

Pulver appointed
to succeed Lois
as comptroller

Following the resignation announcement from Comptroller Robin Lois, Dutchess County Executive William F.X. O’Neil has announced he will appoint Gregg Pulver to serve as County Comptroller beginning December 31. Pulver currently serves as Chairman of the Dutchess County Legislature. The County Executive will forward the appointment resolution to the County Legislature for approval at its December 18 Board Meeting.

O’Neil said, “Congratulations to Robin Lois as she takes on this new role as Deputy Comptroller for New York State. We thank her for her years of service to the residents of Dutchess County and I am certain Robin will keep a keen eye on the State’s finances, as she has for Dutchess County since 2018. We wish her the best and look forward to continuing to work with her in this new capacity.”

“I am also pleased to be able to appoint Gregg Pulver to the Comptroller position for a seamless transition,” continued County Executive O’Neil. “For decades, Gregg Pulver has committed himself to service to the residents of Dutchess County, and I’m proud to appoint him as our next County Comptroller. Gregg has gained invaluable experience and insight into the financial operations and management of government – as a school board member, town supervisor, and as a County legislator – and he’ll bring that expertise into this new role, to the benefit of our residents. We are fortunate to have someone with a proven track record of conservative fiscal stewardship overseeing this vital role.”

The resignation of Robin Lois, who is stepping down as Dutchess County Comptroller to serve as New

continued on page 4

INDEX

Letters	4
Community Calendar	6
Creative Living	9-14, 19-20
Suguru	12
Crossword Puzzle	12
Sudoku	12
Holiday Happenings	13
That’s Italian!	20
Public Notices	23-24
Classifieds	25-27
Obituaries	27

‘High Hopes’ drives theme
of Sinterklaas in Rhinebeck



Alex Kahn, right, illustrates ant puppets for this year’s Sinterklaas Festival with Daniel Kronauer, an expert on Army Ants and head of the Ant Lab at Rockefeller University. Inset: Kronauer holds one of the Ant banners for the parade on Saturday night. *Photos by Jeanne Fleming*

Ant is the Honored Animal
at Dec. 2 festival

By Kate Goldsmith

On Saturday, Dec. 2, the Village of Rhinebeck transforms into a magical place filled with giant puppets, trees that talk, processions both whimsical and

meaningful, singing and dancing both in- and out-of-doors, folkloric legends springing to life and much more. The celebration begins at 10 a.m. and continues all day.

“[We have] a lot of fun, ridiculous things planned,” said Sinterklaas producer Jeanne Fleming. With this year’s Honored Animal being the Ant, the festival includes an anteater singing “High

Hopes,” Broadway style; an AI (Ant Intelligence) Museum; the Museum of “Ant”iquity; a scavenger hunt; and more ant puns than you can shake a sunflower stalk at.

Why the Ant? Ants work together to get things accomplished – and for survival. It’s not a bad lesson to learn, and Sinterklaas aims to get the message

continued on page 2

‘Trees for Troops’ volunteers get
big boost from Williams Lumber

By Curtis Schmidt



Volunteer coordinator Jeff Cady, right, stands with current District Fire Chief Mike Cosenza on Saturday, Nov. 25 after 500 trees were loaded onto FedEx trucks for shipment to military families stationed around the country. *Photo by Curtis Schmidt*

With a big “helping hand” from Williams Lumber and Home Centers, the local “Trees for Troops” volunteers loaded 500 trees on a chilly Saturday morning (Nov. 25) and sent them on their way to military families around the country.

The annual gathering of trees is held at the Hahn Farm on the Salt Point Turnpike with members of the Salt Point Fire Company leading the way with assistance from several area volunteer fire departments and volunteers who just want to help out.

Volunteer coordinator Jeff Cady said earlier this year he “contacted

Kim Williams from William’s Lumber and asked her if she could get us 300 trees and if she could sell them to us at her cost.

