

County receives \$3M grant for 2-way radio system

Dutchess County's Consolidated Two-Way Radio System Project received a \$3 million grant award from the New York State Division of Homeland Security and Emergency Services' (DHSES) Interoperable Communications Targeted Grant program. County Executive Sue Serino announced the \$3 million award will help offset the County's costs as the Department of Emergency Response continues to facilitate the construction of a new interoperable, county-wide public-safety radio network that will increase reliability and eliminate coverage gaps in radio communications among first responders.

The County's Consolidated Two-Way Radio System Project is projected to cost \$32 million in total. The Dutchess County Legislature unanimously authorized more than \$18 million in serial bonds to fund the project. Additionally, the County has utilized American Rescue Program (ARP) funds and other state and federal funding sources to partially offset project costs. The new \$3 million grant from New York State will help reduce the amount the County will need to secure through bonding, saving Dutchess an estimated \$357,000 annually in principal, interest and fees.

County Executive Serino said, "In an emergency, seconds count, especially when trying to coordinate help between responding agencies and lives are potentially on the line. Our commitment to ensuring public safety hinges on first responders' ability to communicate the details of an emergency quickly to be able to coordinate an efficient, response between agencies. Our Emergency Response team's work on this challenging and complex project has put Dutchess County at the forefront in the state for addressing these critical communications challenges. We

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Stanford looks toward new park construction led by volunteers

By Kate Goldsmith

STANFORDVILLE--Rain couldn't dampen the spirits of more than 200 community members who came out on Saturday, March 2, to bid a fond farewell to the Town of Stanford's SPARC Park on Creamery Road. The playground on the site, which was built by volunteers in 1991, will be torn down sometime this month; and in April, work will begin on a new playground – again fueled by volunteers.

The send-off was "fabulous," said Julia Descoteaux, Communications & Marketing Lead for the Stanfordville Recreation Campaign. "It was probably one of the biggest community events that we've had here. We had people parked all the way up past the [Haunted] Fortress, lined all up and down Creamery Road."

The event highlighted the past with the opening of a time capsule buried in 1991 and showcased the future with a large banner displaying a rendering of the new playground. According to Descoteaux, more than 100 volunteers signed up to donate time and talents to creating the new, ADA-accessible SPARC Park. The acronym SPARC stands for Stanford Playground and Recreation Challenge.

Throughout the day there were children's activities, coffee and cocoa provided by All that Java and popcorn courtesy of Big Rock Market. Jared Rosenberg



On Saturday, March 2, more than 200 community members braved the rainy weather to attend a "send off" for the Town of Stanford's original SPARC Park, built in 1991 by volunteers. Funding for the new park, again to be built by volunteers, has been attained, and work is set to begin in April. Above is a rendering of the new park. Right: General Coordinator Lorelei Christensen (left) reconnects with members of the original build, Barbara and Ed Hoxsie. Courtesy photos

from Not Donuts Records supplied the music. There were displays with photos from the original build for attendees to peruse. Descoteaux noted that there were

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Hinchey, Barrett announce \$250,000 to upgrade south Millbrook pump station



Senator Michelle Hinchey and Assemblymember Didi Barrett gather at the Millbrook Village Water Department alongside Millbrook Village Mayor Tim Collopy, VRI Environmental Services Area Manager Scott Osborn, Millbrook Village Trustees Vicky Contino, and Patrick Murphy. Courtesy photo

NY Senator Michelle Hinchey and Assemblymember Didi Barrett announced last week that they have secured \$250,000 through two state grants to help replace the South Millbrook Wastewater Pump Station, which will enhance its efficiency in managing the flow of wastewater from local homes and businesses.

The rehabilitation will involve the replacement of the pump, the installation of a new generator for emergency backup power, and site modifications to position the pump above the existing floodplain.

Wastewater pump stations

play a vital role in averting sewage system backups, thereby minimizing the risk of contamination and potential public health hazards. In challenging terrains like the South Millbrook Pump location, these stations employ powerful pumps to elevate wastewater to higher levels, ensuring it reaches treatment facilities for proper processing.

The financial support delivered by Hinchey and Barrett will be instrumental in the Village's effort to upgrade the equipment at the Pump Station, which has reached the end of its useful life.

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INSIDE:
Adams Fairacre Farms

Louis J. Ingrassia Jr. named HV Honor Flight chairperson



Louis J. Ingrassia Jr.

Former head Kimler turns to national focus

After 10 years of service as chairman of the Board of Directors of Hudson Valley Honor Flight, Frank Kimler has stepped down and will begin to shift his focus to the national level. Taking over the chairmanship is Louis J. Ingrassia Jr., current Commissioner of Public Works and Co-Director of the Office of Emergency Management for Town of Wallkill in Orange County.

Under Kimler's guidance, HVHF significantly expanded its coverage area and added flights leaving from Westchester County Airport. HVHF subsequently has achieved milestones of serving more than 2,000 veterans and organizing more than 30 flights to Washington, D.C.

Ingrassia, recently added to the Board of Directors, has been volunteering for HVHF for more than 10 years. He brings a wealth of community knowledge and professional experience to the role of chairman. The Town of Wallkill resident has deep experience with local fire districts and additionally serves as Highway Superintendent.

HVHF provides a once-in-a-lifetime

flight to Washington, D.C., where veterans are transported around the district by bus to visit war memorials, attend a dinner in their honor and then return home. Each veteran is escorted by a personal guardian and the HVHF flight team for the day-long trip.

HVHF is funded solely by the generosity of its donors. To donate, please visit hvonorflight.com/donate.

County receives \$3M grant for 2-way radio system

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Dutchess County's Consolidated Two-Way Radio System Project received a \$3 million grant award from the New York State Division of Homeland Security and Emergency Services' (DHSES) Interoperable Communications Targeted Grant program recently. Courtesy photo

appreciate Governor Hochul and the DHSES recognizing this work and providing additional support for this critical investment."

The grant will help purchase a Project 25 (P25) digital radio system, which once installed will help bring multiple agencies into a single emergency radio communications system, ensuring smooth, direct communication between Dutchess County first responders as well surrounding counties' agencies and the Metropolitan Transportation Authority Police Department. In addition to improving communication between agencies and disciplines (fire, emergency medical services and law enforcement), the P25 system will significantly improve communications coverage across the County, increase system resiliency and incorporate emerging technologies.

Emergency Response Commissioner Dana Smith said, "Emergency communications infrastructure is critical to preventing gaps in coverage that could prove fatal in an emergency. Once complete, our new radio system will be used by every EMS, fire and law enforcement agency in the county, creating both cost savings and greater interoperability between our 9-1-1 center and the various agencies."

P25 is a set of standards—established by the Association of Public Safety Communications Officials International (APCO), the National Association of State Telecommunications Directors (NASTD), federal agencies, and the National Communications System (NCS), and standardized under the Telecommunications Industry Association (TIA)—manufacturers can follow to ensure their equipment can communicate with equipment produced by other manufacturers.

The County's radio project, which began in 2022, has included the identification, design and construction of 19 additional radio tower sights throughout Dutchess County. It is anticipated that construction of these sites, as well as installation of equipment, will begin later this year, with testing scheduled for late 2025.

Dutchess County was one of eight counties to be awarded funding through the New York State 2023 Statewide Interoperable Communications Targeted Grant Program. The program focuses on closing gaps in National Interoperability channels implementation and enhancing regional alliance, ensuring that county communication systems remain capable to support multijurisdictional.

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Hinchey, Barrett announce \$250,000 to upgrade south Millbrook pump station

continued from cover

Hinchey and Barrett were joined at the Millbrook Village Water Department on Thursday by Millbrook Mayor Tim Collopy, Deputy Mayor Peter Doro, VRI Environmental Services Plant Manager Scott Osborn, and Millbrook Village Trustees Mike Herzog, Vicky Contino, and Patrick Murphy.

Hinchey said, "I'm proud to deliver funding to the Village of Millbrook, which will help ensure safe wastewater service for local homes and businesses and translate to savings for residents. Across New York State, the cost to replace and repair our aging water and wastewater infrastructure can be an astronomical burden for communities, and it's incumbent upon our state to support municipalities like Millbrook in making these critical upgrades. I'm thrilled to be able to help Millbrook replace its pump station and thank Assemblymember Barrett for her partnership in securing these joint funds."

"Water and sewer infrastructure is critical to addressing many of the priorities of our region, including housing, economic development and health and wellness," said Barrett. "I was pleased to partner with Senator Hinchey to secure \$250,000 in state funding to replace the Village of Millbrook's pump station, an upgrade that will improve public health

and save taxpayer dollars in this charming and vibrant village center!" Village of Millbrook Mayor Tim Collopy said, "On behalf of the residents of the Village of Millbrook, I want to express my sincere appreciation to Assemblymember Didi Barrett and Senator Michelle Hinchey, who were able to secure a combined \$250K towards the replacement of our aged sewer pump station in South Millbrook. In addition to replacing the 25-year-old pump, this grant also allows us to install a backup generator on-site to ensure continuous operation, even during power outages. People usually don't want to consider repairs to a sewer system (until it fails!), so I appreciate the foresight shown by the Senator and Assemblymember in coming to our aid for this key infrastructure investment - thank you!"

Plant Manager at VRI Environmental Services Scott Osborn said, "Replacing aging infrastructure in the Village of Millbrook Wastewater Treatment System has been part of our focus for many years. I'd like to thank Assemblymember Barrett and Senator Hinchey for helping the Village with this project. This new pump station will allow for more efficient operation and maintenance and serve the Village for several decades."

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IMPACT
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Food Bank of HV celebrates major milestone in construction of new Distribution Center



The Food Bank of the Hudson Valley celebrated a major milestone in the construction of a new distribution center in the Town of Montgomery in Orange County last week. The 40,000-square-foot building will provide increased capacity to obtain, store, and distribute food donations to six counties in the Hudson Valley: in Orange, Ulster, Dutchess, Rockland, Sullivan, and Putnam.

This new facility will allow the Food Bank to honor its commitment to improve local access to food assistance and is expected to benefit approximately 179,000 food insecure neighbors receiving assistance from the Food Bank.

Major funding for the \$23.8 million project includes two major grants from the State of New York: a \$10.7 million award made to the Town of Montgomery through the Community Development Block Grant CARES program administered by New York State Homes and Community Renewal; and a \$3.7 million award from New York State Empire State Development recommended by the Mid-Hudson Regional Economic Development Council.

The event included a beam signing and topping off ceremony at the site of the future home of the Food Bank attended by local officials, community partners, and project participants.

Working in partnership with the food industry, the Food Bank collects large donations of unmarketable but still edible food and distributes it to charitable agencies feeding people experiencing hunger across the six-county region.

Demand for food has been increasing every year since 2020. In 2023, the Food Bank provided more than 21 million

pounds of food to more than 400 partner programs in the Hudson Valley. The current distribution center in Cornwall-on-Hudson is half the size of the new building, which means food is often brought from the Food Bank's distribution center in Albany County to the Hudson Valley. With the new facility in Montgomery, more food will be sourced locally and stay in the region.

"Food insecurity unfortunately remains a growing issue. One in 10 people in our service area experience food insecurity. This project is a generational investment in improving the charitable food system in the Hudson Valley and is one of the most significant capital investments in the state aimed at combating food insecurity. The new distribution center will allow us to source more food in the region, create new dynamic partnerships, and help us to close the meal gap that exists in the region. We are so grateful for the support we have received from so many to help us develop this project, particularly New York State. On behalf of everyone at the Food Bank, I am extremely proud to be celebrating this milestone today," said Tom Nardacci, CEO of the Regional Food Bank.

"Thanks to a true community effort, we can expand food distribution to more than 400 community pantries in the Hudson Valley, providing meals to nearly 200,000 New Yorkers in need," said Lieutenant Governor Delgado. "This is a tremendous achievement and we were proud to support this effort at the State level. We will continue to ensure vulnerable families have the resources and services they need as we work to build a more inclusive and compassionate state."



A "topping off" ceremony and beam signing was held last week at the site of the construction of the new Distribution Center of the Food Bank of the Hudson Valley in Montgomery. Left: Food Bank CEO Tom Nardacci addresses those attending the event, including Lieutenant Governor Antonio Delgado. Courtesy photos



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Holy Week

Maundy Thursday, March 28th

7:00pm Service foot washing & stripping of the altar

Good Friday, March 29th

5:30pm Procession from St. Paul's to First Presbyterian

6:00pm Ecumenical service at First Presbyterian

Holy Saturday, March 30th

7:00pm The Great Vigil w/music and bonfire

Easter Sunday, March 31st

6:30 a.m. Sunrise Ecumenical Service at Mill Site Park

10:00 a.m. Sunday Service with music

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& Creative Living

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LETTERS TO THE EDITOR

*NOTE: Letters to the Editor do not necessarily reflect the views of the Northern Dutchess News.
Letters must be e-mailed to be considered for publication. We cannot accept handwritten or faxed letters.*

Trump does not 'Love America'; he loves himself above all else

To the editor:

I grew up in a world threatened by Hitler and Nazi Germany and now I see Donald Trump bringing the same hate, chaos, and aggression to America.

Emotionally, it makes me feel like displaying the black banner of mourning over our America. People fawn over Donald Trump - who has no more respect for America's Democracy than some wild animal. Trump does not "Love America"; he loves himself above all else.

It is a sickness-how Trump's actions mesmerize his MAGA followers' "crowd mentality" to the point they sell their soul to him. I see him on Television:

- (1) Telling the January 6 mob to "fight like hell" while they storm the Capitol to overthrow democracy.
- (2) His Mar-a-Lago intelligence threat to America and demand for loyalty above country putting agents at risk.
- (3) Five-time draft dodger (bad feet and college) who disparages the military with disrespectful actions against Gold Star Muslim father Khizr Khan who lost son Captain Humayon Khan in Iraq (Aug 2016); Memorial Day 2020 - Gen. John Kelly's son 1st Lt. Robert Kelly's death in Afghanistan words "I just don't get it"; his aborted visit to French World War I cemetery words "It's filled with losers" (Atlantic, WP, Fox);
- (4) his contempt for women: a convicted rapist, a braggart who can grab any woman by the p *** y (2016 Billy Bush "Access Hollywood tape);
- (5) Underneath probably a coward - but his campaign is rhetoric of hate, anger, inciting violence against opposition, against immigrants is a stereotype to scare: "they are all rapists, drug dealers, criminals (June 2015); Against rally protestors is Trump's command to supporters "Get 'em out, throw him out" followed by supporter's physical attack on the protestor (Louisville, KY March 2016 – Federal judge David Hale) and the list goes on (Vox Jan 9, 2021); Who can forget his words "I could stand in the middle of Fifth Avenue and shoot somebody and I wouldn't lose voters (Iowa Jan. 23, 2016).

(6) The 1,954 mile Mexican border wall problem. Trump's \$15 billion fiasco 485 miles of wall (actually only 40 miles new and 33 miles secondary locations). The immigrant problem unsolved and Trump orders his congressional followers to not pass anything to help Biden – is that looking out for America?

David F. Queen
Red Hook

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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 Northern Dutchess News 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 Northern Dutchess News.

Free prep course offered for HAM License Radio Exam

Amateur radio, or ham radio, operators can communicate across towns, around the world, or even into space without the internet or a cell phone and are essential resources during emergencies or during recovery efforts following natural disasters such as fires, floods, or hurricanes. For those wishing to obtain a license or upgrade their existing license, Dutchess County Emergency Response, in partnership with the Mount Beacon Amateur Radio Club, will host an FCC licensing exam at 1 p.m. on Sunday, April 21st at the Emergency Response campus, located at 392 Creek Road, Poughkeepsie. The exam fee is \$15, and upon successful completion, a \$35 FCC licensing fee will be charged. Pre-registration is required by April 1st to take the exam.

There will be a free, three-day training

course at Emergency Response to review the exam's material, which is from the ARRL Ham Radio License Manual 5th Edition, on Friday, April 19th from 6-9 p.m.; Saturday, April 20th from 8 a.m.-5 p.m.; and Sunday, April 21st from 8 a.m.-noon. The class is open to the public and free to attend, but registration is required in advance by April 1st. Participants should obtain and review the manual prior to the first session.

While attending the three-day training is recommended, it is not required to take the exam.

To register for the class and exam, or to learn more, call Adam Nowik Jr. at 845-849-3666 or email AE2AN@aol.com. To register to take the exam only, call Andrew Schmidt at 845-464-2676 or email W2BOS@arrl.net.

