m.

Performances: Oct. 5-6

Captivated by the mystery of a 113-years overdue late return, a librarian embarks on a quest to identify the borrower. Humorous and philosophical, this one-person play is a spellbinding tour de force of dramatic storytelling.

Directed by Christine Crawfis

Visit [www.countyplayers.org](http://www.countyplayers.org) for more information. County Players is at 2681 West Main St. in Wappingers Falls.

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### League Standings

SOUTH ATLANTIC LEAGUE NORTH						
	W	L	PCT	GB	L10	STRK
Greensboro PJT	*	20	16	.556	-	3-7 L1
Hudson Valley NYY		19	16	.543	0.5	8-2 W7
Aberdeen BAL		19	17	.528	1.0	6-4 L1
Wilmington WSH		17	18	.486	2.5	4-6 L2
Jersey Shore PHI		16	20	.444	4.0	1-9 L8
Brooklyn NYM		15	21	.417	5.0	5-5 W1
SOUTH ATLANTIC LEAGUE SOUTH						
	W	L	PCT	GB	L10	STRK
Bowling Green TB		21	12	.636	-	7-3 W1
Greenville BOS		22	14	.611	0.5	7-3 W2
Hickory TEX		19	17	.528	3.5	5-5 L1
Winston-Salem CWS		17	19	.472	5.5	4-6 W1
Asheville HOU		15	20	.429	7.0	5-5 W1
Rome ATL	*	12	22	.353	9.5	4-6 L1

### RENEGADES RAMBLINGS

## Key roster moves and upcoming games at home



*Infielder Roc Riggio has been as solid as you would want. Entering this past weekend, he had a hit in 33 of his previous 39 games.*

-Photo by Dave Janosz

By Rich Thomaselli

Here are some items from the notebook.

with the Houston Astros and assigned to High-A Hudson Valley. The Renegades roster now stands at the South Atlantic League maximum of 30 active, four Injured List and one Minor League rehab.

• **ROC SOLID:** Infielder Roc Riggio has been as solid as you would want. Entering this past weekend, he had a hit in 33 of his previous 39 games.

• **WALK-OFF MAGIC:** On Thursday, Hudson Valley earned its seventh walk-off victory of the season, scoring four runs in the ninth inning.

• **HOME COOKIN':** The Renegades began a stretch where they will play 19 of 25 games at Heritage Financial Park. After hosting Jersey Shore, Hudson Valley will travel to Brooklyn for the final time this season, before embarking on a two-week homestand.

• **ROAD STRUGGLES:** Home is obviously sweet for Hudson Valley. The team has lost 10 of its last 13 games on the road.



Players Statistics																	
PLAYER	TEAM	G	AB	R	H	2B	3B	HR	RBI	BB	SO	SB	CS	AVG	OBP	SLG	OPS
1 OmarMartinez C	HV	83	284	41	67	11	1	13	38	58	77	0	0	0.236	0.367	0.419	0.786
1 JaredSerna SS	HV	88	340	51	86	26	0	13	58	40	60	11	8	0.253	0.341	0.444	0.785
3 JaceAvina CF	HV	84	320	43	80	22	0	9	44	32	96	4	1	0.25	0.329	0.403	0.732
4 RocRiggio 2B	HV	80	304	56	66	18	4	8	30	51	63	17	5	0.217	0.342	0.382	0.724
5 GarrettMartin RF	HV	59	193	31	37	11	3	7	26	20	66	10	1	0.192	0.293	0.389	0.682
6 RafaelFlores 1B	HV	57	193	27	55	17	0	6	35	38	55	2	1	0.285	0.403	0.466	0.869
6 JoshMoylan 1B	HV	75	250	38	63	10	1	6	30	44	72	2	3	0.252	0.372	0.372	0.744
6 KikoRomero 3B	HV	59	183	25	41	10	1	6	20	31	70	9	1	0.224	0.352	0.388	0.74
9 JesusRodriguez C	HV	56	211	39	70	14	4	5	33	29	30	7	3	0.332	0.412	0.507	0.919
10 ChristopherFamilia LF	HV	30	103	13	21	5	0	3	17	9	33	0	0	0.204	0.284	0.34	0.624
10 AntonioGomez C	HV	24	86	11	19	8	0	3	10	5	26	0	0	0.221	0.277	0.419	0.696
12 KyleBattle LF	HV	21	46	14	8	1	1	1	5	9	23	5	0	0.174	0.316	0.304	0.62
12 TylerHardman DH	HV	16	59	8	14	3	0	1	7	5	26	1	0	0.237	0.292	0.339	0.631
14 BeauBrewer 3B	HV	33	92	8	21	6	0	0	10	8	19	0	0	0.228	0.29	0.293	0.583
14 JuanCrisp P	HV	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
14 BrennyEscanio SS	HV	29	88	7	22	8	0	0	11	8	27	5	2	0.25	0.309	0.341	0.65
14 ColeGabrielson RF	HV	66	191	28	39	12	1	0	18	29	56	12	3	0.204	0.343	0.277	0.62
14 AnthonyHall RF	HV	19	63	6	10	1	1	0	6	9	22	2	0	0.159	0.264	0.206	0.47
14 DJLeMahieu 3B	HV	2	7	1	2	1	0	0	1	0	1	0	0	0.286	0.286	0.429	0.715
14 NelsonMedina CF	HV	50	156	13	18	3	1	0	14	14	74	8	0	0.115	0.197	0.147	0.344
14 OscarSilverio X	HV	1	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0
14 AlexanderVargas SS	HV	5	15	1	3	1	1	0	5	3	1	1	1	0.2	0.316	0.4	0.716
14 JorbitVivas 2B	HV	4	16	4	5	1	0	0	5	2	3	0	0	0.313	0.389	0.375	0.764