“She ordered us the trees, then her employees unloaded the trees from the tractor trailer and reloaded them on one the Williams trucks. She had her driver deliver them to us this morning. She also came down here early and loaded the first tree on the FedEx truck. She told us that Williams Lumber would donate half of the trees to us for our troops. She also told me that she will continue to help us for years to come.”

“Trees for Troops” provides free,

continued on page 3

• OPEN FOR BUSINESS •

Clinton Historical Society	p 9	The Ridge School	p 7	INSIDE:
Coppola’s of Hyde Park	p 10	Roosevelt Cinemas	p 8	Adams Fairacre Farms
Eastside Studio Theatre	p 6	Salt Point Fire Co. Craft Fair	p 5	TOPS Markets
Hudson Valley Hospice	p 14	WKZE 98.1	p 4	Healthy Lifestyles
Millbrook Library	p 11	Wonderland of Lights	p 13	
Pleasant Valley Department Store	p 2			pp 15-18



‘High Hopes’ drives the theme of Sinterklaas in Rhinebeck

continued from cover

across in a joyful way, by celebrating community.

“There’s lots to see,” Fleming said, including seven parades throughout the day. There is also a “science/fiction” element: At the opening ceremony, 10 dance companies will perform pieces based on different kinds of ants. An expert on ants will judge the pieces and determine which are more “science” or “fiction.”

As always, the event will culminate in the Starlight Parade at dusk led by Sinterklaas, whose legend was brought to the Hudson Valley by Dutch settlers in the 1600s. Also known as St. Nicholas, he is the patron saint of children (among others); and during a special ceremony, the young people are honored as Kings and Queens of the day. In fact, children are invited to make their own crowns and scepters in the Crowns + Branches workshops offered today (Wednesday, Nov. 29) from 2:30 to 6 p.m.; and tomorrow

(Thursday, Nov. 30) from 2:30 to 6 p.m., at 3 Mulberry St., in the gym in the former Father Brogan Center and Good Shepherd Rectory.

For the last couple of weeks, volunteers have created and colored ant masks for the children to wear in the Starlight Parade, and have assisted Sinterklaas puppeteers Alex Kahn and Sophia Michahelles for workday sessions to restore, remake, and create puppets for the Starlight Parade.

Volunteers are at the heart of Sinterklaas’ success. Without the hundreds of individuals who contribute time and talent, the festival couldn’t happen. The lingering effects of COVID-19 on the populace and society in general have created a challenging environment for a hands-on event such as Sinterklaas, which relies on in-person contact.

“We were just talking about how really different it is – everything has changed



A Sinterklaas visitor checks out one of the ant puppets during a workshop this past weekend. Photo by Jeanne Fleming

In Flight Inc. named top non-profit by Think Dutchess Alliance for Business

Matthew G. Bateman, Chief Executive Officer of In Flight, Inc. alongside Ralph LaCasio, In Flight, Inc.’s Board President recently accepted the Nonprofit of the Year award from the Think Dutchess Alliance for Business.

For 30 years, In Flight has empowered people with intellectual and developmental disabilities in the Hudson Valley and Capital regions through programs that teach independent living and employment skills. Driven by the purpose of building a more inclusive, supportive world, In Flight has made critical strides in breaking down the barriers and stigmas people with disabilities face. Events like their annual Cornhole for a Cause bring the whole community together, raising awareness of ways businesses can support community members in In Flight’s programs and connecting people through activities everyone can participate in.

“We have changed the lives of a lot of people,” Bateman shared in his acceptance speech, “I don’t think there is anything more special than that.” Bateman also recognized the cooperative and industrious contributions of his fellow team members in attaining such acknowl-

edgment, introducing to the audience the dozen staff members in attendance to commemorate the achievement.

For over two decades, the Business Excellence Awards has recognized those who demonstrate vision, innovation, and achievement in supporting the local economy in Dutchess County. This commendation showcases to the community how In Flight embodies excellence, collaboration, and service, motivating us all to aim for greatness.