Dutchess to participate

in statewide STOP-DWI

St. Patrick's Day Weekend crackdown

Law enforcement agencies throughout Dutchess County will participate in a special enforcement effort to crack down on impaired driving during St. Patrick's Day weekend, beginning Friday, March 15 and concluding Sunday, March 17. Various municipal law enforcement agencies will join agencies across the state in this coordinated effort to target those who put lives in danger.

Research shows high-visibility community engagement campaigns can reduce impaired driving fatalities by as much as 20 percent. Sobriety checkpoints play a key part in raising awareness about the problem. The St. Patrick's Day crackdown is one of many statewide high visibility community engagement campaigns promoted by the New York State STOP-DWI Association. In addition to this crackdown, statewide STOP-DWI

engagement campaigns also target Super Bowl Sunday, Memorial Day Weekend, July 4th, Labor Day Weekend, Halloween, Thanksgiving and the holiday season in December.

While STOP-DWI efforts across New York have led to significant reductions in the numbers of alcohol and drug related fatalities, still too many lives are being lost because of crashes caused by drunk or impaired drivers. Highly visible, highly publicized efforts like the STOP-DWI High Visibility Community Engagement Campaign aim to further reduce the incidence of drunk and impaired driving.

Drivers can help to make a difference by having a sober plan. Motorists can download the mobile app, "Have a Plan," and be able to find a safe ride home stopdwi.org/mobileapp.



Resumes:
gm@wkze.com

Stanford looks toward new park construction led by volunteers

continued from cover

about 10 members of the original park volunteer committee in attendance, as well.

"The Hoxies [Barbara and Ed] came from Virginia, so it was a really nice time to reconnect with old friends," she said. "The Hoxies said it [building the park] was one of their warmest memories of Stanfordville."

Descoteaux said contents of the time capsule included "letters from children who were originally involved in the naming of the park. They had written a letter to their future selves with pictures. [There were also] some acknowledgments to the committee, a poem about the park by a little girl, and two original T-shirts with the SPARC Park logo."

Opening the time capsule was "a little bit anticlimactic," said Descoteaux. Despite care taken to preserve the items by sealing them in plastic bags, "The elements had gotten to it [the time capsule] and it was a little bit moldy."

In her March 7 newsletter, Stanford Town Supervisor Wendy Burton said "Although moisture did enter the capsule, Town Historian Kathie Spiers is working to safely dry [the items] out and salvage as many as possible."

Past and future meet on the playground

In her e-newsletter, Burton noted, "It was incredible to have so many members of the original SPARC Park Committee attend the event. We are figuratively standing on their shoulders as we build our new playground, so our deep thanks go to Rita Bell, Arlene Christensen, Laura Gilhooly, Ed & Barbara Hoxsie, Larry & Debbie McKeough, Karen Money, Karen Sergio, and Kathie & Jeff Spiers."

Descoteaux said fundraising (including a state grant) for the original playground took six years, and it only took five days to build. With proper maintenance and care, she said, the park was estimated to last 20 years, and lasted 33.

Fundraising for the new ADA-accessible playground took considerably less time. According to www.stanfordvillerecreationcampaign.org, the Stanfordville Recreation Campaign completed the first phase in 2022 with the construction of tennis and basketball courts; followed this year by the Playground rebuild.

Descoteaux said in total more than \$475,000 was raised, including a

\$274,000 state grant – the largest grant the town has ever received.

"There is upgraded heat surface covering, more visibility," Descoteaux said. "Back in the day it was much more compact, which the children loved, but we had to expand the entry points to improve the visibility."

"We're going to be tearing down what remains of the park at a later date and looking to save some components of the park," she said. While there aren't specific plans at this time, possibilities include integrating the Shark Tunnel into a welcome archway, or taking some of the cedar posts that were put in as foundational materials and turning them into park benches.

A documentary film company, Oakhouse Productions, is filming the project.

"It's been kind of fun," said Descoteaux. "They're going to submit their documentary to an independent film festival [when it's complete]."

The SPARC Park build is set April 18-20 and April 30-May 4.

Volunteers still needed

Descoteaux said the committee has about 65 volunteers but needs a total of 200 or so, both skilled and unskilled, comprised of Stanford residents but also those who live in neighboring Pine Plains, Clinton Corners and Millbrook.

"We'll need about a quarter of those volunteers to be skilled on a daily basis, but also the same amount of unskilled on a daily basis," she said.

In addition, loans of tools are being solicited, "anything from electric tools to two big tents to cover the workspace and build locations, and little individual tents to cover tool coordinators and volunteer coordinators," Descoteaux said.

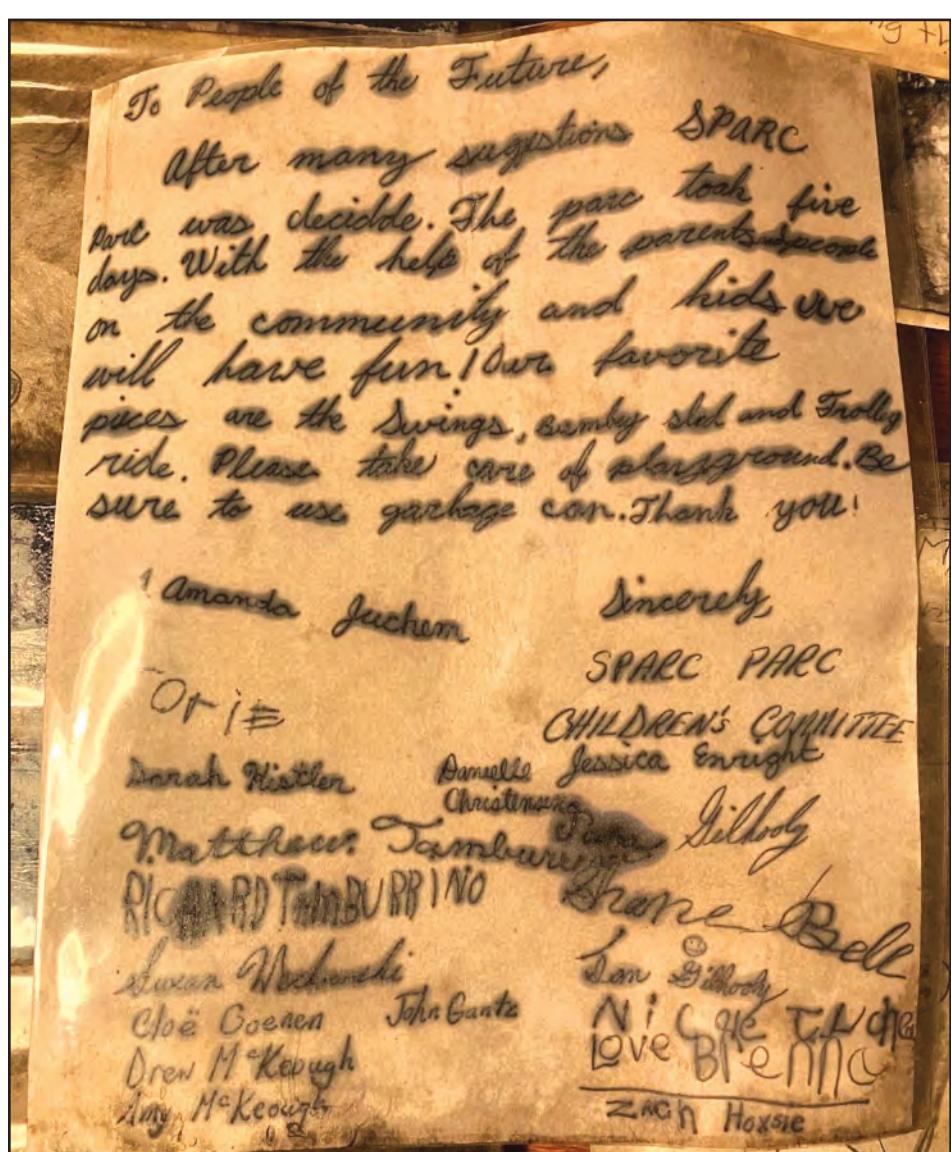
Volunteers will work the following shifts: 8-11:30 a.m.; 12:30-4:30 p.m.; and 5-8:30 p.m.

"We're providing breakfast, lunch and dinner," she added.

Volunteers can be as young as 14, but have to be 18 or older to use power tools.

"We also need materials donations," said Descoteaux. "It's a very broad list, anything from bags of concrete to first aid kits to markers."

Email stanfordrecreationcommittee@gmail.com to volunteer or donate tools/materials, or for more information.



From top: At the March 2 "send-off" to the old SPARC Park, Arlene Christensen and Laura Gilhooly, members of original build, open up contents of a time capsule from 1991. Volunteer Coordinators Gloria Heuer and Maeda Bloomberg helped to sign up about 70 volunteers at the event. Left: One of the letters from the 1991 time capsule, addressed to "People of the Future." Courtesy photos

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FDR Library sets screening of 'Eleanor, First Lady of the World'

The Franklin D. Roosevelt Presidential Library and Museum will present a Women's History Month screening of Jean Stapleton's Emmy and Golden Globe award nominated performance in "Eleanor, First Lady of the World" (1982) at 2 p.m. on Monday, March 18. The program will be held in the Henry A. Wallace Center at the FDR

Presidential Library and Home.

This is a free public event, but registration is required to attend in-person. Visit fdrlibrary.org to register.

Jean Stapleton was nominated for an Emmy (Outstanding Lead Actress in a Limited Series or a Special) and a Golden Globe (Best Performance by an Actress in a Miniseries or Motion Picture Made

for Television) for her portrayal of Eleanor Roosevelt in this made-for-TV biography, first telecast May 12, 1982.

The film picks up Mrs. Roosevelt's storied life after the 1945 death of her husband, President Franklin Delano Roosevelt. At the request of new president Harry Truman, Eleanor serves as a United Nations delegate, spending much

of her time tilting with dedicated anti-FDR politico John Foster Dulles (E.G. Marshall). She goes on to spearhead the Universal Declaration of Human Rights, proving to Dulles and to the Soviet delegate (Freddie Jones) that she's anything but soft on Communism.

Contact Cliff Laube at (845) 486-7745 with questions about the event.

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Homespun Hangout members learn patience, demonstrate caring

Members of Homespun Hangout 4-H Club recently visited Friends and Family, an organization that helps individuals with dementia.

The members played bingo with some of the people there, talked to them and enjoyed hot chocolate together. Bingo winners were rewarded with a bag of cookies.

Caitlin Kuciomba reported on this great community service activity: "When we were talking to the people with dementia, I realized that some did not like loud noises and would often repeat things they said. We were patient and did not point out when they repeated things. When playing bingo, we used blocks instead of markers or chips because it was easier for them to use. It was fun and the people at Friends and Family were very nice."

Animal Science in the Classroom

Many pupils at Wingdale Elementary School have never had the chance to interact with live animals!

So, for the latest 4-H after-school sessions, Educator Savanna Burke introduced animals to the classroom! 4-H'ers volunteered as junior instructors, taking their own

animals into the school and teaching topics such as animal health, nutrition and care. The excitement was tangible as kids got to meet and pet the animals, which included rabbits and chickens, with goats and sheep coming later in the spring. It is heartwarming to see kids from all backgrounds so engaged in learning about their world.



Making healthy treats for rabbits ready to meet and treat the bunnies! Courtesy photo

4-H CONNECTION



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DC Long Rifles instructors lead shooting sports training

New York State 4-H shooting sports training took place in Saratoga County in February.

As one of the leading programs in the state, three Dutchess County Long Rifles 4-H instructors along with 4-H Program Manager, Emma Kron, delivered the Rifle and Coordinator classes to over 20 trainees from across the state.

In total, nine Dutchess-based volunteer instructors attended the event. Two of these individuals, Kaylee M and Kieran R, are current youth members of the Dutchess County Long Rifles 4-H club and are now certified as Junior Instructors.

Nearly 100 4-H'ers attend public presentation event

On March 2nd, 4 staff and 16 volunteers came together to empower 92 youth by providing them the opportunity to develop their public speaking skills.

Generously hosted by Dutchess Community College - Fishkill, the event ran like clockwork. Participants, from 5 through 18 years of age, gave presentations to their peers

then received personalized feedback from community evaluators and a certificate documenting their achievement.

Top presenters will move on to District level to showcase their talents. Dutchess County is proud of this flagship program through which, by the end of the 4-H year, over 250 youth will have had the opportunity to develop their skills.



Dutchess County 4-H volunteers, youth and Program Manager Emma Kron attend the NYS Training. Courtesy photo

Winners named in major chess tourney

Members of three area chess clubs – Pleasant Valley, Hyde Park, and Poughkeepsie – and other chess aficionados (16 in total) turned out for the Hudson Valley Winter Chess Tournament at the Pleasant Valley Library in late February.

George Oliveras took first place. Atul Thyvalappil placed second, and Ernie Johnson won third place. All winners received chess trophies.

Robert Wehrli, founder of Pleasant Valley club, acted as tournament director.

Interest in chess has soared in just the last year. Hyde Park's chess club is new, while the Vassar-Chadwick chess club in Poughkeepsie is almost 100 years old. The one in Pleasant Valley has been in existence for seven years. There are also clubs at some of the schools in the area.

The Hyde Club Chess Club meets Tuesdays at 5 p.m., at the Hyde Park Library and the Pleasant Valley Chess Club meets the second and fourth Thursdays of the month at 5:30 p.m. at the Pleasant Valley Library. The Vassar-Chadwick Chess Club meets Mondays at 7 p.m. in rooms 101 and 104 of Rockefeller Hall on the Vassar College Campus.



Left, top performers in the recent chess tournament include, from left, Ernie Johnson - 3rd place (Vassar-Chadwick Club), George Oliveras - 1st place (Pleasant Valley Club) and Atul Thyvalappil - 2nd place (Hyde Park Club). Above, club members compete in the tournament. Photos by Raymond Wehrli

Tompkins Community Bank promotes Rivera to branch manager

In a celebration of professional growth, Tompkins Community Bank has promoted Lisa Rivera to branch manager. Rivera will oversee Tompkins' Red Mills branch, cultivating relationships with other businesses in the community and ensuring that customers' needs are met.

"Since joining our team in 2015, Lisa has consistently demonstrated her attention to detail, particularly when it comes to customer experience," said Carol Schmitz, community banking manager at Tompkins. "We look forward to seeing Lisa grow in this new role and are confident that all of our clients, and team members, throughout the Hudson Valley will benefit from working with her."

Rivera brings 22 years of banking and financial industry expertise to her new role; after beginning her career as a bank teller, Rivera continually advanced her positions, enabling her to understand the intricacies of financial institutions. Previously, Rivera served as an assistant branch manager and branch operations specialist trainer for Tompkins.

Founded in 1836, Tompkins Community Bank serves the Central, Western, and Hudson Valley regions of New York, and the Southeastern region of Pennsylvania. Through their unique local decision-making model, the bank offers personalized service and exceptional



Lisa Rivera

responsiveness, while delivering a broad range of products and services for consumers and businesses. Insurance services are offered through Tompkins Insurance Agencies, and wealth management services are available through Tompkins Financial Advisors. Further information is available at www.tompkinsbank.com.

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COMMUNITY CALENDAR

'James and the Giant Peach' set at Rhinebeck HS

The Rhinebeck High School Drama Club will presents "James and the Giant Peach" on March 15-17. Tickets are on sale at <https://our.show/rhs-peachy>. Performances are at 7:30 p.m. on Friday and Saturday and at 2 p.m. on Sunday in the Rhinebeck High School Auditorium.

Penny Social to benefit Pomona Grange set March 16

Dutchess County Pomona Grange #32 will host its Annual Penny Social on Saturday, March 16, at the Stanford Grange Hall, 6043 Route 82, Stanfordville. Doors open at 5:30 p.m. and calling begins at 7 p.m. There will be a penny table, \$1 table, baked goods table, special theme baskets donated by our Dutchess County Granges, and door prizes. Dutchess County Youth Grangers will have the Snack Bar open for refreshments (no outside food please; it takes money away from the kids). For more information, contact Marilyn Brands at (845) 223-5717 or Melissa Traver at (845) 891-9779.

Red Hook VFW to host St. Patrick's Day Dinner

VFW Post 7765 St. Patrick's Day Dinner will be held on Sunday, March 17, from 4 to 7 p.m., at the VFW 7765 Banquet Hall, 30 Elizabeth St., Red Hook. The event is open to the community. There will be a Corned Beef and Cabbage Dinner with cake, coffee & soda; plus Irish Step Dancers will perform at 6 p.m. Admission for all adults is \$25, ages 6-12 is \$10, with kids age 5 and under free. Tickets at the door only; take outs available. Call (845) 758-6212 for more information.