Pitcher Statistics																				
PLAYER	TEAM	W	L	ERA	G	GS	CG	SHO	SV	SVO	IP	H	R	ER	HR	HB	BB	SO	WHIP	AVG
1 CamSchlitter	HV	6	4	2.6	17	17	0	0	0	0	86.2	60	34	25	7	3	38	108	1.13	0.191
2 TrentSellers	HV	6	2	2.4	26	4	0	0	1	4	63.2	34	25	17	2	2	30	74	1.01	0.154
3 BenShields	HV	3	2	2.75	14	7	0	0	0	1	52.1	35	19	16	5	4	10	71	0.86	0.185
3 BaronStuart	HV	6	3	4.02	16	16	0	0	0	0	80.2	74	37	36	4	5	29	71	1.28	0.248
5 KyleCarr	HV	0	6	5.61	18	18	0	0	0	0	77	77	57	48	5	2	45	70	1.58	0.266
6 SebastianKeane	HV	6	7	4.84	18	15	0	0	1	1	70.2	64	39	38	6	9	35	69	1.4	0.247
7 ColeAyers	HV	3	4	3.09	36	0	0	0	3	7	55.1	47	23	19	5	3	20	67	1.21	0.225
8 MattKeating	HV	3	3	4.5	31	0	0	0	3	4	56	40	31	28	8	1	23	66	1.13	0.196
9 JoelValdez	HV	1	2	3.88	28	0	0	0	3	5	46.1	33	24	20	2	7	24	55	1.23	0.2
10 MasonVinyard	HV	5	2	3.6	24	0	0	0	2	4	35	28	20	14	2	1	20	48	1.37	0.212
11 JacksonFristoe	HV	1	3	3.79	12	12	0	0	0	0	38	27	18	15	2	1	28	40	1.45	0.201
12 HuestonMorrill	HV	3	2	3.53	27	0	0	0	2	3	35.2	32	19	14	6	3	11	39	1.21	0.239
13 LuisArejula	HV	3	4	2.9	23	0	0	0	1	4	40.1	33	18	13	2	2	21	38	1.34	0.223
14 BlaneAbeyta	HV	1	2	2.3	6	6	0	0	0	0	31.1	28	15	8	3	3	5	21	1.05	0.235
15 YorlinCalderon	HV	0	0	3.38	8	0	0	0	1	1	13.1	13	6	5	1	1	5	17	1.35	0.241
15 EricReyzelman	HV	0	0	0	6	0	0	0	0	0	9.2	2	0	0	0	1	4	17	0.62	0.065
17 BrianHendry	HV	1	0	0	3	3	0	0	0	0	11	5	2	0	0	0	6	15	1	0.125
17 LeonardoPestana	HV	1	0	1.86	6	0	0	0	0	1	9.2	1	2	2	0	0	5	15	0.62	0.036
19 GeoffreyGilbert	HV	0	0	0	5	0	0	0	2	2	7	1	0	0	0	0	2	10	0.43	0.043
20 HarrisonCohen	HV	0	0	0	4	0	0	0	0	0	4.2	4	1	0	0	0	0	7	0.86	0.235
20 StevenFulgencio	HV	1	1	4.15	8	0	0	0	0	1	8.2	7	7	4	0	2	6	7	1.5	0.219
22 SeanBoyle	HV	1	0	1.5	3	0	0	0	0	0	6	4	1	1	1	2	6	1	0.19	
22 McKinleyMoore	HV	0	0	7.36	4	0	0	0	1	1	3.2	2	3	3	0	1	2	6	1.09	0.154
24 JuanCrisp	HV	1	0	12	2	0	0	0	0	0	3	2	4	4	2	0	4	4	2	0.182
25 IndigoDiaz	HV	0	0	0	2	0	0	0	0	0	2	1	1	0	0	0	1	2	1	0.167





# Renegades Extra!



**IMPACT**  
PR & Communications

**ERIC TAYLOR NAMED PRESIDENT OF  
TOMPKINS FINANCIAL ADVISORS**



**See story,  
page 8**



**IMPACT**  
PR & Communications

## RENEGADES ROUNDUP

# Series sweep over Jersey Shore moves Renegades into 2nd place

By Rich Thomaselli

What a difference a week makes. It was a great return home for the Hudson Valley Renegades, and even better to find success against division opponent Jersey Shore.

The team showed great signs of life by sweeping the six-game series at Heritage Financial Park. The six-game sweep was the second-ever for the Renegades, with the last coming July 4-10, 2022 - also against Jersey Shore.

The Renegades are now 19-16 on the season and just a half-game behind Greensboro in the league standings.

In the series opener last Tuesday, the Renegades earned a dominant win against the BlueClaws, recording nine hits in a 6-1 victory at Heritage Financial Park. Trent Sellers turned in a strong start, allowing just two hits in four scoreless innings while striking out six. He has not allowed an earned run in his last 24.1 innings across eight appearances and has retired 40 of the last 43 batters he has faced.

In the second Antonio Gomez led off with a single. He later scored in the frame on an RBI single by Christopher Familia off Casey Steward (1-1) to put Hudson Valley in front 1-0. Eight batters came to the plate for the Renegades in the fourth with two runs coming home. A Josh Moylan single and Garrett Martin double put runners at second and third with one out. After a walk to Familia loaded the bases, a Kiko Romero RBI single scored Moylan from third.

In the next at-bat, Brenny Escanio drew a bases-loaded walk to extend the Renegades lead to 3-0. In the fifth, Hudson Valley brought two more runs home. After Gomez was hit by a pitch and Moylan earned a walk, Familia ripped a



*Kiko Romero ripped a solo home run on Friday night, his sixth of the season. He finished the game 2-for-3 with two runs scored, a triple, a home run and one RBI.*

-Photo by Dave Janosz

two-run double to right, driving in Moylan and Martin. Familia was 2-for-3 with a double and three RBI and a walk.

In the second game of the series and on the last day of the month of July, with a four-run ninth inning the Renegades earned a remarkable 6-5 walk-off victory over the BlueClaws on Camp Day. Josh Moylan sent the crowd home happy with a walk-off single for his second walk-off knock of the season. Kyle Carr notched his third consecutive strong start. The southpaw allowed just four hits and two earned runs across five innings with six strikeouts. In his last three starts, Carr has

allowed just three runs and seven hits in 15.0 innings with 15 strikeouts.

It was much closer on Thursday, but still a 4-3 victory for Hudson Valley. The Blue Claws took the lead in the first. After reaching on an error to begin the game, Trent Farquhar scored on an Andrick Nava double to put Jersey Shore in front 1-0.

In the second Familia led off with a walk. Gabrielson drove him home with an RBI double to tie the game, his 12th two-bagger of the season. Still tied at 3-3 in the bottom of the fifth inning, Brenny Escanio doubled to lead off the frame. He advanced to third on a groundout and

came home on a sacrifice fly by Avina. There was no scoring the rest of the way, as the Hudson Valley bullpen was stellar behind Blane Abeyta. Mason Vinyard, Joel Valdez and Matt Keating combined for 4.2 scoreless innings. Keating earned his third save of the season with 1.2 scoreless frames.