The Nonprofit of the Year award not only acknowledges In Flight’s efforts in the Dutchess County community, but in the entirety of New York State. Certificates of Merit were presented to In Flight by New York State Assemblyman Jonathan G. Jacobson, Dutchess

Through the power of collaboration and community, this award reflects the collective effort that goes into creating positive change, and thus, the continuous effort that is at the forefront. More motivated than ever to continue their efforts in empowering individuals and fostering a stronger, more inclusive community, In Flight plans to expand upon their innovative efforts.

so much [since Covid], from the minutiae to having people doing something with their hands,” said Fleming. “It’s coming in on us in a big way this year. It’s been gradual since Covid, to get things actually made, for people to show up.

“That human contact – which is why everyone loves Sinterklaas, because it is the connection – but all the work it takes to get to that point, that’s what requires a lot of hands-on work,” she added. “It’s fascinating.”

Fleming has also produced the renowned Halloween Parade in New York City for more than 40 years.

“The theme [this year] was Upside Down,” she said. “[During Covid] we went inside ourselves and our houses; it’s time to come out. What are we coming out as?”

Fleming noted that there were 150,000 people in the parade, and millions of spectators turned out.

Sinterklaas is struggling with that same darkness, she said.

“I always feel like I have a front-row seat to our culture. But this front-row seat – how can you make magic in the darkness?” said Fleming. “It’s the artists that are pulling off Sinterklaas – the creative population still doing their work to create a hopeful future. Being a stroke of light in a dark time. We’re doing the good work.”

At press time the complete schedule was not available, but rest assured there will be plenty to see, do and enjoy all day. Visit www.sinterklaashudsonvalley.com for updates; and you can purchase a Sinterklaas Star to help defray the costs of producing the festival (details on the website).

“Magic is focus. Magic takes work. Putting your whole self in,” Fleming said. “Trying to make something that’s made by hand, that you can touch. You can’t just look at it through a phone.”

IMPORTANT PARKING INFORMATION FOR SINTERKLAAS

The Village of Rhinebeck has provided the following information regarding parking on and before Dec. 2.

- Beginning at 2 p.m., East Market Street will be closed from Center Street to the traffic light.

- West Market Street from Starr Library to the light, Montgomery Street from Livingston Street to the light, and Route 9 from South Street to the light will close at 5:30 p.m. The parade will begin at 6 p.m.

- There will no parking all day at these locations:
North side of South Street from Route 9 to Route 308

- South side of South Street across from church – approximately 60 feet in from Route 9

- South side of Livingston Street from Center Street to Mulberry Street

- Both sides of West Market Street from Oak Street to the Town Highway Garage

- West side of Center Street from Livingston Street to South Street

- West side of Lorraine Drive

- Both sides of South Parsonage Street from South Street to North Park

- East side of Oak Street

- Both sides of West Chestnut Street

- South side of Chestnut Street from Route 9 to Mulberry

- Both sides of Traver Lane from the entrance to the parking lot

- No parking after 2 p.m. at these locations:

- Both sides of East and West Market Streets from Center Street to Oak Street

- Both sides of Route 9 from Chestnut Street to South Street

- The Rhinebeck Bank parking lot will close at 1 p.m. The drive-thru ATM will remain open until 3P p.m.

- The Municipal Lot will close at 9 p.m. on Friday, Dec. 1. Incoming and outgoing traffic prohibited.

- The CVS Lot will close at 11 p.m. on Friday, Dec. 1. Incoming and outgoing traffic prohibited.

- All Vehicles in No Parking Zones will be towed at the owner’s expense.

- Parking is available at the Rhinebeck High School, Chancellor Livingston Elementary, Northern Dutchess Hospital Lots E & F (Montgomery Street entrance) and in the field lot at Platt Avenue and Mulberry Street.

- Handicapped parking is available for free at the Rhinebeck Town Hall parking lot and at the lot at 47 West Market Street.

- The EV Chargers at the Village Hall will not be accessible from Dec. 1 at 6 p.m. to Dec. 3 at 6 a.m.; and the EV chargers at the Municipal Lot will not be accessible from Dec. 1 at 9 p.m. to Dec. 2 at 9 p.m.