Senior-to-Senior Breakfast set March 19 at Stissing Mountain Jr./Sr. High School

Senior citizens in the Pine Plains Central School District are welcome to join the Stissing Mountain Senior Class of 2024 for a free hot breakfast on Tuesday, March 19, from 8 a.m. to 9:30 a.m. in the high school cafeteria. Stissing Mountain Junior/Senior High School is at 2829 Church St., Pine Plains.

Rhinebeck Grange holds Wintertime Soup Sale

Rhinebeck Grange #896 will hold its final Winter Soup Sale on Thursday, March 21. Homemade soups sold for \$10 per quart, take-out only, from 11 a.m. to 12:30 p.m. Pickup is at the side door of the Rhinecliff Firehouse, corner of Shatzell and Orchard, in Rhinecliff. Email JoBaer2@gmail.com to receive the soup choices for each sale and to order in advance online.

Easter Egg Hunt

set March 23 in Pleasant Valley

Pleasant Valley Rec will present an 'Egg-cellent' adventure at its Family Easter Egg Hunt Extravaganza on Saturday, March 23, at 22 Camp Nootemming Road in Salt Point. Hop on over with your little bunnies for a day packed with egg-citing surprises and loads of fun for the whole family. Ages 1-4 will hunt at 11 a.m.; ages 5-8 at 12:30 p.m.; and ages 9 & older at 2 p.m.

Admission is free into this event but registration is required at <https://pleasantvalleyny.myrec.com/info/default.aspx>. There is a limit of 100 children per age group.

Vanderbilt Garden Association

sets Garden Kick-off Meeting March 24

Those interested in finding out more information about volunteering at the F.W. Vanderbilt Garden in Hyde Park are invited to a Garden

Kick-off Meeting on Sunday, March 24, at 2 p.m., at the Wallace Center at the Franklin D. Roosevelt Historic Site Visitor Center.

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, training will be provided.

Garden volunteers 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 and Thursday mornings from 8:30 a.m. to noon. You are welcome to work as often and on any days that suit your schedule.

If you cannot attend the Kick-off Meeting, for further information, visit <http://www.vanderbiltgarden.org> or call (845) 229-6432.

Pancake breakfast, Easter Egg Hunt set for March 24 in Stormville

The Stormville Volunteer Fire Company, 112 Old Route 52 in Stormville, will hold an all-you-can-eat Pancake Breakfast fundraiser on Sunday, March 24, 8-11:30 a.m. There will be an Easter Egg Hunt at 10 a.m. More Information can be found at Stormvillefire.org.

Master Gardener to speak at Rhinebeck Garden Club meeting

On Wednesday, March 27, at 10 a.m., the Rhinebeck Garden Club will hold its monthly meeting at Rhinebeck Village Hall, 76 East Market Street. The program, "Native Flowering Shrubs to Replace the Invasives," will be presented by Master Gardener Cathy Lane. Afterward, John Lobotsky will give an update of The American Chestnut Tree Restoration Project. Visitors are welcomed. Refreshments will be served. For information, call Hannah at 914-263-5298 or logon to <https://www.facebook.com/p/Rhinebeck-Garden-Club-100064834505072/>

Reformed Church in Poughkeepsie presents the Living Last Supper

DaVinci's painting comes to life on Holy Thursday, March 28, at 7:30 p.m. at the Reformed Church, 70 Hooker Ave., in Poughkeepsie. Free will offering. For more information, e-mail info@poughkeepsiereformedchurch.com, visit www.poughkeepsiereformedchurch.com, or call (845) 452-8110.

Easter Egg Hunt set March 30 in Stanford

Stanford Recreation Commission will present an Easter Egg Hunt on Saturday, March 30, at 10 a.m., at Cold Spring Early Learning Center, 358 Homan Road, Stanfordville.

Repair Cafes set in Stanford

The Stanford Free Library will host a series of Repair Cafes on April 6, July 6 and Oct. 5, from 10 a.m. to 2 p.m. Bring clothes, furniture, electrical appliances, toys and more to be repaired, instead of throwing them away. The cost is a voluntary donation. The library is at 6035 Route 82 in Stanfordville. Visit repaircafe.org for more information.

Skilled Trades Fair set April 18 at Ketcham HS

The Skilled Trades Fair will take place on Thursday, April 18, from 6:30 to 8:30 p.m. at Roy C. Ketcham High School at 99 Myers Corners Road in Wappinger. The free event is open to the public and students from across Dutchess County are encouraged to attend. It is a walk-in event; student registration is not required.

By Rich Thomaselli

Lourdes teams gain historic wins, advance to state tournaments

For the first time in school history, both the Our Lady of Lourdes High School boys and girls basketball teams are going to the New York State Final Four.

For the first time in 18 years, the Lourdes girls are in the state Final Four after a 47-35 win over Dutchess County rival Roy C. Ketcham in a Class AAA state quarterfinal contest. The game was played at Yorktown High School over the weekend.

OLL dominated the basketball scene in the late 1980s and 1990s and early 2000s, but could never get over the hump and back to the states since 2004. But after making the switch to Section 9 two years ago, they did it by overcoming a local rival.

The Warriors were again led by Simone Pelish, a University of Miami recruit who had 21 points. Bianka Velovic had 10 points and 14 rebounds.

Nia Rencher had 10 points and 14 rebounds, and Jaylyn Chorba and Caitlin Robertson each scored eight for Ketcham.

OLL will play a state semifinal game

on Saturday at Hudson Valley Community College in Troy. The Warriors will bring a 23-1 record into the game.

OLL boys top Peekskill

The Lourdes boys did their part in dramatic fashion. Tommy Simpson hit a shot with 2.2 seconds left on the clock to give the Warriors a 48-47 win over Peekskill in a Class AA New York State quarterfinal. The game was played at Mount St. Mary College.

It is the first time the OLL boys program has made it to Cool Insuring Arena in Glens Falls since losing in the state championship game seven years ago.

The Warriors were down by as many as nine points in the fourth quarter to Peekskill before rallying, culminating in the game-ending 3-point shot by Simpson. A last-second half-court shot by the Red Devils fell short.

Millbrook teams drop playoff contests

It was a tough weekend for both Millbrook High School basketball teams as both girls and boys teams dropped their respective playoff contests.

The Millbrook High girls team,

seeking a third straight state title, was eliminated in the quarterfinals of the New York state playoffs by Tuckahoe, which won the Class C game 65-63 in overtime.

Juliana Manginelli scored a career-high 32 points to pace the Tigers. It is a bit of a redemption for Tuckahoe, which had lost to the Blazers two years in a row.

Brooke Matarazzo had 12 points and six steals for the Tigers. Millbrook's Natalie Fox had a phenomenal effort in what turned out to be the last game of her career, with 41 points and 22 rebounds.

The Blazers led by as many as 11 points in the third quarter.

Lydia Kacsak added 13 points and 11 rebounds for Millbrook. The Blazers finished the year at 15-5.

Boys fall to Haldane

The Millbrook boys basketball team ran into a buzzsaw in the first round of the New York State Class C playoffs against Haldane as The Blue Devils blew out the Blazers, 60-41.

Haldane is going back to the Final Four for the second consecutive season after later winning a state quarterfinal game. The Blue Devils lost in the state championship game last year.

Matthew Nachamkin scored 31 points

for Haldane against Millbrook to lead all players and was practically unstoppable. Nate Stickle had a double-double with 10 points and 11 rebounds for the school from nearby Cold Spring. Ross Esposito added 10 points, five assists and four steals.

Matt Szostak had 13 points and 14 rebounds for the Blazers. Owen Iannucci had 16 points.

Red Hook girls fall in playoffs

Sofia Tavares scored her 1,000th career point to lead the Walter Panas High School girls basketball team to a 63-30 win over Red Hook in a Class A first round New York State playoff game over the weekend.

Red Hook had just won its third consecutive Section 9 championship less than two weeks ago.

Tavares had a game-high 21 points. The game was played at Yorktown High School.

Panas is the defending state champion.

Red Hook could only get as close as 12-12 and trailed by 13 at the half. It finished the season 16-7. The Raiders were led by Emily Kent with 11 points.

HV Renegades hope to repeat successes from 2023 season

By Rich Thomaselli

A successful repeat?

With the start of the baseball season less than a month away and the future Hudson Valley Renegades toiling away at minor league camp in Tampa, the team can only hope to match its success both

on and off the field from last year.

The 2023 season was a successful one by all accounts. Ten Renegades alumni made their Major League Baseball debuts, and former player Stephen Vogt was named the new Manager of the Cleveland Guardians.

The team captured the South Atlantic League North Division championship

and advanced to the SAL championship series; debuted a new alternate food identity, the Cider Donuts; hosted the cast of MTV's Jersey Shore: Family Reunion at a game; and commenced the landmark naming rights deal with Heritage Financial Credit Union.

The 2024 season will begin on the road on Friday, April 5 with a nine-game road trip against the Bowling Green Hot Rods and Rome Emperors. The team returns home for a 12-game homestand beginning on Tuesday, April 16. The upcoming season is the third time that the Renegades will play a full 132-game

schedule in the South Atlantic League. Hudson Valley, now in its fourth season as an affiliate of the Yankees, will once again play the majority of their schedule within the SAL North Division. The Renegades will face Aberdeen, Brooklyn, Greensboro, Jersey Shore and Wilmington within the division, comprising 102 of the 132 games on the schedule. In addition, the Renegades will host the Asheville Tourists

for the first time ever, and will also host Bowling Green, Rome, and Hickory, while traveling to Bowling Green and Rome.

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Sheriff's Office to host boater safety courses

Dutchess County Sheriff Kirk A. Imperati announces that over the next several months Marine Patrol Deputies will be instructing New York State Safe Boating Courses for the purpose of educating boaters and assuring safe and lawful operation of all vessels in compliance with Brianna's Law.

Brianna's Law is named after Brianna Lieneck, who was an 11 year old girl from Long Island, NY that was killed in a boating accident in 2005. Brianna's Law phases in mandatory completion of a New York State Safe Boating Course for all persons who operate motorized vessels. Failure to comply with this law could result in a fine between \$100 and \$250.

Any person wishing to operate a vessel who is born on or after January 1, 1978 will need a Boating Safety Certificate as of 2024. All operators of motorized vessels, regardless of their age, will need a Boating Safety Certificate beginning in 2025.

The Dutchess County Sheriff's Office Marine Unit will be conducting multiple NYS Safe Boating Courses. Attendees must attend all 8 hours of the course for successful completion. All courses will

be held at the Dutchess County Sheriff's Office Law Enforcement Center Community Room at 108 Parker Ave in the City of Poughkeepsie on the following dates and times:

Course 1: Saturday, March 30th from 8:00 am -5:00 pm

Course 2: Friday, April 12th from 5:00 pm – 9:00 pm & Saturday, April 13th from 8:00 am -12:00 pm

Course 3: Saturday, April 27th from 8:00 am -5:00 pm

Course 4: Friday, May 3rd from 5:00 pm – 9:00 pm & Saturday, May 4th from 8:00 am -12:00 pm

Course 5: Saturday, May 18th from 8:00 am -5:00 pm

Course 6: Saturday, May 25th from 8:00 am -5:00 pm

There is no fee to attend; however, registration is required due to limited availability for each session. If you would like to register for a course visit the following website: https://www.registered.com/programs/new_york/252-new-york-safe-boating-course. If you have questions or need assistance, contact the Sheriff's Office at (845) 486-3840.



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Anderson program director Schober named president of regional society

Anderson Center for Autism has announced that Tracy Schober, MPA, a resident of Austerlitz, has been named President of the Autism Society Greater Hudson Region, NY.

Schober, the Director of New Program Development and ECHO Anderson Autism Lead at Anderson Center for Autism, currently manages the research and development of innovative and creative programs designed to help carry out Anderson's mission of "optimizing the quality of life for individuals with autism." Schober is also responsible for managing local and national outreach efforts for the nonprofit.

Patrick Paul, CEO/Executive Director of Anderson Center for Autism, said, "Tracy Schober is an effective leader who has been instrumental in our own organizational development at Anderson; I am confident that her skills and expertise will help advance the very important work of the Autism Society Greater Hudson Region."

Schober holds a Master's in Public Administration from Marist College, a Bachelor's degree in Physical Education from SUNY College at Brockport, and an Associate's degree in Recreation Leadership from Erie Community College. She is currently pursuing a Doctor of Public Administration at Capella University, along with a housing navigator certificate through the New York Housing Resource Center for People with Intellectual/Developmental Disabilities. Schober represents Anderson on the Accessible Residential Opportunities Committee of the Office for People with Developmental



Tracy Schober, MPA

Disabilities regional offices and is also President of the Association of Directors of Development, Admissions, and Marketing, along with holding membership in the American Society for Public Administration and the Pi Alpha Alpha Honor Society.

Schober said, "Serving as Autism Society Greater Hudson Region's Board President will provide me with a wonderful chance to grow personally and professionally, while helping to likewise expand opportunities for autistic individuals and their families. The many colleagues in our field with whom I have the privilege of working - both at Anderson and through volunteer roles like this one at ASGHR - are some of the most dedicated, insightful people I have ever met. We all share a passion for our cause, and together, I know that we can make a meaningful and lasting impact."

Abilities First announces 2024 Recognition Reception honorees

Abilities First has announced the 2024 Recognition Reception slated to unfold on Thursday, June 6, at The Inn at Bellefield Hyde Park. This event is a testament to the esteemed community partners and celebrates the achievements of Abilities First's 2024 Honorees, whose contributions have propelled the mission forward. They also welcome and invite new allies to join them and learn more about their mission.

Abilities First and the Foundation for Abilities First New York (FAFNY) unveiled the 2024 slate of Honorees:

Business Partner of the Year Award - Fit and Fun Playscapes Founder and CEO Pamela Gunther for their steadfast commitment to prioritizing accessibility in their products and services for individuals with Intellectual and Developmental Disabilities.

Volunteer of the Year Award - Anthony Morando of Cuddy & Feder LLP, whose exceptional contributions as a Foundation for Abilities First board

volunteer leadership commitment have profoundly enriched the Abilities First Community.

Abilities First Participant Person of the Year Award - This year, we proudly honor Emily Roraback for her inspiration to others, resilience, determination, and extraordinary achievements.

Community Partner Award - We recognize DVM Industries owners Matthew and Dina Silvestri for their personal and professional contributions to enhancing our neighbors' lives with disabilities.

Friend of Abilities First Award - Presented to Erick Santana for his outstanding talent, engagement, and warm embrace of the Abilities First community for over ten years, notably as a celebrated DJ at various event celebrations.

For further information regarding event sponsorship, tickets, and congratulatory journal ad opportunities, please contact JoAnn Parker at joannparker@abilitiesfirstny.org.

Bank launches its first Financial Literacy Program for the community



Ulster Savings Bank graduates 22 women from the bank's Financial Literacy Program. Courtesy photo

Ulster Savings Bank launched its first community-based Financial Literacy Program in collaboration with the Center for Creative Education and their SPICE program. The bank's Financial Literacy Program is designed to equip members of the community with the critical knowledge and skills needed to make strong financial decisions.

On February 22, 22 women graduated the inaugural class with a celebration honoring their individual successes which was held at the bank's main location in Kingston. The program offered six weeks of in-person financial workshops. Topics covered included banking basics, budgeting, debt management, homeownership, and retirement. The course was taught in English and Spanish by Diana Flores-Reyes, Community Liaison/Business Development, Ulster Savings Bank.

"Thank you to Ulster Savings for your generosity and for believing in the women of SPICE. Your Financial Literacy program was designed so beautifully and effectively. Our group has come a long way in our financial literacy journey, which is a major steppingstone for personal empowerment," said Robin Hayes, SPICE Women's Program Coordinator.

The SPICE (Sisters Persevere in Conscious Evolution) program, offered

by the Center for Creative Education focuses on empowering women and particularly women in under-resourced communities, by providing education, opportunities, and experiences that create a more level playing field from which to reach their goals. SPICE programs are provided at no cost to group members. The program helps to close the gap caused by historic economic, educational, and health inequities, all of which have a profound impact on quality of life.

"We're excited to partner with Ulster Savings Bank for their first Financial Literacy Program, which perfectly aligns with our mission to empower under-resourced communities through art, wellness, and education. This collaboration shows how education and access to resources can transform lives and create a more equitable future for everyone," explained Bryant Drew Andrews, Executive Director, Center for Creative Education.