On Friday night, the team weathered a rain delay that was three minutes short of two hours and posted a 7-1 victory. Cam Schlittler was stellar again for Hudson Valley, allowing just one run in five innings, while matching a season-high with nine strikeouts. He now has a team-leading 108 strikeouts in 86.2 frames this season. Hudson Valley took the lead in the top of the second when Garrett Martin reached on an error and stole second. He later scored on an RBI single by Anthony Hall to make it 1-0 Renegades. Schlittler was able to escape a bases-loaded, one-out jam in the fourth without allowing a run. Jersey Shore was just 2-for-10 with runners in scoring position and left eight on base. In the bottom of the fourth Kiko Romero ripped a solo home run to right off Mitch Neunborn, his sixth of the season. Romero finished 2-for-3 with two runs scored, a triple, a home run and one RBI.

Hudson Valley made it a season high for consecutive victories by winning 8-3 on Saturday. Hudson Valley took a 4-0 lead in the bottom of the fourth inning and, as it turned out, that was all the offense the Renegades would need.

On Sunday, Sellers continued his dominance on the mound, tossing four perfect innings while inducing six groundball outs as the Renegades won their seventh straight game by a score of 7-5.

Hudson Valley is on the road this week with six games in Brooklyn.

## General Manager Q&A

### Focusing on community events and gearing up for start of school



Zach Betkowski

*The Hudson Valley Renegades have a first-year general manager in Zach Betkowski. He sits down with reporter Rich Thomaselli every week to express his thoughts on the Renegades in particular and on minor league baseball in general.*

**We've talked about this before - but with the season winding down, how does the management help new players**

**get acclimated?**

To be honest, we try not to interfere too much out of respect for the Yankees. Most of our interaction with the players comes from community events. We're very community minded. The Yankees are very community minded. There's always a sign-up sheet in the clubhouse. It's a daily thing. But we also try to give the players and coaches their space, so they can focus on the job at hand.

We concentrate on the business side of things. But a lot of the overlap does come in those community events.

**Is there a change in philosophy or a new emphasis now that school is starting up fairly soon?**

(laughs). It's funny you say that. We do have to hire more people and more staff and more college interns because they go back to

school. And the dynamic of our attendance does change during the school year.

**Finally, the team is red hot. I know you said you focus on entertainment and other things, and that the baseball is secondary. But do you find yourself peeking a little bit?**

Sure. Of course. You always want the players to have that postseason experience.

that's italian!

by luigi coppola



# Deer in the headlights

## Pop's remarkable power of persuasion

My father can be very persuasive. He has a certain charisma about him. I call it the deer in the headlights syndrome, whereby he is the headlights and you are the deer. One time in particular, his powers of suggestion were in full display.

My parents have three apartment buildings on the property that we lived on. The basement apartments are half underground and there were always problems with flooding and mildew. Pop decided that the foundation drains needed to be replaced and we were going to do it ourselves over our summer break. By we, I mean me and my brother Vinny.

Over the course of a week, Pop poked and prodded around the apartments. When he was done, he explained to me and Vinny what we were going to do. We were going to rent a backhoe, dig out the area next to the apartments, seal the exterior walls, lay in new perforated pipes, pour gravel on top of the pipes, spread new topsoil over the top of the gravel and plant new grass seed. Three buildings, should take us a week. As he spoke to us, he looked us in the eyes and almost hypnotically. We believed we could do exactly what he was telling us.

Piece of cake. Oh, did I mention that I was 20 and Vinny was 17?

So we started on a Monday. The backhoe arrived. I had first crack at learning how to use it. Yup, you guessed it: I never used a backhoe in my life. I got on and started playing with the controls. It was

like a yellow mechanical bull of death. After about a half-hour of playing I finally got it so I didn't quite kill myself. Yup, this was going to be great.

I approached the first building, riding the yellow mechanical bull of death. I sank the teeth of the backhoe into the ground and started to dig. Though it took me longer than it should have, I got the first trench dug out in about two hours. Meanwhile, Vinny parged the outside of the foundation wall with black tar and started laying the pipe, while I started digging the trench on the other side of the building with the yellow mechanical bull of death. Slowly, Vinny and I worked our way around the building, laying pipe, filling in with gravel, spreading topsoil and planting seed. At the end of the second day, we finished the first building.

Pop came to inspect our work and told us he was pleased.

Day three began with rain. Pop told us to try to work through the rain, but the backhoe was slipping and sliding in the mud, and we were having trouble keeping the trench from caving in. Slowly, methodically, we made our way around the building until ... I dug in too deep and found the water main. Suddenly, thousands of gallons of water started pouring out of the hole. I don't know how I figured it out, but I managed to find the shut off and get the water turned off.

I called the restaurant and spoke to Pop, who was not too happy. He came home to see what was going on. We carefully dug out

the pipe and luckily I only shifted the pipe at the joint. All we had to do was realign the pipe and screw it back together.

At this point the rain was coming down in buckets and there was thunder and lightning. Pop told me to get in the hole and get the pipe put back together because the apartments were without water. The deer looked right into the headlights and got into the hole.

Suddenly, as I was putting the pipe back together, my hair stood up, I felt a tremendous jolt, saw a flash of light, heard a loud crack and boom and felt what I thought was a giant hammer across my hands. I got blown out of the hole and was laid out flat outside of the trench and out cold. When I came to, my father was screaming at me, slapping my face, "Luigi!!! Luigi!!! Say something!!! You OK?!!!"

Again the deer looked into the headlights. I nodded my head and said I was OK. I looked at my hands and saw a burn mark in my palm and on the back of my hands. Pop said I had been blown out of the pit by a bolt of lightning.

I was in a bit of a fog. Everything was moving slowly. Pop kept asking me if I was OK. Slowly my wits came back and finally I told Pop I was good. He asked if I was sure.

Again the deer looked into the headlights. I nodded my head and said. I was OK. Pop looked me in the eyes and said OK, get back in the hole and finish the job.

As I said, Pop was very persuasive. So ... the deer looked into the headlights and ... got back into the hole and finished the job. Did I mention it was my birthday? July 26th.

That night, Mom made me and Vinny grilled chicken with lemon and mint with this pasta that was better than anything I had ever eaten. Maybe it was the hard work or maybe it was the deer in the headlights, but that was probably the best meal I ever had.