- Keep in mind that the Wonderland of Lights event will also begin at 5:30 p.m. at the Dutchess County Fairgrounds. Expect heavy traffic surrounding the fairgrounds.

LAND BANK SETS TWO MEETINGS

The Dutchess County-Poughkeepsie Land Bank Board will meet at 5:30 p.m. on Wednesday, Dec. 13 and Wednesday Jan. 10 in person at Christ Episcopal Church - 20 Carroll Street, Poughkeepsie in the library.

Members of the public are encouraged and welcome to attend. To submit comments, for more information, including any requests for reasonable accommodation, including Sign Language Interpreters (requires 5 days’ notice), please call 845-293-3547 or email info@dcpoklandbank.org.



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‘Trees for Troops’ volunteers get big boost from Williams Lumber

continued from cover

farm-grown Christmas Trees to U.S. armed forces members in all branches of the military and their families through donations, sponsorships, grants and the work of many volunteers. November is the busy month when farmer Tom Hahn, the local “Trees for Troops” founder, and Cady gather volunteers together, raise funds and load trees for shipment.

Cady said 140 trees will be delivered to Camp Lejeune in New River North Carolina, 300 trees will be sent to Fort Eisenhower in Georgia and 60 trees will be sent to the Naval Station in Great Lakes, Illinois.

Special trees were loaded in memory of individuals who passed during the past year. One was in memory of Carl Sardaro Sr. from the Milan Fire Department, who passed on Friday evening. “His sons have helped us for years with loading trees,” said Cady.

The volunteers also loaded three trees in memory of Ethan Tarantino, the very young son of one of the Salt Point Fire Company members. The last three trees loaded were in memory of Past District Chief Donny Howe.

This is the 12th year that volunteers have been loading trees for shipment and raising funds for “Trees for Troops.”

Cady said, “Tom Hahn asked me about 12 years ago if I wanted to help him with this project because I know so many people around the county with my



many years in the fire service. We started out taking around 75 trees to Cornwall, NY and from there they would go to the troops. And here we are today with FedEx coming to us with two trailers.”

Cady also recognized “Uncle Mike, a long time family friend and came on board around 10 years ago and with his help on the radio, we really started getting the word out.”

He added that members from several fire companies worked hard to raise funds during two “coin drops” held this year.

A full list of donors will be printed in the Northern and Southern Dutchess News in early December.

Above, over 100 volunteers came out to help load Christmas trees in the annual “Trees for Troops” effort on Saturday, Nov. 25 at the Hahn Farm in Salt Point. Below, volunteers Ken Luby, John Hopper and Abby Elliott help to load trees. Photos by Curtis Schmidt



988 SUICIDE & CRISIS LIFELINE IS LIVE

The first nationwide three-digit mental health crisis hotline is up and running. It is designed to be as easy to remember as 911, but when you dial 988, a dispatcher will connect callers with trained mental health counselors.

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- Is a direct connection to compassionate, accessible support for anyone experiencing mental health related distress.
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Publisher
Albert Osten

Executive Editor/
General Manager
Curtis Schmidt
cschmidt@sdutchessnews.com

Editorial/Creative Director
Kate Goldsmith

Reporters
Kristine Coulter
Rich Thomaselli

Contributing Writers
Jim Donick
Stacey vanden Thoorn

Advertising Representative
Richard Wambach
845-417-5377
richardlw47@gmail.com

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cschmidt@sdutchessnews.com
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84 East Main Street
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845-297-3723

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.