"Ulster Savings Bank understands the value of caring about the communities we serve. We congratulate this class on their dedication and hard work," expressed Crystal Jacob, AVP Training Officer, Ulster Savings Bank.

For more information about Ulster Savings Bank's Financial Literacy program, please call Crystal Jacob at 845-338-6322.

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Creative Living

celebrating all good things

The Jeremiahs take the Towne Crier stage for St. Patrick's Day

By Kate Goldsmith

There are few better ways to celebrate St. Patrick's Day than by enjoying some live Irish music performed by an Irish band. This Sunday, March 17, the Towne Crier Cafe in Beacon will present The Jeremiahs from Dublin, Ireland.

From the outset The Jeremiahs grabbed the attention of heavyweights like Irish Music Magazine, whose Sean Laffey said they are "One of the freshest bands in traditional music"; and Live Ireland, which proclaimed "They are the real deal."

The band includes Dubliner Joe Gibney on vocals and some whistle; Conor Crimmins on whistle and flutes; Dublin-based James Ryan, who holds down the rhythm section on guitar and bouzouki and a few choice effects pedals; and New York-born Matt Mancuso on fiddle.

When speaking to Gibney last week via phone, this writer asked about the band's name, suggesting that it sounded Biblical.

"We get this question a fair bit, and I wish I could give a more interesting answer," said Gibney. "It was only supposed to be a temporary name. James' great-grandfather's name is Jeremiah."

He noted, "It does kind of sound

Biblical, and I have a long beard in [some of the band's promo photos]," he added jokingly. Although it's an unusual name for a band, Gibney said Jeremiah is not an uncommon name in Ireland.

The Jeremiahs gained recognition their first year out by winning the Ballyshannon Folk Festival showcase competition. Their music is "99% original" with traditional influences sprinkled throughout. The band members also speak Irish at varying levels of fluency.

"We learn it in school," said Gibney, who took it up again a while back. Ryan, the guitarist, teaches it.

"I'm kind of drawn to the old dialect," Gibney added. "Some of the phrases are really lovely. So musical."

Gibney grew up in a musical household in Dublin, "not so much traditional [music] but more songs, and being brought to sessions [at the local pub]."

He didn't begin his musical career as a lead vocalist, surprisingly.

"I started in a band playing the whistle and I wasn't very good at it, so my cover was blown," Gibney said. "It was about a week into [the band]. I was brought up in songs, so I approached the bodhran [frame drum] player [for advice]. He said, 'I've only been doing this for two weeks!' But I was good at picking up songs."



The Jeremiahs from Dublin will perform on St. Patrick's Day (Sunday, March 17) at the Towne Crier Cafe in Beacon. Courtesy photo

Gibney and the bodhran player soon formed a group on their own.

"We were playing most nights a week; that's how I learned how to do it," he said.

All members of The Jeremiahs absorbed the many styles and traditions of Irish music, and it shows in their original material.

"Years later we kind of drew on this well," said Gibney. "Everyone brings their own influences."

Asked about the band's songwriting style, Gibney said, "We write lyrics and then come up with a melody, maybe approach James to come up with some chords. It might take a couple of days."

He added, "During rehearsals we do come up with a lot of ideas; it's good when you have a couple of heads come together, when you have creative people. You work with them and encourage [each other] to come up with better ideas."

Sunday night's show at the Towne Crier will include original material from their recorded output, with an emphasis on their most recent release, along with some traditional material.

"We have an album that's just turned 1 year old, so we're still kind of dining out on that one," Gibney said. "We have three albums, so we draw on that for our show, plus some songs that we loved from growing up. Instrumentals and songs."

Audience participation at concerts is a given, and this one will be no different – albeit with some tutelage from the band.

"We have some choruses that we'll have to teach on the night," Gibney said.

The Towne Crier audience can also expect stories to accompany the songs and tunes.

"We like to preface [them] with an explanation, it gives [the audience] a little bit of investment in it."

Given the significance of March 17, perhaps the most obvious question for Gibney was how the Irish celebrate St. Patrick's Day, which is a Christian religious holiday known as the Feast of St. Patrick as well as a day to celebrate Irish culture.

"St. Patrick's Day is a huge tourist time in Ireland," Gibney said. "It is still a religious day, but it's not celebrated as a religious day. We have a parade every year at the city center; that's where you wanted to be [as a teenager]."

And eating corned beef and cabbage on the day?

"I think in America you have special meals, but we don't have a special meal [on St. Patrick's Day], only on Christmas and Easter."

The Jeremiahs will bring a slice of Ireland to the Towne Crier stage this Sunday, March 17, at 7 p.m. Tickets are \$30 in advance and \$35 at the door. Go to www.townecrier.com or call (845) 855-1300 to make reservations.

"We offer a great range of emotion-rousing material," Gibney said. "Our tunes and our songs are a great mixture, [they] cover all the bases and all tastes."

Visit www.thejeremiahs.ie for more information.

The Towne Crier Cafe is at 379 Main St. in Beacon.

DOT-TO-DOT PUZZLE

See page 20 for finished puzzle (no peeking!)



Tip: Aim for the middle of each number.

No Dots

Connect Numbers:
1 - 127



By David Kalvitis

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The State Fungus

The Farm Bureau goes to Albany to advocate for NYS agriculture.

New York Senate Bill 1854 designates Lactarius peckii as the official fungus of New York State. The bill was introduced last year by our state senator Michelle Hinchey. I found this out while I was preparing for the annual Farm Bureau Albany trip where a bunch of farmers try to talk legislators into keeping local farms in business. As chair of the N.Y. Senate Committee on Agriculture, Hinchey has an outsize role in protecting our battered (by worldwide competition) ag industry.

New York has a state bird, the eastern bluebird, a state flower, the rose, an insect, the nine spotted ladybug (which is extinct), a state snack, yogurt, a state animal, the beaver, a fish – striped bass for salt water and brook trout for fresh water – and of course the apple is the state fruit.

Bill 1854 describes Lactarius peckii as “a common beautiful mushroom that can be found in wooded areas throughout the state.” It is neither edible nor poisonous, and is noteworthy because it serves a vital role in maintaining a healthy and vibrant forest ecosystem.

But the farmers on our visit had more important issues to discuss during our meeting with Senator Hinchey:

- Extended Producer Responsibility – This pending legislation would shift the

cost of recycling from municipalities to the producers or packagers of boxes, bottles and plastic pots. Dairy farmers, apple growers and greenhouse operators (me!) would bear the costs. Farm Bureau policy states, “the program’s fee structure is inconsistent, complicated, and subjective, not allowing a producer to estimate how much the cost would be to maintain compliance. Farmers are entirely unprepared to take on the EPR program both financially and managerially.” The bill was aimed at big companies like Amazon and Pepsico, which generate an enormous amount of recyclable waste. For farmers, who’ve been swept up in the legislation, it’s one more nail in the coffin.

- Direct to Consumer Shipping – Currently there are three bills introduced that would allow craft spirits – vodka and whiskey, for example – to be shipped directly to consumers, the way wine is legally shipped now. Local distilleries are still suffering from the pandemic, when their tasting rooms were closed. They generate mailing lists from tourists, but cannot follow up.

- Free school meals to all students – Senator Hinchey is sponsoring Bill 1678 which would “require all public school

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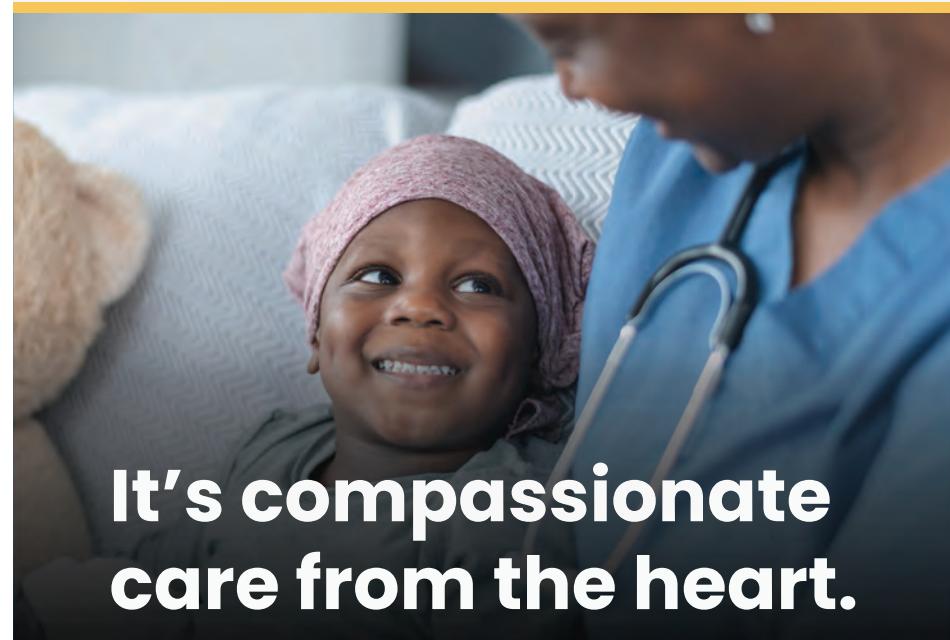


Above, from left: NYS Assemblymember Didi Barrett, NY Farm Bureau VP Eric Ooms and Delbert Lee. Below, from left: Mark Adams, Assemblyman Anil (A.J.) Beephan , Mandy Dykeman. Photos by Sue Adams



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Smoothie operator

There's no deception here, just healthy and delicious blends that are simply sweet.

I promised an article on the sweet side this go-round but it's been surprisingly challenging to deliver. Lately I've been all-in preparing savory suppers and, while it's fun to get back into the swing of cooking every day, I've admittedly been neglecting the baking I once did with (almost) as frequent dedication. When I have been baking it's been the many old go-to recipes that are favorites in my house.

That, and the fact that it's Lent when some of you may not be indulging, well, coming up with some new sweet treat just hasn't been in the recipe cards.

Then again, sweet doesn't necessarily mean dessert. Recently I'm on a self-improvement kick so I'm slowly adopting new, healthier habits and it was while starting my day that it hit me. It was one of those smack-your-forehead moments that made me feel silly because the answer was right in front of me. We're making smoothies!

I wrote about smoothies before, many years ago, but it feels right to revisit it with some fresh ideas. In 2012 I had an issue with high cholesterol and was put on a strict diet to try to correct it without

medication (spoiler – it worked!!! My doctor was impressed!). It was a produce-heavy diet made easy to stick to because it was summer with lots of fresh, local options. I remember being pretty amazed at how much better I felt, and a big reason why was that I started each day with a fresh, fruit and vegetable-rich smoothie. It made perfect sense, then, to once again add that routine to my day.

There's no denying smoothies are a trend, but one that's been around a while. I'm not usually a fan of trendy eating but I already know this one works. You can spend a ton of money going to shops specializing in them or invest in the latest mixes available, which are often very pricey. I don't have that kind of money, but that's just fine. I use fresh produce and whip them up in my own kitchen for a fraction of what they charge and I still feel great. I'm not saying they aren't worth it, just that money's tight and there are options that will keep you in the green. Oh, and back to the original intent here – they can even be sweet!

For best results I freeze most of the fruit I use, like berries and (peeled) bananas. You can certainly buy them

already frozen but often fresh are cheaper, so I'll rinse and freeze them portioned out. This eliminates the need to add ice so you get a nice, thick texture and lots of undiluted flavor. I also use almond or oat milk for the extra nutritional boost, and because cow's milk can limit absorption of things like calcium and iron and reduce the effectiveness of antioxidants. Now you know!

One thing I love about these homemade concoctions is the many combinations you can come up with. Not only that but, when you whirl all those good ingredients up in a blender, you can "sneak" in some you wouldn't necessarily think could work without detection. I'm talking things like kale and spinach with fruit without it tasting like some weird salad, and that's pretty great! You get all the benefits of raw fruits and vegetables plus flavor that is actually tempting and even indulgent. Don't believe me? Try this one on for size!

GREEN SNICKERDOODLE SMOOTHIE

I promise I'm not sugar-coating this one! It tastes like snickerdoodles! I know! I was skeptical at first, too. But it's creamy and luscious with that kiss of



Green Snickerdoodle Smoothie. Photo by Vicki Frank Day

cinnamon and just the right sweetness to fool your taste buds, plus it gives you vitamins and minerals you need to feel great! You get vitamins A, B6, C and K, iron, magnesium, calcium, lutein, folate and lots of potassium. Yeah, it's a favorite

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A & E CALENDAR

Through March 24: "Hamlet," The Center for Performing Arts at Rhinebeck, 661 Rte. 308, Rhinebeck. Shakespeare's iconic work in a new adaptation by director Lou Trapani. Not your Elizabethan revenge tragedy, nor any of the modern theatre's/contemporary cinema's brooding hero plays or avenging angel action flicks or orphan/prince psycho-dramas, this Hamlet is about families and their angsts in 2024 America. Performances: Fri. & Sat., 8 p.m.; Sun., 3 p.m. Tickets \$25. (845) 876-3080 or www.centerforperformingarts.org

March 15: The Open Gate Coffee House, 83 E. Market St., Rhinebeck. A night of comedy & music with Carla Ulrich, 7 p.m. Tickets \$15 adults, \$12 seniors/children. (845) 516-5333

March 15: Richard's Rhinecliff Acoustic Show, Morton Memorial Library &

Community House, 82 Kelly St., Rhinecliff. Featuring Tony Stiker, Dave Kearney, Joe Mondello, Frank Migliorelli, 8-10 p.m. Donations suggested. More info at (845) 876-7007

March 16: Joe McPhee with Strings, VBI Theatre, Cunneen-Hackett Arts Center, 12 Vassar St., Poughkeepsie. American jazz multi-instrumentalist, 8 p.m. Tickets \$30 advance, \$40 door. Advance tickets at <https://joemphee.eventbrite.com/>.

March 16: Movies with Spirit: "Great Freedom," Unitarian Universalist Congregation of the Catskills, 320 Sawkill Rd., Kingston. The moving drama "Great Freedom," about a gay man in post-Nazi West Germany imprisoned again and again for the "crime" of his sexuality, 7 p.m. The movie runs 1 hour 56 minutes and is rated R. The screening will be followed by

a facilitated discussion. Refreshments will be served. Attendees over age 12 are asked to contribute \$10 a person. More info: (845) 389-9201 or gerryharrington@mindspring.com

March 16: Play Reading, "The Lonesome West," The Tin Barn, 1783 Rte. 9, Clermont. Tangent Theatre Company presents a reading of "The Lonesome West" by Martin McDonagh, with Jeffrey Doornbos, Sam Eisenbaum, Abbie McCue & Michael Rhodes, 6 p.m. Doors open 5 p.m. Directed by Michael Rhodes; produced by Andrea Rhodes. Wine, beer & light snacks available. Free admission, donations welcome. RSVP required via: info@tangent-arts.org. Limited seating

March 18: Screening of "Eleanor, First Lady of the World," Henry A. Wallace

Center at the FDR Presidential Library & Home, Rte. 9, Hyde Park. Women's History Month screening of Jean Stapleton's Emmy and Golden Globe award nominated performance in "Eleanor, First Lady of the World" (1982), 2 p.m. Free public event, but registration is required to attend in-person. Visit fdrlibrary.org to register.

AUDITIONS

March 16-17: Rhinebeck Theatre Society will hold auditions for "My Fair Lady" on Saturday, March 16th at 1 p.m.; and Sunday, March 17 at 7 p.m., at The Center for Performing Arts at Rhinebeck, 661 Rte. 308, Rhinebeck. Performance dates are June 14-July 7 (Friday through Sunday). More info at [https://www.centerforperformingarts.org/auditioninfo/my-fair-lady](http://www.centerforperformingarts.org/auditioninfo/my-fair-lady)

OLL high school student 'Footloose' performance set

Our Lady of Lourdes High School (OLL), a college preparatory, co-educational Catholic high school located in Poughkeepsie educating students from across the Hudson Valley, announces that ticket sales are now open for the Lourdes Theatre Company's production of "Footloose." The Lourdes Theatre Company's spring musical will run four performances: Thursday, March 14 at 7 p.m.; Friday, March 15 at 7 p.m., and Saturday, March 16 at 2 p.m. and 7 p.m.

"The Lourdes Theatre Company is thrilled to bring Footloose to Hudson Valley audiences," said Tom Lawrence, director of the Lourdes Theatre Company. "The music harkens to the days of disco and all the dance from that bygone era. Audiences who were

charmed by last year's performance of Grease will be excited to see some familiar faces back on stage for Footloose, as well as some talented newcomers."