### Ditalini with lemon, tomatoes and capers

#### Ingredients

1/4 cup extra virgin olive oil  
3 cloves garlic, diced fine  
large pinch crushed red pepper flakes  
10 cherry tomatoes cut in half  
3 teaspoons of capers  
1/2 cup of Kalamata olives, roughly chopped  
1 lb. ditalini  
freshly ground black pepper  
1/2 cup diced onions  
1 lemon

#### Method

Put a 10-inch skillet over medium-high heat. When the pan is hot, add the olive oil, onions garlic and red pepper flakes and cook for about 2 minutes. Carefully add the tomatoes, capers, and olives. Reduce the heat to medium low. Simmer until the tomatoes get warm and slightly cooked.

Cook the ditalini in the boiling water until it's just tender. Drain the pasta and put it in a large bowl. Add the sauce and squeeze the lemon. Toss till mixed thoroughly. Taste and season well with salt and pepper. Serve hot, warm, or at room temperature. Great side dish with grilled chicken.

*Luigi Coppola is one of five brothers born to Francesca and Antonio Coppola. The Coppola family came to America from Naples, Italy in 1954. Antonio and his brothers opened their first restaurant in Poughkeepsie in 1961. Luigi and his brothers Nick, John, Antonio and Vincent have carried on the family tradition in the way their parents taught them, using classic recipes taught to them at their apron strings. Visit their website at [www.coppolas.net](http://www.coppolas.net).*

## Eric Taylor named President of Tompkins Financial Advisors

Tompkins Financial Corp. (Tompkins) has announced that Eric Taylor has joined the company as Executive Vice President and President of Tompkins Financial Advisors.

Taylor has spent his career in wealth management and brings extensive experience in investment and advisory services. His background includes strategic oversight and management of client-facing investment advisors, portfolio managers and financial planners. In addition, he brings in-depth knowledge of investment planning and portfolio implementation, as well as investment oversight and compliance.

In his new role, Taylor will lead Tompkins Financial Advisors, a holistic financial services firm with over 130 years of experience, bringing customized wealth management, financial planning and trust solutions to individuals and businesses. He will report to Steve Romaine, president and CEO of Tompkins Financial.

Romaine commented, "It is my pleasure to welcome Eric to the Tompkins team. In addition to his experience in the wealth arena, he brings a vision consistent with the Tompkins model of always placing the client at the center of everything we do. Most importantly, we share a common set of values and culture. Eric started his early career with us as a trust officer and I have enjoyed watching his growth and progression over the years. I'm pleased to welcome him back in



Eric Taylor

-Courtesy photo

this senior role, and as a member of my senior leadership team, contributing to strategic issues across the company."

A long-time resident of Ithaca, Taylor is a graduate of the Johnson Graduate School of Management at Cornell University and holds a Master of Business Administration. He also spent his undergraduate years at Cornell earning a Bachelor of Arts in Policy Analysis and Management.

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# HUDSON VALLEY NATURALIST

by Francine Wizner



## August is Aspirin's anniversary

The ancient Egyptians and Sumerians used bark from willow trees to treat pain; Hippocrates wrote that both the willow's leaves and its bark relieved fevers. The ancients didn't know why the plant matter worked, but later researchers were able to isolate the key ingredient. By the mid-1800s salicylic acid was identified. In fact, salicylic acid can be found in the genus Spiraea, or meadowsweets, a group of about 100 species of shrubs in the family Rosaceae. These include jasmine, beans, peas, clover and certain grasses and trees.

### The treatment could be worse than the cure

Before August 10, 1897, if salicylic acid was administered to patients by itself, it could cause nausea, vomiting, and coma! It wasn't until that date that German chemist Felix Hoffmann created the compound acetylsalicylic acid, which had the anti-inflammatory properties of salicylic acid, but also buffered the effects of the acid on the stomach. (Coincidentally, August may also be the month that parents take fewer aspirin and teachers take more, but that is just conjecture.)

Hoffmann's discovery helped alleviate his father's rheumatism and positioned his employer, Bayer, to compete with other growing pharmaceutical concerns of the 19th century such as Merck, GlaxoSmithKline, Pfizer, Eli Lilly, and Squibb. Bayer sold acetylsalicylic acid in tablets called aspirin, a name derived from a combination of acetyl and Spiraea.

### A bitter pill keeps predators away

Interestingly, salicylic acid is used not just by people, but wildlife, as well. Viceroy caterpillars, which look like bird droppings, feed on trees which produce the herbivore-detering compound. Once the Viceroy's metamorphose into butterflies, they are mimics, once again. Their orange and black markings resemble those of Monarch butterflies.

As butterflies themselves, the Viceroy's still contain salicylic acid due to fact that they fed on willows while in the larval stage. This acid not only causes the Viceroy to taste bad but makes whatever eats it sick.

### Aspirin: 'Wonder drug,' but deadly for some

Aspirin is a potent medical treatment with uses beyond the common "school-days headache." It can be used in treating cardiovascular conditions and cancer! It blocks the production of prostaglandins, which are hormone-like compounds which influence many reactions in the body. Aspirin stops mild inflammation and pain by blocking prostaglandins which cause them.

However, prostaglandins function as part of the body's way of dealing with injury and illness. Prostaglandins can both constrict and dilate blood vessels, open or close airways, contract or relax muscles, alleviate or cause pain. Aspirin does not differentiate what type of prostaglandin it is blocking. To aspirin, the only good prostaglandin is a dead prostaglandin.

While aspirin blocks prostaglandins that cause pain, clotting, narrowing of blood vessels and inflammation, it also blocks prostaglandins that protect the stomach lining. This can cause stomach bleeding. Nonsteroidal anti-inflammatory drugs, or NSAIDs like ibuprofen (Motrin, Advil), naproxen (Aleve), and Aspirin all can cause stomach irritation. Aspirin is the most toxic to the stomach, but also the most versatile pain reliever.

But aspirin is not for everyone. Certain conditions make taking aspirin dangerous. There are several illnesses related to blood clotting factors and platelets, such as hemophilia, which make taking aspirin ill-advised.

### Dutchess County Willow Farm

As I looked around Dutchess County for photos of willows and Viceroy butterflies for this column, I "discovered" a farm where they grow! An abundance of purple willows can be found at Willow Vale Farm in Stanfordville. It is there that you'll surely find Viceroy butterflies and caterpillars amid the rows of deciduous shrubs. In learning about the farm I found that willow has value beyond its ancient medicinal use.

Jes Clark, the owner of Willow Vale, grows willow as a windbreak, a soil-erosion-preventer, and as an agricultural product. She says willow "is one of the most versatile and useful plants around."



Aspirin.

-Photos by Francine Wizner



Jes Clark at Willow Vale Farm.

She grows *Salix purpurea* because it is hardy and mostly pest-resistant. She also grows other types of willow for variety in her weaving projects. (She can be found at <https://www.willowvale.farm>.)