Speak out for zero waste consultant at county budget hearing Dec. 4

To the editor:
Remember the old Fram filter commercials — “pay me now or pay me later?” Dutchess taxpayers may well be forced to pay through the nose for incinerator upgrades (or an entirely new incinerator) if we don't wake up.
The recently approved county Solid Waste Management Plan (SWMP) states that the county's “preferred option” for garbage management is burning it and “investment of millions of dollars” in the incinerator— “improving plant capacities,” which can be found from the end of the Executive Summary to the county’s recently approved Solid Waste Management Plan. One can find it at the bottom of page 11 of this document:
<https://www.dutchessny.gov//ConCalAtt/2/2023159.pdf>.
We should be implementing cost-saving plans instead to ramp up recycling and composting towards zero waste.
As Clearwater, the Omega Institute, Mothers Out Front Dutchess, NYPIRG, et. al. pointed out in a 2021 letter: “Waste to energy facilities, particularly municipal solid waste incinerators are the dirtiest source of energy production on the grid today.”
A Zero-Waste-International-Alliance-certified zero waste consultant would only cost about \$30,000-- a minuscule amount compared to massive pay increases proposed for top county officials (68% higher pay for county legislators), \$72 million county fund balance (budget surplus) and \$600 million county budget.Our County Legislature itself unanimously passed a resolution in March 2009 for the county to apply for federal funds for planning towards zero waste in Dutchess; it still has yet to follow up on this (that time is now).Speak out for a ZWIA-certified zero waste consultant at the annual county budget hearing Monday, Dec. 4, at 7 p.m. on the sixth floor of the County Office Building at 22 Market Street in Poughkeepsie.Join Zero Waste Dutchess on Facebook; email zerowastedutchess@gmail.com for more information.

Judy Malstrom
Staatsburg

OUR POLICY ON LETTERS

- Letters that contain statements that are libelous or slanderous will not be published.
- 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.

NOTICE OF EARLY DEADLINES

Northern Dutchess News will be on a holiday schedule for the December 27, 2023 and January 3, 2024 issues. Editorial and Advertising deadlines for the December 27 issue is Thursday, December 21, at 5 p.m. Editorial and Advertising deadlines for the January 3 issue is Thursday, Dec. 28, at 5 p.m. Email cschmidt@sdutchessnews.com for more information.

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USB to hold free
Homebuyer Seminar on Dec. 6

Ulster Savings Bank will present a free Homebuyer Seminar on Wednesday, Dec. 6, at 5:30 p.m. Learn about the many critical steps to owning your own home. This seminar will be offered in-person as well as a live Zoom meeting. Seating in-person is limited. Reserve a spot ASAP.
One may be eligible for a \$750 Home Buyer Credit* just for attending. Sign up here: https://www.ulstersavings.com/why-us/seminars/#section_

HomebuyerSeminars
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Learn about the steps to owning your own home. Sign up here: https://www.ulstersavings.com/why-us/seminars/#section_HomebuyerSeminars.

Pulver appointed to succeed
Lois as comptroller

continued from cover

York State Deputy Comptroller, will be effective Dec. 30. To fill the vacancy, the County Executive is charged with appointing a new County Comptroller, as prescribed in the Dutchess County Charter. Mr. Pulver’s appointment, which must be confirmed by the County Legislature, will take effect Dec. 31 and will run through Dec. 31, 2024. The Charter calls for an election to be held in November 2024 to fill out the remainder of the current four-year term, which runs

through Dec. 31, 2025. The regularly scheduled general election in November 2025 will be held for a new four-year term, which will commence Jan. 1, 2026.
The Comptroller functions as chief accounting and auditing officer of the County. As a countywide elected official, the Comptroller is directly accountable to the taxpayers and voters of Dutchess County; as such, the Comptroller’s Office is not an agency of the Executive or Legislative branches.

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Nan & David Greenwood presented with District Rotary Foundation award

Millbrook Rotary Club members, Nan and David Greenwood were presented with the Dr. Samuel Ross Peace Award at the District 7210 Rotary Foundation Celebration at the Powelton Club in Newburgh on Thursday, Nov. 16.

This award is presented to a member of District 7210 who has supported the Rotary Foundation's commitment to peace and conflict resolution. In presenting the award, Rotary District Governor Peter Sullivan said that the Greenwoods were awarded for their over 30-year involvement in the District's Youth Exchange Program which is a unique way of creating peacemakers of the students that come to our country, the host parents, and Rotary volunteers.