All performances will take place in the school's Arts and Athletic Center located at 131 Boardman Road, Poughkeepsie. Due to the popularity of the show, purchasing tickets in advance is recommended; a limited number of tickets will be available at the door. General admission tickets are \$15, and senior, student, and staff tickets are \$10. Footloose is suitable for all ages, and tickets can be purchased online at <https://www.ollchs.org/the-arts/performing-arts/footloose/>.

Footloose is presented by arrangement with Concord Theatricals.

County to host sensory-sensitive movie event March 23

Free movie screening to feature 'Kung Fu Panda 4' at Roosevelt Cinemas

Dutchess County Executive Sue Serino and Legislature Chairman Will Truitt will host a free sensory-sensitive screening of "Kung Fu Panda 4" – the first animated release of 2024 – on Saturday, March 23, at the Roosevelt Cinemas (4060 Albany Post Road, Hyde Park). The movie will begin at 10:30 a.m., with the doors opening at 10 a.m. Registration is required at dutchessny.gov/movie by March 20.

"Dutchess County is thrilled to be hosting another sensory friendly movie in Hyde Park so neighbors of all abilities can enjoy a fun-filled movie experience," said Dutchess County Executive Sue Serino. "This free event aims to ensure all

attendees are comfortable and can enjoy 'Kung Fu Panda 4' in a relaxing and supportive environment. I look forward to seeing this brand-new movie with so many of our neighbors!"

The theater will adjust both the lighting and sound to make the experience more enjoyable for those with intellectual and developmental disabilities or who experience sensory sensitivities and will also include closed captioning.

Individuals, families and support agencies are all invited to this free event. Concessions will be available to purchase, and no outside food or drink is permitted.

Dutchess County's ThinkDIFFERENTLY initiative aims to create a supportive and welcoming environment for those of all abilities. To learn more, or to see a list of upcoming events, please visit thinkdifferently.net.

For more information on the upcoming free sensory-sensitive screening of "Kung Fu Panda 4," call (845) 486-2000 or email CountyExec@dutchessny.gov.

EXHIBITIONS

Art Gallery 71, 71 E. Market St., Rhinebeck. **Through April 1:** Paintings by this month's featured artist, Julia VanDevelder, whose principal subject is the natural world, particularly the Hudson Valley, a region she has called home for many years. www.artgallery71.com

Bannerman Island Gallery, 150 Main St., Beacon. **Through April 7:** Annual "Art of the Garden" art exhibition, floral & still-life garden themed art show featuring paintings, watercolors, and other mixed media. All works for sale, part of the proceeds help further restoration projects on Historic Bannerman's Island. Contact (845) 831-1001, 845-416-8342 or bannerman-gallery150@aol.com for more information. www.bannermancastle.org

Frances Lehman Loeb Art Center, Vassar College, 124 Raymond Ave., Poughkeepsie. **Through June 2:** "Making A Life In Photography: Rollie McKenna," the first survey of the prolific career of American photographer Rosalie (Rollie) Thorne McKenna. The exhibition, presented thematically in four galleries, features over 100 gelatin silver prints made during the artist's lifetime, drawn primarily from the Loeb's collection with the addition of several key loans. (845) 437-5632 or [https://www.vassar.edu/thelob](http://www.vassar.edu/thelob).

Franklin D. Roosevelt Presidential Library & Museum, 4097 Albany Post Rd. (Rte. 9), Hyde Park. Through December: Developed in collaboration with a distinguished committee of scholars, "Black Americans, Civil Rights, and the

Roosevelts, 1932-1962" centers the historical voices of many Black community leaders, wartime service members, and ordinary citizens who engaged the Roosevelt administration directly and who pushed for progress. Within this context, the exhibit examines the political evolution of both Franklin and Eleanor Roosevelt regarding racial justice. fdrlibrary.org

Gallery 40, 40 Cannon St., Poughkeepsie. **March 16-April 28:** "Coming Home," an exhibition by LongreachArts Collective. **Opening reception:** Sat., March 16, 5-7 p.m. www.gallery40pok.com

LAND Gallery, 30 Charles Colman Blvd., Pawling. **Through March:** "Photographs and Improvisions" by Jim Stasiak. **Artist Talk:** Sun., March 24, 3-5 p.m. (845) 490-2281

Morton Memorial Library, 82 Kelly St., Rhinecliff. **Through March 30:** Morton Talent Show Art Exhibition. Sales will benefit the library. (845) 876-2903

Olana State Historic Site, Hudson. **Through March 24:** "Spectacle: Frederic Church and The Business of Art," a 21st-century way of viewing Frederic Church's great masterwork, "The Heart of the Andes," and this exhibition highlights the showmanship and marketing that Church used to promote the debut of this work in 1859. For more information and to purchase tickets visit olana.org/spectacle

Tivoli Artists Gallery, 60 Broadway, Tivoli. **Through March 17:** Artists Choice- Salon Style 2024 Exhibition, TAG's members are

showcasing their painting, sculpture, photography, collage, poetry and music. (845) 757-2667

Woodstock School of Art, Robert H. Angeloch Gallery, 2470 Rte. 212, Woodstock. **Through May 4:** "Segalman

at 90," an exhibition of select oil paintings, watercolors, monotypes, charcoal drawings, and pastel paintings of Richard Segalman from the private collections of his Woodstock circle of friends. 845-679-2388 or woodstockschooolofart.org.

Arts Mid-Hudson offers grants

For over 50 years, Arts Mid-Hudson (AMH) has taken a lead role in equitably distributing Dutchess County arts and cultural funds to Dutchess County arts organizations, so that both residents and visitors to our region can enjoy a rich offering of arts. Through a partnership with the Office of the County Executive and Dutchess Tourism, AMH is pleased to partner with arts organizations to support capacity building initiatives and implement arts and cultural programs. We seek partners that have a history of achievement in the arts, good management, stable finances, and self-sustaining programs with the potential to make a measurable impact.

The deadline to apply is Thursday,

April 4 at 11:59 p.m. Complete information is available at: artsmidhudson.org/dutchess-partners-in-the-arts

Capacity Building Initiatives support initiatives which grow the capacity of arts and cultural organizations in Dutchess County. This funding opportunity is made possible through funding from the County of Dutchess.

Programmatic Support funds may be used for arts and cultural events, new and existing, which engage visitors and residents of Dutchess County. All programs must have a stated focus on generating a measurable impact on tourism in Dutchess County. This funding opportunity is made possible through funding from Dutchess Tourism, Inc.

GOLDEN LIVING

CLUTTER, HOARDING AND SQUALOR (part 1 of 2)

As we approach winter's end, it's common enough for our homes to have become cluttered. That's why spring cleaning is a phenomenon. Soon as it's warm enough, we can bring our warm weather necessities out of storage while packing away the winter gear; and while that's going on is an opportune time to rid ourselves of anything that's outlived its usefulness. We all acquire things that become clutter, but we're able to manage it by donating, selling, recycling, or discarding what we no longer need.

Now imagine a home where the clutter only grows, to the point where living spaces can no longer be used for their intended everyday activities. Simply moving from one room to another becomes a challenge, especially for an older person who may have mobility challenges – and yet the idea of disposing of any of it, or putting a halt to additional acquisitions, causes distress. An individual in situation like this fits the definition of someone with hoarding disorder. Helping them emerge from a hoarding situation is a delicate task.

DEFINING THE BASIC TERMS

The following are commonly accepted clinical definitions.

Clutter: Possessions are disorganized and may accumulate around living areas.

Collecting: Possessions are part of a larger set of items. Display does not impede active living areas. A typical collection can include things like baseball cards, vinyl records, comic books, dolls, and autographs. Collecting isn't hoarding.

Hoarding: Possessions become unorganized piles. Hoarding becomes a mental illness when it prevents rooms from being used for their intended purpose.

Squalor describes a home that is so unclean and unhygienic that people of a similar culture and background would consider extensive clearing and cleaning essential. Although hoarding and squalor can at times appear similar, they are two different conditions that sometimes overlap.

There are at least a dozen disorders, injuries and diseases that have been doc-

umented as leading to hoarding disorder and/or squalor. People with hoarding disorder may not be able to recognize the severity of their condition.

Without addressing the underlying conditions, any cleanups are likely to be only temporary solutions.

YOUR HOT TAKE IS LIKELY TO MISS THE MARK

If you've ever seen a hoarding situation yourself, your first reaction may have fallen along the lines of "What a mess!" or "How come they can't see they're living in filth?" followed by "This needs to be cleaned up right now."

Maybe you cleaned, only to see the hoarding resume.

There are ways to engage with a person with hoarding disorder that are more likely to result in sustained positive results. We'll get into the do's and don'ts of addressing hoarding in older adults in next week's column; in the meantime, if you fear you may have hoarding disorder or care for an older adult in Dutchess County who you fear may have hoarding disorder, reach out to OFA at ofa@dutchessny.gov or call 845-486-2555 during business hours.

UPCOMING 'FRIENDLY CALLS' ORIENTATIONS

If you're interested in becoming a volunteer caller for OFA's "Friendly Calls" program, we have plenty of orientation sessions on the March calendar, and a little bit beyond. Most orientations take place at OFA unless otherwise indicated below. Orientations typically last 40-60 minutes. Pick one, and contact OFA at 845-486-2555 to set up your orientation:

- Wednesday, March 20th, 1:30pm at the Office for the Aging
- Monday, March 25th, 10 am at the Office for the Aging

If none of those work with your schedule, contact Friendly Calls Program Manager Linda Edgar at 845-486-2548 or ledgar@dutchessny.gov, and we may be able to work out something that fits your schedule.

If you're part of a workplace or civic organization that would like an onsite Friendly Calls orientation, contact Linda

Edgar as noted in the previous paragraph.

If there's a meeting room with a TV that has an HDMI connection, that's all we need to bring the orientation to you.

FIELD HALL FOUNDATION GRANT FOR OFA 'GOGOGRANDPARENT' SERVICES

The Office for the Aging's newest non-emergency medical transportation solution has received a \$25,000 grant from the Field Hall Foundation to build upon its initial success.

OFA has been working with GoGo Technologies (also known as "GoGoGrandparent" and "GoGo") since 2023 to provide a limited number of free, non-emergency medical trips within Dutchess County to qualifying Dutchess County older adults. So far, over 150 Dutchess County older adults have availed themselves of GoGo services, anywhere in Dutchess where a Lyft and/or Uber driver is available.

Full details in this Dutchess County Government press release.

To be eligible for the free rides, prospective riders must be Dutchess County residents over age 60 and must register with OFA before booking any rides. Call OFA at 845-486-2555 or email ofa@dutchessny.gov for details.

Getting ready to register? Have the following information handy:

- name;
- street address, including apartment number, if applicable;
- phone number; and
- contact information of a family member or caregiver who can be notified when the client uses GoGo to schedule a ride.

If special accommodations – wheelchair, walker, service animal, portable oxygen, etc. – are needed, please inform OFA when registering.

SAVE THE DATE – WEDNESDAY, MAY 8TH – CAREGIVER CONFERENCE IN HYDE PARK

Caregivers looking for help on being the best caregiver they can be while maintaining their own well-being will want to set aside Wednesday, May 8th for the free annual "Caregiver Conference." It'll be held at a new venue this year: the Wallace Center, on the grounds of the Franklin D. Roosevelt National Historic Site in Hyde Park.

Reservations are scheduled to get under way one month before the conference, on April 8th.

The event begins with sign-in at 8:30 a.m. and continues until 2 p.m.

There will be plenty of time for your questions and concerns, and dozens of experts and vendors will be on hand with answers and solutions. A continental breakfast and lunch are included.

The conference is organized by the Office for the Aging, the Alzheimer's Association Hudson Valley Chapter; Hudson Valley Hospice; Parkinson's Disease Support Group of the Mid-Hudson Valley; and community members Cathy Regan and FaLisia Cotten-Swain.

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

Love to Cook

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and one I often share as a gateway smoothie to convince friends who are as skeptical of the trend as I was. Just try it and you'll see!

INGREDIENTS

2 handfuls fresh spinach
2 frozen bananas
1 ripe avocado
1 cup almond or oat milk
1 teaspoon pure vanilla
1 teaspoon cinnamon
Blend until well mixed, creamy and smooth.
Makes 2

BERRY BOOST SMOOTHIE

For those of you who aren't snickerdoodle fans, don't despair. A healthy mix of berries and other fruits get a boost from something unexpected that you'll never know is there, but your body sure will. I'm talkin' kale, folks, but stay with me! If I handed you a glass you'd be none the wiser. This is the one I sometimes start my day with instead of coffee and I'll be blending it up as soon as I finish this article. It gives me so much energy and I can drink it every day.

INGREDIENTS

1 cup almond or oat milk
1-2 handfuls chopped fresh kale

1/2 cup frozen blueberries
1/2 cup frozen strawberries
1 orange, peeled and chopped
1/2 a frozen (peeled) banana
2 teaspoons honey

Blend it all together until smooth and sip indulgently with a straw.

Makes 2

With the loveliness of spring about to grace us, wouldn't it be good to have a little more energy to enjoy the simple pleasures it will bring? And simple is what it's all about, so why wouldn't you blend up a sweet, cold, creamy, fun and easy beverage loaded with fresh fruits and vegetables, especially when it will make you feel great inside and out? I think you'll feel even more beautiful than you already are. 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.

Creative Living

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NORTHERN DUTCHESS NEWS

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Get Growing!

continued from page 12

districts, charter schools and non-public schools in the state that participate in the national school lunch or school breakfast programs to serve breakfast and lunch at no cost to the student." Farmers are hoping that this will lead to more students benefiting from fresh, healthy local food. Another bill encourages schools to purchase local farm products with monetary incentives.

• Nourish NY Program – N.Y. farmers donate millions of pounds of food to food banks. Nourish N.Y. provides 50 million dollars for purchases of additional food, as part of the governor's current budget proposal. Farmers are asking the legislators to increase this amount.

• SITE Act – We thanked Senator Hinckley and Assemblymember Didi Barrett for their support of the Smart Integrative Tools for Energy Development Act, which was signed into law last month. This important law

empowers local governments to prevent solar energy companies from pressuring farmers to lease valuable farmland for solar farms. These companies are targeting easy to develop farmland, the same way housing developers gobbled up farmland in the 1960s. We need farms!

• I never did get a chance to question Senator Hinckley about the pending state fungus bill. But later in the day, I met with Assemblyman Karl Brabenec, who is sponsoring legislation to create an official state soil. That would be the black dirt from the onion farms in his Orange County district. It's a real battle, he confessed. Seems there's a lot of competition from other parts of the state for a state soil. Dutchess County, for example. How about "rocky, stony, gravelly silt loam?"