3 decades teaching in Ulster County. She creates science-themed instructional materials and books, as well as being a Citizen Scientist in the management of her current home in an enchanted woodland of Dutchess County. Find her at <https://www.gertrudekatzchronicles.com/> and <https://www.pleasantvalleymaplelodging.com/>.



Viceroy at Willow Vale Farm.

-Photo by Jes Clark



A willow tree in Pleasant Valley.

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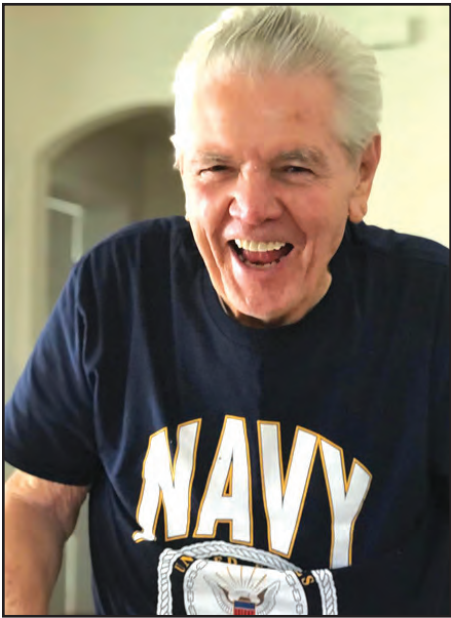
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# Obituaries

## Michael Laffey



PLEASANT VALLEY - Michael Laffey, 88, of Pleasant Valley, died peacefully on Tuesday, July 23, 2024 surrounded by his family.

Michael was born in Queens, son of the late Peter Joseph and Catherine (McNamara) Laffey. In 1958, he married the love of his life, Mary Joan (Lima) Laffey. August 2nd would mark their 66th wedding anniversary.

He was a United States Navy veteran, receiving the National Defense Service Medal and Navy Occupation Service Medal in his almost 4 years of service. He proudly participated in an Honor Flight to Washington DC in November of 2015.

Michael was an avid reader of historical novels and enjoyed discussing the intricacies of naval ships. He loved recreational boating and being near the ocean. He spent many wonderful summers in

Rhode Island and was looking forward to moving there to be closer to his daughter.

He was a professional welder and welding instructor, having worked in numerous places but most notably at IBM for over 30 years, before retiring.

He was a proud member of the Knights of Columbus, Hudson Valley Gun Club, and the Elks Club.

Besides his wife, he is survived by his daughter, Katherine (Laffey) Ruggiero, son-in-law Thomas William Ruggiero, and their three children, Karena (Ruggiero) Mothershed, Thomas Michael Ruggiero, and Bridget Edna Ruggiero. He was also the proud and loving great-grandfather to Ethan Michael Mothershed, son of Karena and spouse Robert James Mothershed. Michael cherished every moment with his family, particularly spending time with his grandchildren and watching them grow.

Michael is predeceased by his sister Katherine "Kay" (Laffey) DeGiralamo, sister-in-law Anne (Schutta) Laffey, and brother-in-law James "Jimmy" Lima, and survived by his siblings and their spouses Angelo DeGiralamo, Peter and Chloe Laffey, Mary (Laffey) and Jimmy McInerney, and Anne (Laffey) and John McDonough.

He is survived by many nieces and nephews: Nancy and Dwayne; Peter and Angela; Jane and Leon; Ryan and Kate; Michael; Anne Marie; Joanne; John and Karen; Christine and Bob; John; Brian and Teri; Kelly; Patricia and Chris; Stephen and Jean; Kimann; and Teresa; and predeceased by nephews Joseph Lima, James "Jimmy" Lima, Cullum McDonough, and James "Jimmy" McInerney.

Michael was the proud uncle to 28 great nieces and nephews, and 5 great-great nieces and nephews.

A wake was held on Sunday July 28th, 2024 at Allen Funeral Home, 1605 Main St, Pleasant Valley NY.

His funeral service was held on Monday, July 29th, at Saint Stanislaus Catholic Church, 1590 Main St, Pleasant Valley NY.

Burial with Military Honors followed at Saint Peters Cemetery, 171 Salt Point Turnpike, Poughkeepsie NY.

Flowers are welcome, or in lieu of flowers, donations are encouraged to St. Jude Children's Research Hospital.

To leave an online condolence visit [www.HudsonValleyFuneralHomes.com](http://www.HudsonValleyFuneralHomes.com).

## Richard Ohlson



EAST FISHKILL AND POUGHKEEPSIE - Richard Alan Ohlson, 71, previously of East Fishkill and Poughkeepsie, passed away on July 25, 2024 at the Renaissance Rehabilitation and Nursing Care Center in Staatsburg.

Born on June 11, 1953 in Brooklyn, Richard was the son of the late Arvid "Al" and Ann (Spinelli) Ohlson. He graduated from John Jay High School in East Fishkill. Richard was a lifelong fan of the NY Yankees, Rangers, and Giants. He enjoyed visiting Saratoga Springs, going to the movies, and cooking for his family. More than anything, he loved spending time with his daughter.

Richard is survived by his daughter, Caitlin Ohlson and her fiancée John of Albany, and his brother, Robert Ohlson and

his wife Carolyn of East Fishkill. A graveside service was held on Tuesday, July 30, 2024 at Fishkill Rural Cemetery, 801 Route 9, Fishkill. Arrangements are under the direction of the McHoul Funeral Home. Please visit Richard's Book of Memories at [www.mchoulfuneralhome.com](http://www.mchoulfuneralhome.com).

## George P. Makris



WAPPINGERS FALLS - George P. Makris, a long-time resident of Wappingers Falls, passed away at the Hudson Valley Hospice House in Hyde Park on July 29, 2024, at the age of 70.

The son of the late Nestor and Dorvalina (Pagone) Makris, George was born in Mount Vernon, NY, on July 12, 1954. He enlisted in the Navy in 1971 and was honorably discharged in 1977.

George was an entrepreneur, most notably known for founding Eastern Contracting, and Think Green Junk Removal in Wappingers Falls. He was also a talented woodworker and dog breeder. Above all, George was a devoted husband, father, and grandfather who cherished his family.

George is survived by his wife Roseanna, who he loved dearly, along with Cristina Maltais and her husband Joe

of Wappingers Falls; his grandchildren Kayleigh, Christian, and Emma; his brother Nestor and wife Jen; his many nieces, nephews and cousins; and his beloved dog, Marley.