Nan and David Greenwood became host parents to incoming Youth Exchange students in the early 1990s, hosting students from Denmark, Hungary, and Italy. Their son Calder was outbound exchange student to Japan.

In 2004, after retiring from Carmel school system, David joined the Millbrook Rotary Club and became the club's Youth Exchange chair which meant Nan became involved as well – a bonus.

When Nan retired from her career in credit union marketing, she joined the Pleasant Valley Rotary Club and later the Rotary e-club. Since 2009, Nan and David have been the inboard chairs for youth exchange for the district since 2009.

Nan and David Greenwood were presented with the Dr. Samuel Ross Peace Award at the District 7210 Rotary Foundation Celebration. *Courtesy photo*



Westminster Presbyterian Church sets 25th anniversary Cookie Sale Dec. 2

By Stacey vanden Thoorn

The Westminster Presbyterian Church annual Deacon Board Christmas Cookie sale will mark it's 25th anniversary this year with all proceeds going toward providing holiday meal baskets throughout the holiday season to local families in need.

This year's tantalizing bake sale is set for Saturday, Dec. 2 from 10 a.m. to 3 p.m. at the church, located at 1872 Salt Point Turnpike in Salt Point with a large selection of all kinds of sweet holiday treats available for \$11 per pound.

Diana Ritchie, a longtime church member and deacon for the past 30 years, was the originator of the event 25 years ago and continues today to serve as the primary organizer.

"I attended a fundraising Christmas cookie sale 26 years ago while visiting my sister-in-law in Maryland and realized what a great idea it would be to host a similar event in Salt Point," said Ritchie.. "There is always a need and we feel it is a blessing to be able to help others."

"Our Christmas cookie sale is the only source of funding for our community mission work. When we began 25 years ago, we were only able to sponsor two families. Today, we provide holiday meal

baskets for Thanksgiving and Christmas to 16 local families as part of the Hyde Park Community Cares program thanks to the proceeds from the cookie sale."

For 25 years the Hyde Park Community Cares outreach program has been providing help to local families facing hardships throughout the holiday seasons. Although the name of the program changes every so many years, historically it was previously called Alternative Christmas and Adopt-A-Family, the goal of the mission remains clear - to provide an outpouring of love and support to neighbors during their time of need.

Despite the small size of the Westminster Presbyterian Church congregation, the skill set of the volunteers is quite large. In addition to cookies, there will also be a wide variety of gift ideas and handmade items available to purchase for friends, family, and four legged loved ones. Lots of handcrafted goods including wreaths, mittens, hats, scarves, dog coats and more will be available. This year a specially made ornament, designed by a daughter of one of the church's congregation who is currently studying art at SUNY New Paltz, will be given out as a thank you to patrons. For directions or questions, call Ritchie at (845) 656-9959.

FDR Library sets 'Tora! Tora! Tora' film as Pearl Harbor commemoration

In commemoration of Pearl Harbor Day, the Franklin D. Roosevelt Presidential Library and Museum will host a film screening of the 1970 Academy Award winning film, "Tora! Tora! Tora" at 2 p.m. on Thursday, Dec. 7.

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.

Billed as "the most spectacular film ever made," "Tora! Tora! Tora" is a dramatic reenactment of the Japanese attack on Pearl Harbor on December 7, 1941 as

told from both American and Japanese perspectives.

The film was directed by Richard Fleischer (Soylent Green) -- with Japanese sequences by Kinji Fukasaku and Toshio Masuda -- and starred Martin Balsam (All The President's Men), James Whitmore (The Shawshank Redemption), Jason Robards (All The President's Men) and Joseph Cotton (The Third Man, Citizen Kane). "Tora! Tora! Tora" received the 1970 Academy Award for Best Special Effects and was nominated for four more Academy Awards including Best Art Direction, Best Cinematography, Best Editing and Best Sound.