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



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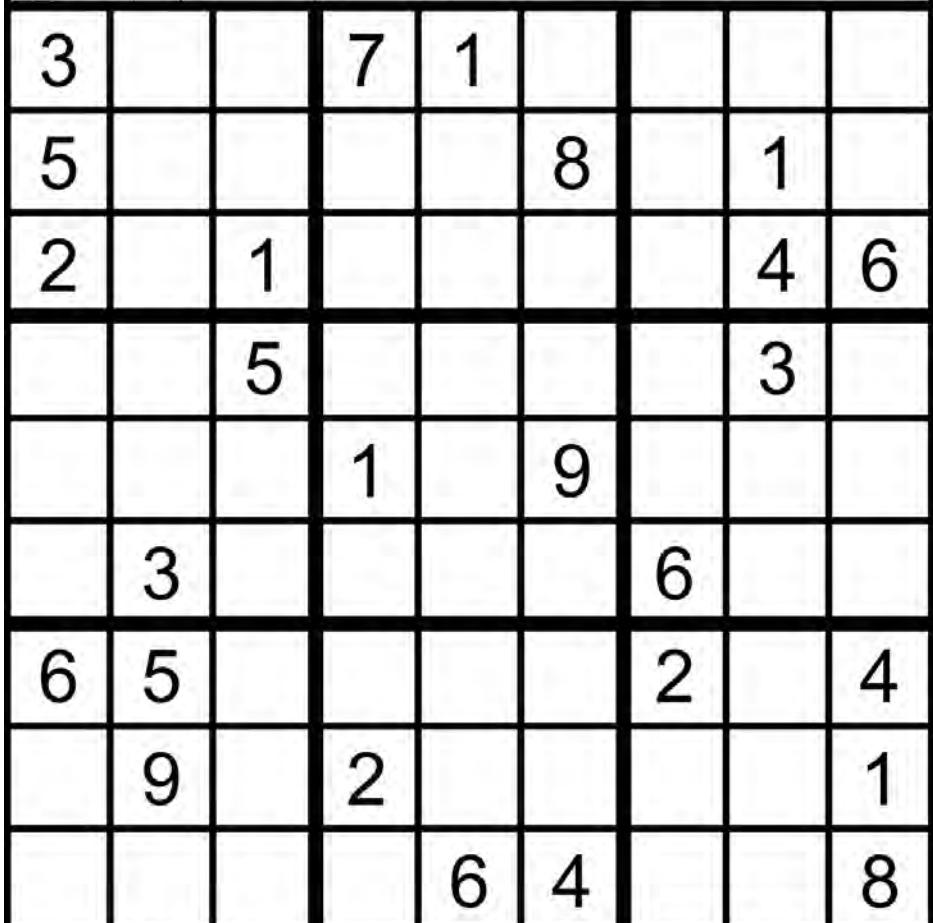
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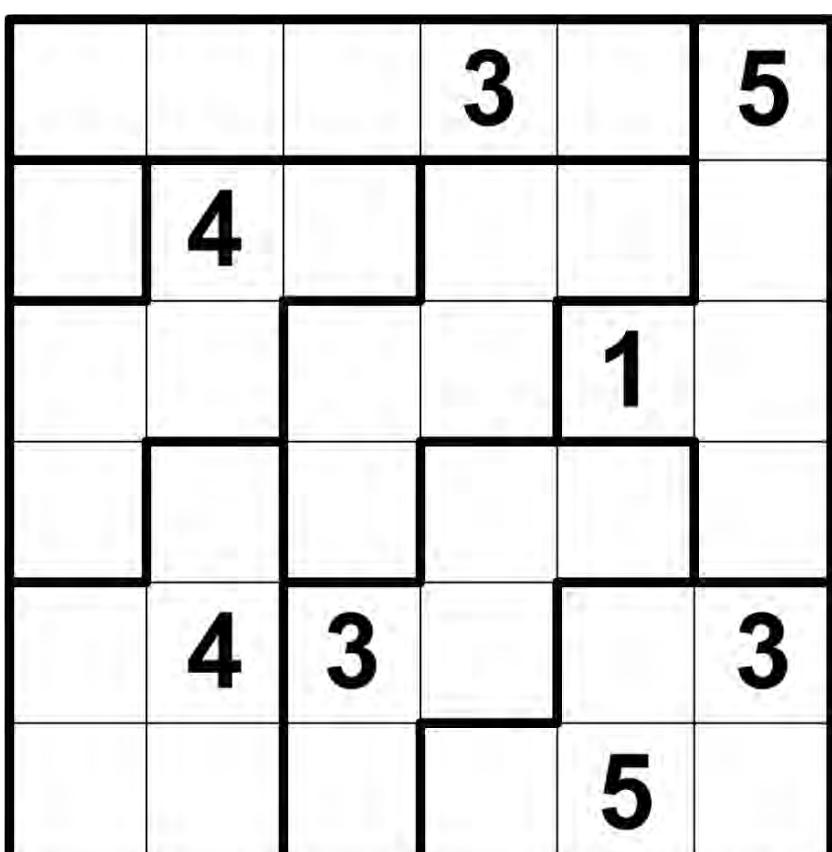
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Suguru



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.

THEME: ICONIC FASHION MOMENTS

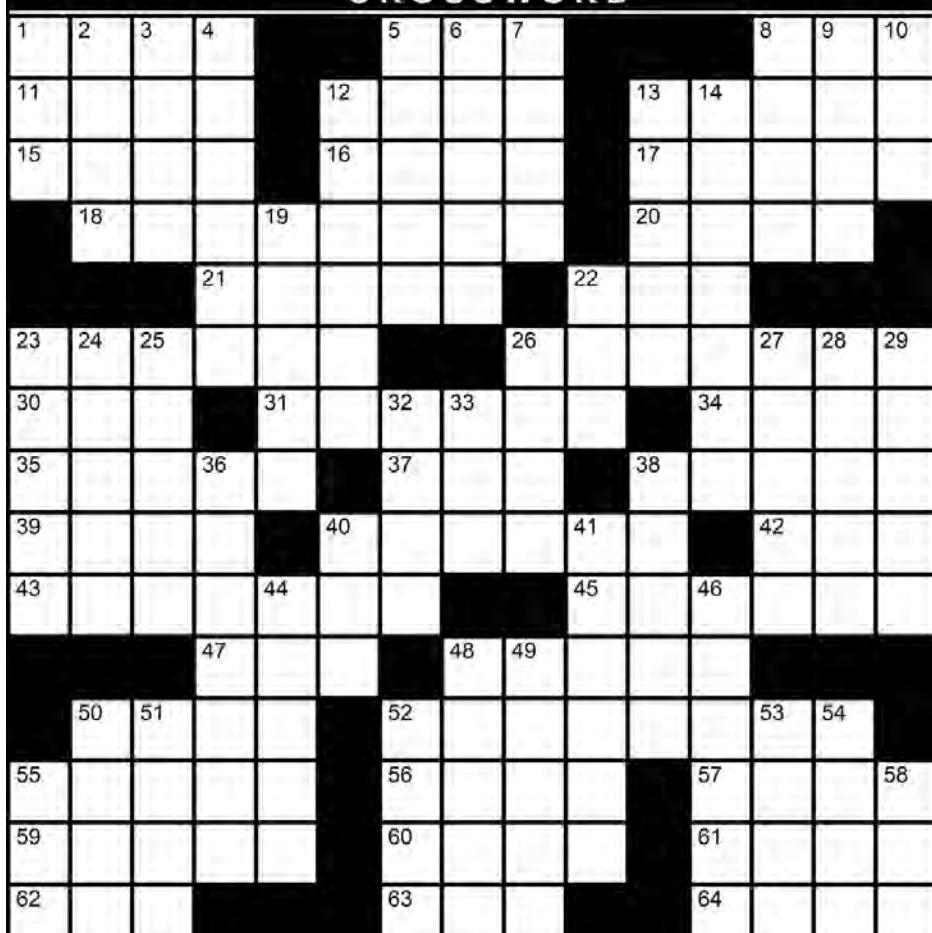
ACROSS

- Aggressive remark
- Pampering spot
- Wharton degree
- Light bulb, in comic book
- Burn to a crisp
- Size option
- Cameron of "There's Something About Mary"
- Fabled racer
- Take care of debt (2 words)
- *He wore a white leisure suit on the dance floor
- It can be pleasant or unpleasant
- Buenos _____
- Dove's sound
- *She wore a white dress above a subway grate
- Get house ready for living
- Rap sheet acr.
- Famous fictional canine
- Brussels org.
- Not Astroturf
- Take the gold
- Certain cigarette
- Speed of object divided by speed of sound
- Lord's subordinate
- Ann Patchett's novel "____ Canto"
- Made by Bayer
- Friskily
- Long period of time
- Repeat, in music
- Cough syrup balsam
- *She wore a meat dress
- What cobbler does
- Good's foe?
- Muddy road grooves
- Waltz, in France
- White House "sub"
- Red light action
- Layer
- Marching insect
- Sports award

DOWN

- Ebay click
- Miners' passage
- *Kim Kardashian exposed it on the cover of Paper in 2014
- *Harper's ___, famous fashion magazine, launched in 1867
- Fossil fuel rock deposit
- Fractions
- Atlas stat
- Egg salad ingredient
- View from high-speed train?
- High mountain
- Uncontrollable movement disorder
- Animal trail
- *Singer who sported a cone bra
- Viola da Gamba, pl.
- Pool tool
- Molten rock
- Southern cuisine pods
- Civil rights org.
- Jimmy Buffet: "You got ____ to the left..."
- Many iamb
- Iron/carbon alloy
- *Golightly of little black dress and sunglasses fame
- Tchaikovsky's fowl
- Bro's sib
- *Nothing came between her and her Calvins
- Loud noise
- Car's unique identifier, acr.
- Diamond on a sweater
- Awaken
- Rough
- Type of juniper
- Proclamation
- Bluish green
- Billy Joel's "____ the Good Die Young"
- Bulgarian money
- Glory prerequisite
- Above
- NFL's Lamar Jackson in 1923, e.g.
- Done with "my little eye"?

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The solutions to both the Sudoku & Crossword puzzles can be found on page 23

BMS students learn from Career Day presenters



Bulkeley Middle School in Rhinebeck hosted a Career Day on Friday, March 8. Twenty-two presenters from across the area took part in the event, introducing students to a wide variety of professions. In the photos, clockwise from top left, New York State Park Ranger Chris Rickard instructs students Grace Davis and Mela Palms in mountain rescue simulation. Student Max Codling works on an Adaptive Design project. Carpenter Jesse Soward works with students Connor Cruikshank and Otis Utz. Students Alaina Della Schaefer, Aubrey Haag, Silvana Walker and teacher Nancy Erlanger listen to Adaptive Design presenter Casey Heady. Ophthalmologist Donna Esposito works with students Peri Aruz, Malena Ruiz Michaels and teacher Patty Dannemann. Students Alannah Jarvis and Riley Story prepare food items for food magazine/cookbook writer Liz Sgroi. Sgroi is pictured with students, from left, Ethan Williams, Max Bernard and Julian Schlein. Photos by Curtis Schmidt

County to offer new spring, summer programs

Dutchess County Parks continues its wide array of popular programming this spring and summer season. From weekend archery to adult park palette art sessions, eaglet nature programs, summer camps, pickleball and a new disc golf league, there are exciting and educational offerings for residents of all ages looking to explore the outdoors in fun and unique ways. Spring and summer program registration will open Tuesday, March 12 at www.DutchessNY.gov/ParksEducation.

Dutchess County Executive Sue Serino said, "As the weather warms up, we are excited to look ahead to our Parks' popular programming! This year we have exciting new programs as well as the return of popular favorites. These programs, especially the summer sessions, fill up fast, so be sure to register quickly and don't miss these great opportunities to get outside and maybe even learn a new skill with our great Parks programs."

Spring Naturalist Program Schedule

Friday Night Pickleball Under the Lights will return to the pickleball courts at Quiet Cove Riverfront Park in Poughkeepsie on April 5th and April 19th from 6-10:30pm. All courts will be temporarily illuminated for play, and firepits will be lit nearby for attendees to enjoy. Registration is required and is available at playtimescheduler.com. Sessions will be cancelled in the event of inclement weather.

In partnership with the Office for the Aging (OFA), Parks will host a free, three-week Learn to Pickleball Clinic for residents aged 60 and older. Sessions will be held from 9-11 a.m. at Quiet Cove Riverfront Park, Poughkeepsie on Thursdays, May 2nd, May 9th and May 16th. Each week will be led by a USA

Pickleball ambassador and local volunteers and will focus on a fundamental component of the game. Registration is limited and is required by calling OFA at (845) 486-2555 and includes all three sessions as each builds upon skills from the previous class.

- May 2 - Introduction to the game
- May 9 - Beginner skills
- May 16 - Trial games

Weekend Public Archery sessions begin Saturday, April 13 at Bowdoin Park. The archery program consists of five classes, held on Saturdays, with various time slots offered. The sessions, each an hour long, are designed for children ages 8 and up, and adults with any level of archery experience. Basic hands-on archery skills will be taught, as well as bow and arrow safety. Cost is \$70 per person and includes all five classes and equipment. Each time slot is limited to 20 participants.

- Saturday, April 13
- Saturday, April 27
- Saturday, May 4
- Saturday, May 11
- Saturday, June 8

Time Slots

- 8:30-9:30am
- 10-11 a.m.
- 11:30 a.m.-12:30 p.m.
- 2-3 p.m.
- 3:30-4:30 p.m.

Park Palette Art Series for Adults will be held at Quiet Cove Riverfront Park from 6-7:30pm outside on the lawn. These workshops are a step-by-step class to create nature-themed paintings. Cost is \$12 and includes all supplies. Sessions are limited to 12 participants each.

- Wednesday, May 22
- Wednesday, June 5

Eaglet Nature Program is for youth ages 5 to 7, along with their parents or caregivers, at Bowdoin Park's Nature Education Center. Through interactive exploration and play, children will have the opportunity to take a closer look at the unique natural habitats, with each week focusing on a different topic with a craft being made at the end of the class. All classes will be held 4-5 p.m. Registration is \$5 per child and is limited to 12 participants.

- April 25 - Finding Footprints (Intro to Tracking)

- May 9 - Identifying Skulls and Scat
- May 23 - Pond Study

The new Wilcox Disc Golf League will host weekly meet ups to play at 10:30am on Sundays from April 21st through May 19th at Wilcox Memorial Park's Disc Golf course, which has been ranked among the top 100 courses in the world by UDisc, a popular disc golf app. All skill levels are welcome. This league is not directly affiliated with Dutchess County Parks; for more information and to register, email Savanna Burke at burkesavanna@gmail.com.

Summer Program Schedule

Dutchess County Parks' popular Adventure and Survival summer programs for youth ages 9-17 at Bowdoin Park in the Town of Poughkeepsie and Wilcox Memorial Park in the Town of Milan, reconnect youth with nature and feature hands-on activities such as hiking, shelter making, fire building, tracking, and other survival skills, as well as building on role play and group problem-solving skills. Sessions are held Monday-Thursday, from 9:30am to 4pm, with early drop-off and late-pick up options available.

The Adventure Program and Survival Program, for ages 9-11, will be held July 8-11 or July 22-25. The Adventure Program, for ages 12-15, will be held July 15-18 or August 5-8. The Survival Intensive Program, for ages 12-15, will be held July 15-18. These programs will be at Bowdoin Park.

Additional programs include Complete Survival at Wilcox Park for ages 12-15 on July 29-August 1 and Living Adventure at Bowdoin Park for ages 16-17 on August 12-15. These sessions will mimic a real survival situation framed in the context of a story that changes every year. Complete Survival requires students to have participated in Survival Intensive and ends with an optional overnight stay.

Sessions cost \$200 per student, per session. Due to the popularity of the programs, there is a limit of one session per student.

Eaglet Adventures returns this summer for ages 6-8 from August 5-8. These sessions will be from 10am-2pm and will give children a chance to become better explorers and scientists. Children will develop skills to identify animal tracks, discover pond life and begin to see the interconnection that keeps the natural world in balance. This session is limited to 12 children plus one caregiver and costs \$150 per student.

Other naturalist programming, including group weekday Archery, Junior Survival, Scout Programs and School Field Trips are available by appointment and reservations can be made by calling the Parks office at (845) 298-4602.

For registration and programming information, visit DutchessNY.gov/Parks.

COLLEGE NOTES

BOSTON, MA – Emmanuel College in Boston has named Madison Lapine of Clinton Corners to the Dean's List for the Fall 2023 semester. To earn a spot on the Dean's List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.

SCRANTON, PA – Andrea E. Filachek of Lagrangeville was among the 20 University of Scranton education majors who are serving as student teachers during the spring semester at twelve local schools in the following nine school districts: Dunmore, Carbondale Area, Mid Valley, North Pocono, Riverside, Scranton, NEIU, Valley View and Wayne Highlands.

Filachek, a graduate student, will serve as a student teacher at Mid Valley Elementary School in the Mid Valley School District. Filachek is majoring in special education at the Jesuit university.

The University of Scranton is a Jesuit university located in Northeastern Pennsylvania.

WORCESTER, MA – The following local residents were named to Clark University's Fall 2023 Dean's List:

Henry Patrick Hoey-Wasow of Rhinebeck was named to first honors.

Diana P. Reyes of Amenia was named to second honors.

BUFFALO, NY – Michael Lotz of Staatsburg has been named to the Fall 2023 Dean's List at Buffalo State University. Lotz is majoring in History.

In general, students who have completed at least 12 credit hours and who have attained a term GPA of 3.5 or higher qualify for the Buffalo State dean's list. Full criteria and grade-type exceptions can be found in the undergraduate catalog.

ADELPHI, MD – Diana Vogt of Red Hook was named to the Dean's List for the fall semester at University of Maryland Global Campus. To be eligible for the honor, a student must complete at least six credits during the term, earned a grade point average of at least 3.5 for the term, and maintained a cumulative GPA of 3.5 at UMGC.

DELHI, NY – Devynne Gallagher of Millerton is one of more than 200 new students who enrolled at SUNY Delhi for the Spring 2024 semester.

Gallagher is pursuing a degree in Continuing Education.

MEDFORD, MA – Tufts University recently announced the dean's list for the Fall 2023 semester. Local students on the list include Minali Abraham-Agarwal of Pleasant Valley, Class of 2026; and Brandon Shih of Rhinebeck, Class of 2024.