In addition to his parents, George was predeceased by other immediate family members, David Moccia, John Makris, Val Wilson (Makris), and his stepmother Annie Makris, along with his beloved dogs, Trouble, Sabrina, Abby, Sassy, and Bella.

Calling hours were held on August 1, 2024, at the McHoul Funeral Home Inc., 895 Rte 82, Hopewell Junction, NY 12533. A service took place the following morning at the funeral home, followed by interment at Fishkill Rural Cemetery.

In lieu of flowers, donations may be made to Hudson Valley Hospice, <https://www.hv.hospice.org/donate-now/> [[hv.hospice.org](http://hv.hospice.org)]

For directions and online tributes, please visit [www.mchoulfuneralhome.com](http://www.mchoulfuneralhome.com).

# Hinchey and Serino announce \$1M for DPW equipment

On July 30, New York State Senator Michelle Hinchey and Dutchess County Executive Sue Serino announced \$1 million in state funding for new heavy-duty road maintenance equipment for the Dutchess County Department of Public Works (DPW). This includes a caterpillar excavator, wood chipper, roadside mower, snow plows, and sanding trucks. Former Senator Serino initiated the state grant during her tenure, and Senator Hinchey advanced it to fulfillment this year.

Hinchey said, "Our local roads and infrastructure matter, and updating them directly improves the safety and quality of life in our Hudson Valley communities. I'm proud to have worked with County Executive Serino to deliver this significant investment so that our local crews can get the tools they need to keep roads safe and in good shape across Dutchess County."

"Dutchess County is grateful to Senator Hinchey for her support in finalizing this \$1 million grant for the Department of Public Works for critical road maintenance equipment," said Serino. "The safety of our local residents remains a top priority, and the equipment purchased will go a long way in ensuring our local roads are well-maintained and accessible."

Robert Balkind, Commissioner of Dutchess County Department of Public Works, said, "I wish to thank both County Executive Serino and Senator Hinchey for their efforts to secure this grant. Keeping our fleet of heavy equipment in good order is essential to the Department of Public Works' ability to deliver the vital services we provide to our community. On behalf of our DPW team and the community we serve every day, thank you both for your work to provide this funding to Dutchess County."

Right, pictured from left: Senator Michelle Hinchey, Dutchess DPW Commissioner Robert Balkind, and Dutchess County Executive Sue Serino on Tuesday, July 30, at the DPW Garage at Dutchess Turnpike in Poughkeepsie.

-Courtesy photo



- Southern Dutchess News
- Beacon Free Press
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- 121 Special Instruction
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- 142 Day Care
- 143 Baby-sitting
- 145 Adult Care
- 150 Announcements
- 151 Adoption
- 152 Novenas
- 154 Lost & Found
- 155 Personal Services
- 200 Services

- 201 Home Improvement
- 202 Cleaning Services
- 203 Lawn Services
- 221 Professional Services
- 222 Tax Experts
- 223 Beauty Services
- 225 Business Services
- 226 Travel & Services
- 227 Bridal Services
- 295 Financial
- 296 Mortgages
- 300 Real Estate
- 301 Townhouses & Condos
- 302 Commercial Property
- 304 Mobile Homes
- 305 Lots & Acreage
- 400 Townhomes & Condos for rent

## Classified Index

- 401 Apartments for Rent
- 402 Rooms for Rent
- 403 Furnished Rooms
- 404 Furnished Apartments
- 405 Wanted to Rent
- 406 Garages for Rent
- 407 Vacation Rentals
- 408 Houses for Rent
- 420 Commercial Rentals
- 500 Musical Merchandise
- 501 Kid Stuff
- 502 Clothing
- 503 Furniture
- 504 Appliances
- 505 Free Items
- 506 Computers
- 507 Sports Equipment
- 508 Exercise Equipment

- 509 Office Equipment
- 510 Firewood
- 511 Lawn & Garden Equip.
- 512 Winter Merchandise
- 516 Misc. Merchandise
- 700 Pets & Supplies
- 701 Free Pets
- 702 Lost & Found Pets
- 703 Pets for Adoption
- 710 Garage & Yard Sale
- 711 Tag Sale
- 712 Moving sale
- 713 Rummage Sale
- 714 Flea Market
- 715 Craft Corner
- 716 Barn Sale
- 717 Estate Sale
- 718 Auctions
- 719 Antiques

- 720 Vendors Wanted
- 721 Wanted to Buy
- 722 Bazaar
- 723 Consignments
- 724 Farmers Market
- 725 Collectibles
- 750 Events
- 800 Boats
- 801 Campers & Trailers
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# Banjoist Alison Brown to play Towne Crier Aug. 9

Innovative banjo player Alison Brown will perform at the Towne Crier Cafe in Beacon on Friday, Aug. 9, at 8:30 p.m. One of the most multi-faceted minds in roots music, Brown is a GRAMMY-winning musician, GRAMMY-nominated producer, former investment banker (with an AB from Harvard and an MBA from UCLA), and co-founder of The Compass Records Group which celebrated its 30th anniversary in 2023. Although Brown began her musical career as a teenager in the Southern

California bluegrass scene, she has built a reputation as one of today's most forward-thinking banjo players. She is known for taking the instrument far beyond its Appalachian roots by blending bluegrass and jazz influences into a sonic tapestry that has earned praise and recognition from a variety of national tastemakers including The Wall Street Journal, CBS Sunday Morning, NPR, and USA Today. Tickets for the show are \$35 advance, \$40 door. Visit [www.townecrier.com](http://www.townecrier.com) or call 845-855-1300 to purchase.



Banjoist Alison Brown to play Towne Crier in Beacon on Aug. 9.

-Courtesy photo

## USB's Hyde Park branch Community Appreciation Day set for August 10

The community is invited to Ulster Savings Bank's Community Appreciation Day on Saturday, August 10, from 10 a.m. - 2 p.m. at the Hyde Park location, 4240 Albany Post Road. Activities and entertainment include fun games and a live

broadcast remote from Q92. Enjoy free refreshments (while supplies last). They will have local businesses from the community attending plus donation collections for the Dutchess County SPCA and the Hyde Park Food Pantry.



# Jazz in the Valley returns to Poughkeepsie

Jazz in the Valley (JITV), upstate New York's premiere festival, returns to Poughkeepsie's Waryas Park on Sunday, August 18, starting at Noon and ending at 6 p.m. Presented by TRANSART & Cultural Services, Inc., the 24th annual festival celebrates the legacy, history and future of jazz, with a blend of young and legendary musicians that include harpist Brandee Younger and her trio, alto saxophonist Charles McPherson, Mitch Frohman & The Bronx Horns and JITV Artistic Director Javon Jackson performs with featured guests, the esteemed poet Nikki Giovanni and vocalist Nnenna Freelon.