Salt Point Fire Company's

Annual Pet Photos with

"Santa Paws"

and Holiday Craft Fair



Saturday, December 2, 2023

Pet Photos 10AM - 1PM

(Suggested donation of \$10.00)

Craft Fair 10AM - 3PM with Vendor Raffle Table

Salt Point Fire House - 30 Cottage Street

Take care of all your holiday shopping needs while supporting our local small businesses and your local volunteer fire company

Celebrate in the hamlet of Salt Point

this Holiday Season!



COMMUNITY CALENDAR

Hinchey honors Bread Alone Bakery with Senate Empire Award for Business Excellence

Clinton hosts Toy Drive
The Town of Clinton is hosting a Toys for Tots Holiday Toy Drive through Dec. 1. Drop off new, unwrapped toys for children of all ages at the Clinton Town Supervisor's office, 1215 Centre Road, Rhinebeck. For questions, call Cathy Gallinger at (845) 266-5853, option 2, or email supervisorsec@townofclinton.com.

HV Young Professionals' Toy Drive runs through Dec. 14
The Hudson Valley Young Professionals, a committee of the Dutchess County Regional Chamber of Commerce, is once again holding its annual Toy Drive to benefit local families. All toys donated will go to families served by Angels of Light, based in Millbrook. The public is encouraged to donate new, unwrapped toys through Dec. 14 at any of the following locations:

- Foam & Wash Shell Express & Car Wash, 1942 South Road, Poughkeepsie
- Foam & Wash Car Wash & Laundromat, 1520 US-9, Wappingers Falls
- Dutchess County Regional Chamber of Commerce, 1 Civic Center Plaza, Suite 400, Poughkeepsie

Those that donate will receive a free Simoniz Hot Wax & Shine car wash for use at any Foam & Wash location.

New Chess Club in Hyde Park
Every first and third Tuesday of the month, from 5:30 to 7:30 p.m., the new Hyde Park Chess Club meets at the Hyde Park Library Annex on 2 Main Street. Players of all levels and ages are welcome for friendly games. If you have it, please bring your own chess board and pieces. Free admission. Any questions, please email Steve at ssoifer@gmail.com.

Hyde Park Rotary event set Nov. 30 at La Catrina
The Hyde Park Rotary Club will hold a Cocktails for Charity event on Thursday, Nov. 30, from 5:30 to 7 p.m., at La Catrina, 4076 Albany Post Road (Route 9), Hyde Park. There will be drink specials, free appetizers and a 50/50 raffle. The event will support the Hyde Park Library Accessibility Improvement Project.

Fashion Sale to benefit Morton Library
There will be a Fashion Sale on Thursday, Nov. 30, from 4 to 7 p.m., at Morton Memorial Library, 82 Kelly St., Rhinebeck. Items for sale include women's clothing, shoes and accessories, including vintage and designer items. This is a fundraiser for the library. Call (845) 876-2903 for more information.

Rhinebeck Chamber upcoming events
The Rhinebeck Area Chamber of Commerce will hold its next Business After Hours on Thursday, Nov. 30, from 5 to 7 p.m., at Terrapin Restaurant. This event is sponsored by the Village of Rhinebeck Autism Supportive Community (ASC) Committee. Committee Chair Joe Phelan will highlight ASC's initiative, recent accomplishments and goals and provide information about Autism Supportive Employment and Environment trainings available to our community. The event is free to Chamber members and \$15 to non-members. Advance registration is required at www.rhinebeckchamber.com.

The Chamber's festive December Holiday Breakfast is set Thursday, Dec. 7, from 7:30 to 9 a.m. Socialize and mingle with friends while savoring the delightful melodies of the season courtesy of the Rhinebeck High School Choir. Breakfast provided. Admission to members is \$20, non-members \$25. Advance registration is requested at www.rhinebeckchamber.com.