Dean's list honors at Tufts University require a semester grade point average of 3.4 or greater.

ROCHESTER, NY – The following students were named to the Dean's List at Rochester Institute of Technology for the fall semester of the 2023-2024 academic year.

Lily O'Carroll of Amenia, who is in the computer science program.

Emma-Rose Scagnelli of Clinton Corners, who is in the biomedical sciences program.

Peyton Dennis of Clinton Corners, who is in the mechanical engineering program.

Sean Goodman of Hyde Park, who is in the mechanical engineering program.

Matthew Dignan of Millbrook, who is in the engineering technology exploration program.

Meredith Michetti of Pine Plains, who is in the biotechnology and molecular bioscience program.

Joshua Bay of Pine Plains, who is in

the software engineering program.

Juliana Pucci of Pleasant Valley, who is in the 3D digital design program.

Kujo Seymour of Red Hook, who is in the environmental sustainability, health and safety program.

Joshua Digugno of Red Hook, who is in the game design and development program.

Andrew Jameison of Red Hook, who is in the game design and development program.

Max Weiler of Red Hook, who is in the mechanical engineering program.

Kelly Scattergood of Rhinebeck, who is in the environmental sustainability, health and safety program.

Ryan Marino of Stanfordville, who is in the mechanical engineering program.

Full-time degree-seeking undergraduate students are eligible for Dean's List if their term GPA is greater than or equal to 3.400; they do not have any grades of "Incomplete", "D" or "F"; and they have registered for, and completed, at least 12 credit hours.

CONWAY, SC – Coastal Carolina University recognized more than 500 students during its Fall 2023 commencement ceremonies, held Dec. 15 in the HTC Center. Among the graduates was Jessica Perrin, from Pleasant Valley.

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Ryan gains \$17M in funding for Dutchess County projects

Congressman Pat Ryan announced last week he has secured nearly \$17 million in federal funding for community projects that will benefit communities across NY-18 district with the House passage of fiscal year 2024 appropriations bills.

Among the projects receiving funding are the Dutchess County Youth Opportunity Union (YOU), Family Services, Inc. of Poughkeepsie, the Tivoli Volunteer Fire Department, the Town of Wappinger and the Village of Millerton. Full descriptions of the Community Funded Projects are below.

• Dutchess County “Youth Opportunity Union”(YOU): \$1,050,000.

“The federal funds will support critical infrastructure throughout our community, including the countywide Youth Opportunity Union we’ve long envisioned, in turn benefiting countless Dutchess County residents,” said Dutchess County Executive Sue Serino. “Each of these projects highlights a specific priority for our county – whether it’s youth and family development, public safety or clean water – and we thank Rep. Ryan for his efforts to secure these funds.”

The Youth Opportunity Union will redevelop the approximately 3.35-acre site of the former Dutchess YMCA in the City of Poughkeepsie — which has been vacant and became increasingly deteriorated since the YMCA’s closing in 2009 — into the Youth Opportunity Union (“The YOU”), a youth-focused community center designed via an intensive community-outreach process to feature an innovative cradle-to-career spectrum of recreational; early childcare and learning; enrichment; and health and wellness facilities and programs, as well as serving as the hub of Dutchess County’s Path to Promise cradle-to-career system of youth and family services. The funding from the CFP will specifically go towards funding a multipurpose community center at the YMCA to ensure that kids will have a space to gather in this city where many community spaces have been shuttered in the past decade.

• Family Services, Inc.: \$1,000,000

“We are so thankful to Congressman Ryan for supporting the work of Family Services Family Partnership Center which is integral to the safety and well-being of the community,” said Leah Feldman, CEO of Family Services, Inc. “Asbestos abatement is a critical component of environmental justice, ensuring the protection of both human health and the environment. Communities, such as the City of Poughkeepsie often bear a disproportionate burden of environmental hazards, including asbestos-related illnesses. This funding will contribute to the broader goal of rectifying environmental injustices, promoting health equity, and safeguarding vulnerable populations.”

With this funding, Family Services, Inc. will conduct critical facility improvements at the Family Partnership Center in Poughkeepsie, New York, in order to increase the safety, accessibility, and long-term sustainability of its services and programs as well as those of the 20 human services organizations located in the building, providing critical behavioral services and other services. Family Services Inc., a 501 (c)(3) nonprofit, has embarked on a multi-faceted capital project in order to increase the safety, accessibility, and long-term sustainability of the Family Partnership Center (FPC), located in the heart of Poughkeepsie. Project components include: 1) asbestos encapsulation in the main building and adjacent annex; 2) floor and ceiling replacements in both buildings; and 3) renovations of currently inaccessible bathrooms in the main building.

• Tivoli Volunteer Fire Department: \$500,000

“Since the Tivoli Firehouse endured a devastating fire years back we have been dedicated to rebuilding both in growing our volunteer department to now one of the largest in the region and expanding our training and mutual aid,” said Marc Hildenbrand, Assistant Fire Chief of Tivoli Fire Department. “The commitment that our Congressman Pat Ryan has made by prioritizing the firehouse in his Community Funded Projects is one more essential step forward in realizing our

expansion to not only support our entire service area but to invest back in these incredible volunteers donating countless hours that our families, neighbors and friends rely on each and everyday.”

The Tivoli Volunteer Fire Department is the primary source of emergency services for the Village of Tivoli and several surrounding communities making it a high interest and priority for local taxpayers. With over 100 years in service, the Tivoli Firehouse serves as a vital regional Fire Department to communities that include Tivoli, Red Hook and all of Bard College along with mutual aid into Clermont and Germantown. Since the pandemic the Tivoli Firehouse has more than doubled in size providing essential rescue, fire, medical and mutual aid support to thousands of residents making this expansion critical in not only serving the community but to expand its community service. These tireless volunteers are on a call 365 days a year and participate in over 7,000 hours annual in emergency, rescue and medical. The Tivoli Firehouse also provides the interior fire training for all of upper Dutchess County neighboring fire houses. This expansion will ensure continued access to emergency, medical and fire services in this rural community. This project will support essential community infrastructure for a rural community.

• Village of Millerton: \$959,752

“Better Together: Congressman Ryan’s vital support of a shared wastewater system has helped fuel the collaborative effort between the Village of Millerton and the Town of North East, exemplifying the transformative power of partnership,” said Millerton Mayor Jenn Najdek. “This crucial funding not only addresses immediate environmental concerns but also paves the way for economic growth, improved public health and making sure our communities thrive for years to come.”

This project will construct a new wastewater system. The new wastewater system will consist of an alternative type collection system called a septic tank effluent pumped (STEP) system and an

innovative packed bed media filter water resource recovery system. This new wastewater system will replace failing on-site wastewater systems including cesspools and leach fields. The age and condition of existing systems present a serious environmental challenge to the ground water and surface water of the Housatonic Watershed. The proposed district encompasses the Village General Business District, commercial areas along Route 22, the Town of North East Boulevard District along Route 44, and surrounding residential parcels in the Village. The new wastewater system will provide businesses and potential residential development the wastewater management capacity for expansion, ensuring the communities’ sustainable economic growth. This project will ensure that the town can improve water quality in compliance with the Clean Water Act.

• Town of Wappinger Safe Drinking Water Project: \$959,752

“Offering clean, safe, and reliable drinking water to our residents is a top priority to our Town government,” said Wappinger Town Supervisor Joseph D. Cavaccini. “In working with Congressman Ryan to obtain this crucial funding, the Town of Wappinger will focus our efforts to not only sustain, but strengthen our water supply to those who live here, first and foremost. On behalf of all in our community who will benefit from this funding, we are grateful for this commitment and eager to see its lasting benefits for generations to come.”

The Town of Wappinger requires federal funding to deploy 5,300 linear feet of eight inch water main and 6,300 linear feet of ten inch water main along town and state roads in the Route 9 corridor. This project will establish critical redundancies in the existing United Wappinger Water District, provide safe and clean municipally-sourced water to residential & commercial properties, and provide critical inter-connections in the event of current source water failure. This project will ensure that the town can provide Clean Drinking Water compliant water source.

City of Poughkeepsie Police report scam solicitors from energy companies

The City of Poughkeepsie Police Department wishes to address the public about recent suspicious utility soliciting activities and scams occurring in and around the city.

Over the last two weeks, the department has received numerous suspicious person complaints from residents concerning subjects going door-to-door claiming to be from energy-saving companies such as Empower Solar and Arcadia. The individuals state they are trying to save residents money on their Central Hudson bills. Please be advised, Central Hudson has no affiliation with these groups and DO NOT have anyone going door-to-door.

The individuals are described as wearing lanyards with name tags, carrying

tablets, clipboards and/or carrying copies of Central Hudson bills. The same individuals have tried to gain access into the homes, by claiming its cold outside and/or asking to see the resident’s Central Hudson bill. When the resident declines or denies them access into their home, as an intimidation tactic, they pretend to call the police or become irate. These individuals also carry no formal identification (i.e. license or other government ID).

The Poughkeepsie PD continues to investigate these suspicious activities. Please remember that you are under NO obligation to answer the door and speak with any solicitor. It’s important to be aware of red flags that may indicate the solicitor is a scammer with fraudulent intent. Many times, scammers will call or

visit your home claiming to be from a legitimate company or organization seeking personal information for financial exploitation. Seniors, specifically, are targeted by scammers due to their trusting nature, steady income, and, possibly, due to cognitive impairments or conditions that affect their decision making. As a best safe practice, never answer the door or let anyone into your home who is unknown or uninvited. If you are approached by an unwanted solicitor at your door, firmly decline, and lock your door.

Utility companies will contact you by mail if your account is overdue. They may also call you if your services are at risk of being terminated, but will NEVER

demand immediate payment in person or over the phone. Demands for cash or gift cards should raise immediate red flags.

The Department wants to remind everyone of what solicitors are and are NOT allowed to do. ALL Solicitors are required to fill-out a permit application, and receive a permit prior to soliciting within city limits pursuant to the City Code of Ordinances. Those solicitors who have been approved will be issued a proper license which is affixed with the city seal.

To read the Solicitor Ordinance, or to fill out a permit request, please visit: <https://www.cityofpoughkeepsie.com/DocumentCenter/View/221/Hawking-and-Peddling-Application-PDF?bidId=>

County Office for the Aging to expand successful 'GoGo' transportation option with grant funding

Over 530 rides to medical appointments in first 7 months

As the aging population continues to grow, across the nation and here in Dutchess County, having safe and accessible transportation is an important concern for seniors. Last year, to help address this concern, the Dutchess County Office for the Aging (OFA) launched a new transit solution, offered through GoGo Technologies, to help older adults get to non-emergency medical appointment with free on-demand rides. The program was an instant success and will now expand to serve even more seniors in 2024 with a \$25,000 grant from the Field Hall Foundation, as well as support from the New York State Office for the Aging.

Text Description automatically generated OFA's partnership with GoGo Technologies – known colloquially as "GoGo Grandparent" – provides a convenient and accessible transportation option for seniors, allowing them to attend medical appointments. It is available to Dutchess County older adults who do not have transportation to and from non-emergency appointments or outpatient procedures after which driving is not recommended. Launched in May 2023, more than 150 seniors have registered for the program and to date, and over 530 trips to medical appointments have been provided.

County Executive Sue Serino said, "I've heard from many seniors about how difficult it can be when they no longer drive, particularly getting rides to med-

ical appointments. Our Office for the Aging's partnership with GoGo Technologies has been an invaluable resource for older adults, making it easy for them to schedule reliable rides to and from doctor's appointments and ensuring they get the vital care they need. We are grateful to have additional funding from the Field House Foundation and the NYS Office for the Aging to further expand this wonderful program, enabling even more local seniors to access to this great service."

Seniors who register for the program through OFA can schedule a ride with GoGo Grandparent – either in advance or the day they need transportation – and an Uber or Lyft driver will pick them up and take them to their destination. The County's OFA reimburses GoGo Grandparent for each ride by a registered program participant; GoGo Grandparent also tracks the rides for safety purposes and screens drivers to suit their rider's possible additional needs. OFA staff follows up with registered seniors to gauge their satisfaction with their rides and the program. Local clients have lauded the program for its efficiency, reliability and commitment to improving the overall well-being of the County's aging population.

Thanks to a new \$25,000 grant from the Field Hall Foundation, as well as a \$20,000 grant from the New York State Office for the Aging, Dutchess County's GoGo Grandparents program will serve even more seniors in 2024. The additional grant funding will allow OFA to explore expanding the scope of the GoGo Grandparent partnership, including the possibility of offering rides to seniors to



Field Hall Foundation Program Officer Patti Horvath (center) presented County Executive Sue Serino and Office for the Aging Director Todd Tancredi with a \$25,000 grant to expand the OFA's GoGo Grandparent program. Courtesy photo

visit a loved one in a hospital or nursing home; OFA has received feedback from clients who do not currently have transportation for this type of visitation.

Field Hall Foundation Program Officer Patti Horvath said, "This is an excellent program, helping make vital transportation connections for older adults, which is such a critical need. The Field Hall Foundation is proud to support Dutchess County's Office for the Aging as they work to expand this resource."

The Field Hall Foundation is a private foundation whose primary mission is to improve the lives of older adults and their caregivers, supporting programs and projects that directly impact low-income and vulnerable older adults and their caregivers in Dutchess, Putnam and Westchester counties, and address basic needs.

OFA Director Todd Tancredi said, "We have been thrilled to see so many older adults throughout Dutchess County utilize the GoGo Grandparent program to take rides to and from doctor's visits. Reliable transportation can often be challenging for seniors who have given up driving or live alone, and the Office for the Aging is proud to offer this option.

Based on the program's early popularity and success, we look forward to signing up more residents for GoGo Grandparent and expanding its offerings and we appreciate the support from both the Field Hall Foundation and New York State Office for the Aging."

Additional information about the GoGo Grandparent program is available on the OFA's website, and older adults can register for the program by calling the OFA at 845-486-2555. To register, seniors must provide OFA with their name; street address, including apartment number, if applicable; phone number; and contact information of a family member or caregiver who can be notified when the client utilizes GoGo Grandparent to schedule a ride. If special accommodations – wheelchair, walker, service animal, portable oxygen, etc. – are needed, the older adult should inform OFA when registering.

GoGo Grandparent is one of several transportation options the Dutchess County OFA offers local older adults. More information is available at dutchessny.gov/ofatransportation, by calling 845-486-2555 or emailing ofa@dutchessny.gov.