This year's festival kicks off on Saturday August 17, with the second annual Poughkeepsie Jazz Crawl. This celebration throughout downtown Poughkeepsie returns after last year's outstanding inaugural event. Free and open to the public, the jazz crawl will run from 4-9 p.m., featuring exciting musical performances, themed cocktails, and fine cuisine at three local eateries.

For festival founder/producer Greer Smith, recipient of the Jazz Journalist

Association's 2021 Jazz Hero Award, this year's festival is a continuation of its successful formula for presenting first class jazz to the Hudson Valley.

"Since our inception 24 years ago, we've presented this music as a living legacy - something not just to be listened to, but something to be studied, cherished and shared," Smith said. "We strive to present musicians from different eras, different genres and different styles, to show the unity-in-diversity that makes jazz the dynamic art form that it is." This year's lineup of musicians is true aural evidence of Smith's swinging success as a festival curator.

For tickets, go to [www.jazzinthevalleyny.org](http://www.jazzinthevalleyny.org). General admission is \$60, and \$70 at the gate. The cost for students with valid ID is \$20. For group ticket sales, directions and more information about Jazz in the Valley, contact TRANSART at [info@transartinc.org](mailto:info@transartinc.org), 845-384-6350, or log on to [www.jazzinthevalleyny.org](http://www.jazzinthevalleyny.org). Tickets can be purchased in-person at TRANSART's office, 107 Henry Street, Kingston, and at Blue Byrds Haberdashery in Kingston.

# West Point Band to perform 'A Summer Night's Dream' on Aug. 10



The West Point Band will continue its Music Under the Stars concert series with "A Summer Night's Dream" on Saturday, August 10 at 7:30 p.m. at West Point's Trophy Point Amphitheater. Bring one's family and friends to Trophy Point and enjoy the evening of quintessential summer music for a night under the stars. Relax to the melodies of Mendelssohn's "Midsummer Night's Dream," the evocative "Hill-Song No. 2" by Percy Grainger and the timeless tunes from "West Side Story." This concert is free and open to all; for more information visit [www.westpointband.com](http://www.westpointband.com).

For West Point Band concert information, cancellations, and updates, visit [www.westpointband.com](http://www.westpointband.com), or follow on Facebook, Instagram, YouTube, and X.

-Courtesy photo

# Two awarded 2024 Katherine Beale Memorial Scholarship

The Dutchess County St. Patrick's Parade Committee awarded the Annual Katherine Beale Memorial Scholarship to two deserving students, Jessica A. Murphy and Bryce E. Manning. The parade committee named it's scholarship after Katherine M. Beale who was a forerunner in establishing this scholarship 20 years ago. Katherine passed away a few years ago after a short illness. The committee unanimously voted to rename the scholarship

after her. The Dutchess County Saint Patrick's Parade Committee offers two \$1,500 scholarships. These scholarships are open to graduating high school seniors and students currently enrolled in college. Scholarships will be awarded for community involvement and academic achievement.

For more information on how to apply for this scholarship, please visit our website at [www.dcsppc.org](http://www.dcsppc.org) or call John Beale at 914-475-8917.

### Katherine Beale Memorial Scholarship Winners

Jessica A. Murphy, a 2024 graduate of Roy C. Ketcham High School will be attending SUNY Oneonta. Jessica was involved in many extracurricular activities such as the Interact Club, National Honor Society, French Honor Society, STEM Day at Evans Elementary School, Science Olympiad, and president of Greenworks Club. Jessica played violin in the school orchestra Jessica is dedicated to serving others through volunteering and is pursu-

ing a career in Forensic Science. Bryce E. Manning, a 2024 of Beacon High School, will be attending SUNY College of ESF (Environmental Science and Forestry Excellent). He was involved in many activities, including the National Honor Society, Science Club, Cross Country & Track and Field teams and president of the swim team. He volunteers at a local food pantry. He is dedicated to making a difference by offering a helping hand and a kind word. Bryce will be pursuing a career in Biotechnology.

## Rachael Sage to perform in Beacon on August 11

Hudson Valley based Alt-folk-pop singer-songwriter, multi-instrumentalist and artist Rachael Sage and her long-time band The Sequins will perform in Beacon at the Towne Crier, 379 Main St., on Sunday, August 11. Join Rachael and special guest musicians in a celebration of her favorite season - summer - where she will perform songs from her new record, Another Side. The show is 6:30 p.m. and is complimentary with a dinner reservation.

For more information, call 845-855-1300.

## this week's puzzle solutions

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

This week's answer  
**SUDOKU**

H	E	A	T	S	A	R	E	N	E
H	Y	M	N	S	A	G	A	R	I
S	T	A	I	N	E	L	S	E	T
S	L	O	E	D	U	S	T	D	E
P	V	C	B	E	S	O	M		
D	Y	E	W	E	D	O	N	E	D
N	E	V	E	S	L	E	A	Z	Y
E	L	I	D	E	O	U	T	S	T
M	I	L	L	N	A	C	R	E	S
A	R	C	T	I	C	B	O	R	A
A	R	E	N	A	S	A	C		
L	I	G	H	T	I	N	G	B	R
L	A	I	N	E	T	U	I	N	E
E	C	R	U	S	C	A	R	U	L
J	A	B	S	A	F	T			

1	2	1	2	3	1
3	4	5	4	5	4
2	1	2	1	2	3
3	4	3	5	4	5
2	1	2	1	2	1
3	5	3	4	5	3

Suguru solution

### Legal Notices

REQUEST FOR BIDS NOTICE  
Te Purchasing Agent, County of Dutchess, Poughkeepsie, New York, hereby invites the submission of sealed bids for: Bid #RFB-DCP-50-24  
REBID - Preventive Maintenance and As Needed Pest Control Bids will be received

### Legal Notices

until 2:00 p.m. on the 20th day of August 2024 at the Dutchess County Division of Central Services, 378 Violet Avenue, Suite 2, Poughkeepsie, New York 12601. Specifications and bid forms may be obtained by visiting our website <http://www.dutchessny.gov>, selecting "Government", then

### Legal Notices

selecting "Bidding and RFP Opportunities". For additional information, call 845-486-3613.  
REQUEST FOR PROPOSAL NOTICE  
The Purchasing Agent, County of Dutchess, Poughkeepsie, New York, hereby invites the submission of sealed

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proposals for: Bid #RFP-DCP-45-24 Advertising Content and Local Media Strategy for Public Awareness Campaign(s)  
Proposals will be received until 2:00 p.m. on the 27th day of August 2024 at the Dutchess County Division of Central Services, 378 Violet Avenue, Suite 2, New

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York 12601. Specifications and proposal forms may be obtained by visiting our website <http://www.dutchessny.gov> selecting "Government", then selecting "Bidding and RFP Opportunities". For additional information, call 845-486-3613.