Field Hall Foundation announces \$254,000 in Winter Grants to improve lives of older adults, caregivers

Field Hall Foundation has announced \$254,000 in new grants through its Winter 2023-24 grant cycle. Seventeen grants, ranging from \$5,000 to \$40,000, have been awarded to organizations that will provide services to improve the lives of older adults and their caregivers in Dutchess, Putnam, and Westchester counties. Grant recipients include:

Catholic Charities Community Services of Dutchess Inc. \$40,000 – To provide ADA compliant transportation for seniors

The LOFT: LGBTQ+ Community Center \$30,000 – To provide case management services to LGBTQ+ seniors

Dutchess County Office for the Aging \$25,000 – To provide transportation for older adults when no other option is available

Lifting Up Westchester, Inc. \$20,000 – To provide food, housing, and other basic services to seniors

Meals on Main Street \$20,000 – To procure and deliver produce, prepared foods, and dairy to seniors

Bethel Nursing Home \$15,000 – To make upgrades to their Adult Day Care Program

Dutchess Outreach \$15,000 – To provide nutritious, prepared meals and groceries for seniors

Greystone Programs Inc. \$14,000 – To make ADA compliant upgrades to their Poughquag residence

Cancer Support Community Greater

NY & CT at Gilda's Club \$10,000 – To provide counseling, peer support groups and educational workshops to older adults with cancer and their caregivers

Meals on Wheels of New Rochelle, Inc. \$10,000 – To deliver prepared meals to homebound seniors

Second Chance Foods \$10,000 – To provide nourishing meals and groceries to homebound seniors

SPRYE, Inc. \$10,000 – To provide educational programs and transportation to isolated seniors

Support Connection Inc. \$10,000 – To provide programming and financial relief to seniors dealing with cancer

WestCOP \$10,000 – To provide nutritious food and hygiene items to low-income seniors

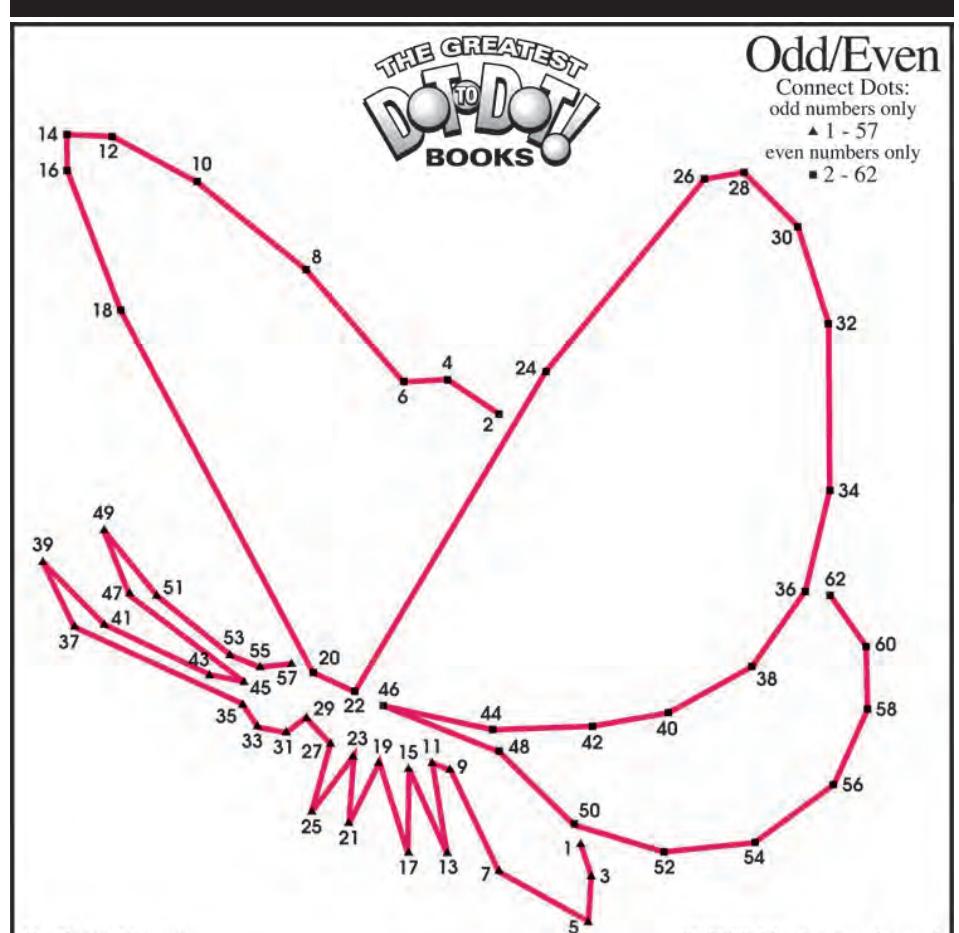
Cornell Cooperative Extension Dutchess County \$5,000 – To grow and deliver fresh produce to seniors

Family Services of Westchester \$5,000 – To provide transportation for seniors through their RideConnect program

Red Hook United Methodist Church Food Pantry \$5,000 – To provide groceries to seniors in need

The Winter cycle is the first of the Foundation's three grant cycles in 2024. The Foundation will announce the Spring grant awards in June and is currently accepting Letters of Inquiry for its Fall cycle. For more information on the grants awarded or future grantmaking, visit www.fieldhallfoundation.org.

Answer to this week's Dot to Dot (puzzle on page 11)



By David Kalvit

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Legal Notices

NOTICE CONCERNING THE EXAMINATION OF ASSESSMENT INVENTORY AND VALUATION DATA (Pursuant to Section 501 of the Real Property Tax Law) NOTICE IS HEREBY GIVEN that Assessment Inventory and Valuation Data is Available for Examination of Review. The Data is the information that will be Used to Establish the Assessment of Each Parcel which will Appear on the Tentative Assessment Roll of the Town of Milan which will be Filed on or Before May 1st, 2024.

The information May be Reviewed, by Appointment, in the Assessor's Office at Milan Town Hall, 20 Wilcox Circle, Milan, New York. To Set up an Appointment to Review the Assessment Information, please call the office at 845-758-5133 ext. 4. Dated 1st day of March, 2024 Elizabeth Burns, Assessor Chair

NOTICE TO BIDDERS

RFB-DCB-04-24
NAME OF PROJECT:
Dutchess County Public Transit Facility Renovations Phase

Legal Notices

II. Multiple Prime Bids shall be received for the following classes of work: General Construction, Electrical, HVAC, and Plumbing. Project Description: This project consists of a new building addition, and both building and site alterations to the existing Public Transit Facility at 14 Commerce Street, Poughkeepsie, NY 12603. The County of Dutchess official bid documents for this project are obtained from the Empire State Purchasing Group's Regional Bid Notification System at www.bidnetdirect.com/new-york/county-of-dutchess. Copies of bidding documents obtained from any other source are not considered official copies. It is incumbent upon all potential bidders to view all posted addenda prior to the bid close date. You may obtain an official copy by registering on the Empire State Regional Bid Notification System at www.bidnetdirect.com/new-york/county-of-dutchess or by using the link provided at www.dutchessny.gov, selecting "Government" then selecting "Bidding and RFP Opportunities." For those without Internet access, you may obtain an electronic copy of bidding documents by

Legal Notices

contacting the Dutchess County Department of Public Works at dpwcontracts@dutchessny.gov, or in person, Monday through Friday, 8 am to 4 pm: Dutchess County DPW, Business Office, 1st Floor, 626 Dutchess Turnpike, Poughkeepsie, NY 12603. Upon request, all interested parties may review the hard copy of the Bid Specifications and Drawings by visiting the above referenced address. All Addenda will be posted on Bid-Net Direct (aka Empire State Purchasing Group) site. Bids due on or before 11:00 a.m. on Friday, April 12, 2024, and at that time opened and read aloud. Bids received after that time will not be accepted. Bids for the above project will be received by: Renée Osterhoudt, Contract Specialist, Dutchess County Department of Public Works (DPW), 626 Dutchess Turnpike-1st Floor, Poughkeepsie, NY 12603. All interested parties are invited to attend. The bid opening for this solicitation may also be attended through Microsoft Teams Audio Conferencing. Anyone who wishes to hear bids read aloud via Teams, will need to call into the phone number listed

Legal Notices

below. We ask that you call in at least three minutes prior to bid due/time to ensure you are connected properly. All call-ins will be asked to identify themselves by name and organization. Join Microsoft Teams Meeting +1 516-268-4602 United States, Hempstead (Toll) Conference ID: 324 878 048# Each bid shall be submitted as one paper original and one electronic copy on USB flash drive and be accompanied by Bid Security (bid bond, certified check, official bank check made payable to the Dutchess County Commissioner of Finance) or an Irrevocable Letter of Credit (in a form agreeable to Dutchess County) in the amount of 10% of the bid amount. Bidders' security will be retained until the successful bidder has signed the Owner-Contractor Agreement and the County has finalized the Agreement. Each bid with Bid Security shall be enclosed in a sealed envelope bearing the name of the Project, Name of the Bidder, and the date and hour of the bid opening, which must be visible upon delivery. A pre-bid walk-thru meeting will begin at the Dutchess

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County Public Transit Facility, 14 Commerce Street, Poughkeepsie, NY 12603 on Wednesday March 27, 2024, at 11:00 a.m. to review the scope of the work. It is strongly recommended that all prospective bidders attend this meeting. Please meet inside the front entrance lobby. All participants must wear reflective vests on Public Transit property. Questions will be accepted

Legal Notices

by 5:00 p.m. on Wednesday, April 3, 2024 and emailed to Renée Osterhoudt at dpwcontracts@dutchessny.gov with the County's response published in Addenda prior to 48 hours before the bid opening date. The anticipated start of construction is July 1, 2024; the anticipated substantial completion date is December 31, 2024. This project may be subject to NYS Department of

Legal Notices

Labor Prevailing Wage Rates PRC #: 2024000646. View Bid Specifications regarding APPRENTICESHIP PROGRAM. The County reserves the right to waive irregularities in bids and in bidding and to reject any or all proposals.

Legal Notices

Request for Proposals Town of Pleasant Valley, NY

Subject
Date RFP released
Services required

Location of service

How to submit a proposal
Please submit a written proposal by March 22, 2024 to the Town Clerk's Office, 1554 Main Street, Pleasant Valley or email at: townclerk@pleasantvalley-ny.gov.

Proposals should include the company name, contact person, contact information, proposed price, and any relevant details about the service proposed.

Mary Beth Muir, Town Clerk
1554 Main Street
Pleasant Valley, NY 12569 Phone:
845-635-1111 Ext. 201

NOTES:

* The Town will select a contractor in accordance with applicable law and policies. The Town reserves the right to reject any and all proposals.

* Before work proceeds, a contract will be negotiated. Contract terms may include, but are not limited to, insurance requirements, limitation on subcontracting, compliance with Labor Law and other applicable statutes, non-discrimination, indemnity, and conflict of interest provisions. Please inquire with any questions.

* Proposals are considered firm offers that may be accepted within 60 days of receipt.

The deadline for Legals is every Friday @ 12 noon for a Wednesday Publication* *When a public holiday falls on a Monday the deadline becomes Thursday at noon.

OBITUARIES

Darryl S. Jones

HYDE PARK - Darryl S. Jones passed away peacefully on March 1, 2024, in Hyde Park, New York, at the age of 77. Born on October 29, 1946, in Boston, Massachusetts, Darryl's journey through life was marked by his adventurous spirit, generous heart, and creative mind.

Darryl graduated from Lowell Technological Institute, where he earned his Bachelor of Science in Electrical Engineering, laying the foundation for a successful career that would last over 3 decades. His professional life was largely spent at IBM Poughkeepsie, where he worked as an engineer and as an engineering manager.

Beyond his work, Darryl was a man of many passions. He was an active member of the JCI International Senate. He traveled throughout the US to attend JCI Senate meetings. He had a thirst for travel and exploration, finding joy and adventure while taking numerous cruises to exotic destinations. He had an enthusiasm for Corvettes, a passion he continued throughout his adult life. Darryl was often seen behind the wheel of one of these iconic vehicles.

Darryl is preceded in death by his beloved wives, Della Jones and Arnell Jones.

He is survived by his twin brother, Julius D. Jones and sister-in-law, Ruth A. Jones, his sister, Cheryl A. Pope, stepdaughter, Angela Keith, step grandchildren Cylas Keith, Trinity Contreras, and Amaya Keith, brother-in-law and sister-in-law, William Osborne, MD, and his wife Tisa Osborne, and sister and brother-in-law, Vivianne and Ronald Townes, sister-in-law, Cicely Hamilton and many nieces and nephews.

In addition to Della and Arnell, Darryl is predeceased by his stepson, Andrew Keith.

Darryl's life was well-lived, full of moments that brought joy not only to him but to many he encountered. The memories he created and the impact he had will endure in the hearts of his family, friends, and all who were touched by his spirit.

Relatives and friends called on Friday, March 8, 2024, and Saturday, March 9 at Sweet's Funeral Home, Inc., Route 9, Hyde Park, NY 12538. Funeral services were with the Rev. Kent F. Jackson. In lieu of flowers, we encourage you to donate to your favorite charity. Condolences may be made to the family at www.sweetsfuneralhome.com.

Robert McDonald

POUGHQUAG - Robert (Rob) McDonald, 58, of Poughquag, NY, passed away suddenly on March 1, 2024. Born and raised in the Bronx, NY, he was a master craftsman and the proud owner of McDonald Carpentry. Rob graduated from Carmel High School and pursued further education at SUNY New Paltz, but his passion for learning extended far beyond his formal education.

Described as a Renaissance man by many who knew him, Rob was a lifelong learner who held a deep appreciation for history, music, nature, and working with his hands. Whether building and repairing guitars, working on cars, perfecting collectibles, or turning the pages of a book, his childlike curiosity never waned.

Known for his loyalty, Rob was a true friend and neighbor, always looking out for others. He dedicated over two decades of his life to serving the community with unwavering dedication. Rob served as a member and past Lieutenant of the Kent Volunteer Fire Department and was also a former Lieutenant of the Beekman Volunteer Fire Department, where he served as an EMT and firefighter. In

addition to his years of service, Rob generously shared his knowledge and expertise with hundreds of incoming firefighters as a NYS Fire Training Instructor for Putnam County.

Rob played an instrumental role in designing and establishing a 9/11 memorial in Beekman, honoring the bravery and sacrifice of first responders. He also contributed his craftsmanship to renovate a historic Red Hook, NYC fire station, providing a home for Friends of Firefighters counseling and wellness services.

Among his proudest achievements, Rob was a loving and devoted father to his daughters, Megan and Madeline McDonald, who brought him immense joy. Whether sharing his wisdom, love for music and nature, philosophizing, visiting historical sites, coaching their sports teams, or just taking the scenic route, every moment spent with his girls was cherished.

Rob is survived by his daughters, Megan and Madeline, his father, Jim McDonald, his brother, Sean Scotti (and Sean's wife, Tammy), his niece, Caitlynne Scotti, and his nephew, Jordan (and Jordan's wife, Destiny) Scotti. Rob also leaves behind his partner, Cindy Kulish. He was predeceased by his mother, Anne (Lortz) McDonald.

Rob's legacy will be remembered through his brave spirit, sense of humor, and steadfast commitment to his family, friends, and community.

A memorial service to celebrate Rob's life was held on Saturday, March 9 at McHoul Funeral Home, Inc., 895 Route 82, Hopewell Junction.

In lieu of flowers, the family kindly requests donations to the Kent Volunteer Fire Department or the Friends of Firefighters organization in Rob's memory.

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SUDOKU
This week's answer

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

**Answers to this
week's diversions**

(puzzles on page 16)

County to offer mental health training for first responders

It is estimated that 30 percent of first responders develop behavioral health conditions due to the challenging, dangerous, and traumatic situations they encounter in their service. To ensure the mental wellness of local first responders and help them in their tireless efforts to serve, Dutchess County Departments of Emergency Response (DER) and Behavioral & Community Health (DBCH) are hosting a free Mental Health Training for First Responders on Saturday, March 23, from 9 a.m. to 1 p.m., at the Department of Emergency Response campus located at 392 Creek Road, Poughkeepsie. The training is open to law enforcement officers, firefighters, emergency medical technicians and security guards to learn essential mental health resources for themselves as well as those they serve. Registration is required and is available online at dutchessny.gov/respondertraining.

The training will feature speakers from both departments covering topics such as:

- The Brain and Addiction. The science behind addiction and its impact on the brain as well as conversation to break

the stigma behind mental health. Individuals with lived experience of struggling with mental health and substance abuse will share their stories.

- Improving Response. A mental health overview including signs someone may be in distress. Attendees will learn response strategies such as patient advocacy, motivational interviewing, and the benefits of "leave behind kits" that include harm reduction supplies.

- First Responder Resilience. Tools to help first responders advocate for their own mental wellbeing, suicide prevention, and available health resources for responders.

- Available Mental Health Resources. Overview of the County's mental health resources including Dutchess County's 988 HELPLINE, substance use recovery coaches, mobile crisis team, and more.

The lecture portion of the training will conclude with a question-and-answer period that will allow time for attendees to have an open dialogue with speakers. County mental health staff and community partners will also provide tabling to give first responders information on

resources before and after the training.

DBCH Deputy Commissioner Jean-Marie Niebuhr said, "The statistics don't tell the full story of what first responders face. Every person who serves on the frontlines is impacted by what they've seen each day and is so important these individuals be cognizant of the toll it can take and the strategies they can use to protect and enhance their mental wellness. We're grateful to partner with Emergency Response Commissioner Dana Smith and his team to provide this training. By giving first responders the tools and strategies necessary to effectively deal with this complex topic, we can have a real impact on improving the quality of life for these dedicated individuals as well as the people they serve."

As Emergency Medical Services

(EMS) gains national and local attention with personnel shortages causing increasing response times and gaps in coverage, these already high-stress positions become exponentially more stressful with both paid and volunteer personnel facing mental burn-out and other mental health challenges. Dutchess County is prioritizing EMS Solutions through a multi-faceted effort to support local agencies. This training supports this effort by building mental health resiliency among first responders, including EMS personnel.

Dutchess County offers a wide range of mental health resources. To learn more, visit dutchessny.gov/behavioral-health. To learn more about Emergency Response trainings, visit dutchessny.gov/Departments/Emergency-Response/Emergency-Response.

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- Help for VETERANS: Veterans can press "1" after dialing 988 and be connected directly to the Veterans Crisis Lifeline.



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