### Legal Notices

### Legal Notices

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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.



# love to cook

by vicki frank day



# An easy summer meal

### Caprese chicken and no-bake yogurt pie for the hot days ahead

Here we are, midway through summer already. I know it isn't always fun cooking in hot weather, believe me. My kitchen is not a joy to be in this time of year. I like the challenge of meal planning but there have been plenty of days lately that I really struggled to come up with something different or that at least I hadn't already made in a while AND that wasn't heavy or heated up the kitchen. So I get it – the struggle is real, but we can do this! We've still got plenty of summer to get through, after all.

Yes, I was in a bit of a menu rut last week, feeling like I'd already exhausted my summer meal repertoire. Silly me! I was just hot and a little hangry. A big glass of iced tea, a sandwich and a good, long look at my grocery haul that week brought me back to my senses and soon I had a new idea to try out. Usually, I plan out my weekly menus as I look through the supermarket flyers, but even that wasn't inspiring me, so I bought what looked good and figured I'd just come up with something. Sure enough, once I looked at what I had and started prepping, I was quickly on a roll and, based on what I had to work with, I made something fresh and tasty. But as I said, I was on a roll and before I knew it, I made dessert too! When all was said and done it turned out to be a perfect summer dinner.

The inspiration came in stages. For me, inspiration is often one part practicality and two parts creativity, as was the case here. First, I had chicken breasts I needed to use. I also had fresh mozzarella and basil because I had a craving and bought them without a plan. Last, but not at all least, I had my new favorite: on-the-vine cherry tomatoes from Aldi that I've been loving. They are so sweet and delicious with just-from-garden-like flavor. I can't get enough! I'd been tossing them in all kinds of salads and just snacking on them, but there they sat as I puzzled over what to make and it all came together in a flash!

I'm not sure what to call it – it's part caprese (after the classic salad) and bruschetta (because of the tomato topping) – but whatever you call it, it's delightful. As the components suggest, it's fresh and light, some of my favorite flavors of summer playing together in that beautiful way they have. To keep things light and in season, I served it simply with corn on the cob and called it a night, which was definitely the way to go, especially since there was dessert to save room for. So, if you're ready, here it is.

#### CAPRESE CHICKEN

Yup, that's what I went with because of the classic combination of tomato, basil and fresh mozzarella. I had some of the tomato topping left over, which I happily ate with a spoon, but you could serve it over toasted

bread for that bruschetta I alluded to earlier. Marinating the chicken may not be necessary, but that's what I did because I was grilling it and I wouldn't change a thing, even if cooked in a skillet. I served it with sweet corn and some garlic bread, which was just right.

#### INGREDIENTS

- 4 boneless, skinless chicken breasts
- 4-5 tablespoons extra-virgin olive oil
- Juice from 1 lemon, divided
- Salt and pepper (freshly ground is best), to taste
- 1 teaspoon dried oregano
- About 2 cups diced fresh, ripe tomatoes
- 2 cloves fresh garlic, minced
- Fresh chopped basil (I used 8-10 good-sized leaves)
- Fresh mozzarella, sliced (enough for the 4 chicken breasts)
- Freshly grated Parmesan

#### METHOD

Place chicken breasts between two pieces of plastic wrap and pound just to even out their thickness. (You can skip this step if you're using thin-sliced breasts.) Place in a large bowl or zip-top bag and set aside.

Make the marinade: In a small bowl, whisk together olive oil, half of the lemon juice, salt, pepper and oregano. Add to the chicken, toss and refrigerate for at least 30 minutes.

Meanwhile, in a medium bowl, combine tomatoes, garlic, basil and remaining lemon juice. Season with salt and pepper, stir and set aside.

Remove chicken from the bag or bowl and place on a preheated grill over medium-high heat. Discard any leftover marinade. Grill until internal temperature is 155 degrees, 5-7 minutes per side. NOTE: you'll know when it's time to flip when it doesn't stick to the grill.

Before removing from the grill, top each chicken breast with mozzarella and close the grill lid to melt the cheese, 2-3 minutes.

Transfer to plates and top with the fresh tomato mixture. Sprinkle with Parmesan and serve immediately.

But what about dessert, you may be asking? I whipped up a no-bake pie! It's a family favorite my mother makes that's cool and easy and comes together quickly because of the shortcut ingredients. It just needs time to set up in the freezer before serving so plan to make it at least 2 hours ahead.

#### NO-BAKE YOGURT PIE

You may think it's cheating to use whipped topping but with results this good you might forgive me. I have made



No-bake yogurt pie ready to slice and serve.

-Photo by Vicki Frank Day

it with homemade whipped cream but it doesn't set up as well. I've made my own graham cracker crust but there's no shame in using a pre-made version, as I did here to speed things up. You can mix fresh fruit into it, garnish the top with berries or whipped cream or just leave it plain. Remember, you'll need to give it time in the freezer to set but then keep it to the fridge.

#### INGREDIENTS

- 2 small containers fruit yogurt (I used Chobani 5.3oz Strawberry Greek yogurt)
- 1 container whipped topping (like Cool Whip)
- 1 graham cracker pie shell (premade is just fine)
- Fresh berries for garnish (optional)

#### METHOD

In a medium bowl, whisk together yogurt and whipped topping. Pour into pie shell and freeze 2-4 hours to set.

Remove from freezer, garnish with berries and serve. (You may want to let it sit out 15 minutes or so). Place any leftovers in the fridge.

And that, my friends, is one summery supper! From beginning to end it's fresh, light and flavorful. It's kind of a little celebration of what summer's all about and keeps the livin' easy as it should be this time of year. Enjoy!

Vicki Frank Day's background includes over two decades in various aspects of the food service industry. In addition, she has over 27 years' experience in marketing, graphic design, copy writing, food styling and research. She believes cooking should be a fun adventure, that food should be an experience and that every day can be a special occasion. Email her at [vickiloves2cook@gmail.com](mailto:vickiloves2cook@gmail.com).



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