Cookie Sale in Salt Point
Westminster Presbyterian Church, located at 1872 Salt Point Turnpike in Salt Point, will be hosting their 25th annual homemade cookie sale on Saturday, December 2 from 10 a.m. to 3 p.m. Featured will be rows and rows of homemade cookies for your holiday celebrations, sold by the pound. Lots of handcrafted items including wreaths, mittens, hats, scarves, dog coats and lots of other holiday gifts will also be available for reasonable prices. All proceeds go towards work within our church and many area community mission projects which are sponsored by the Board of Deacons.

Rhinecliff Soup Sale on Dec. 14
Rhinebeck Grange #896 will sponsor one more Fall Rhinecliff Soup Sale this year on Thursday, Dec. 14. \$10/quart, takeout only, 11 a.m.-12:30 p.m., at the Rhinecliff Firehouse, corner of Shatzell and Orchard, Rhinecliff. Pick up at the side window on Orchard. Email JoBaer2@gmail.com to get the soup choices; or call Joe Baer at (845) 876-6488 for more information.

FARMERS MARKETS
Millerton: Millerton Methodist Church, 6 Dutchess Ave., Millerton. Saturdays, 10 a.m.-2 p.m., through Dec. 30. paul@neccmillerton.org
Rhinebeck: Municipal Parking Lot, 61 E. Market St., Rhinebeck. Sundays, 10 a.m.-2 p.m., through Dec. 17. www.rhinebeckfarmersmarket.com



Pictured, from left: Sen. Michelle Hinchey, Bread Alone CEO Nels Leader, and Bread Alone COO and co-founder Sharon Burns-Leader. *Courtesy photo*

Sen. Michelle Hinchey recently presented the New York State Senate Empire Business Award to Bread Alone Bakery CEO Nels Leader and COO and co-founder Sharon Burns-Leader for their outstanding efforts – along with co-founder Daniel Leader – in guiding a family-owned bakery into its second generation while leading with the values of sustainability, equitable food access, and social justice. The Empire Award was created by the New York State Senate to recognize business excellence. Recipients are often leaders in their field who make significant contributions to the growth, prosperity, and betterment of the communities they serve.

“Bread Alone is a business that leads by example, using baking not only to share good, healthy food but also as a means to take pioneering action against the Climate Crisis and promote equity,” said Hinchey. “For forty years, Bread Alone has walked the walk, pledging to leave the world better than they found it and succeeding in making an impact — from becoming the first net-zero, carbon-neutral bakery in the country to creating employment opportunities that provide justice-impacted individuals a second chance at a better life. It’s a privilege to bestow Bread Alone with the State Senate’s highest honor for our business community — the Empire Award — in recognition of the Leader family’s exceptional commitment to turning their craft into a trailblazing business that is setting the standard for sustainability, equity, and social responsibility in the Hudson Valley and beyond.”

Bread Alone CEO Nels Leader said, “Senator Hinchey and her team do the work the right way, for the right reasons. They lead with optimism, resilience, and deep commitment to everyone in the district. We’re honored to be recognized by Senator Hinchey for our efforts to do our work the right way, too, feeding our community simple, honest food and taking care of the team that does the work.”

In 1983, European-trained chef Daniel Leader moved his family to the Catskill Mountains to pursue his dream of opening a bakery centered on time-honored, artisan-style organic bread. His aspiration

was clear — to bring this authentic craft to his home and community.

From its very first loaf in 1983 to the present day, sustainability has been built into the fabric of the business. This commitment is evident across all areas of Bread Alone’s operation: sourcing organic grains locally to support the Hudson Valley and Catskills business economy and undertaking major climate goals to reduce waste, conserve energy, and fight the Climate Crisis.

The Leader family has embarked on a remarkable journey to bridge heritage baking methods that draw inspiration from traditions around the world with climate-forward, cutting-edge, sustainable technology. In 2018, Bread Alone opened the country’s first-ever carbon-neutral bakery in Boiceville, reaching net-zero status through clean electric appliances, solar power, and efficient heating. The bakery generates power solely from the sun – utilizing both roof and ground mounts installed within an existing leach field – and scrap wood from its wood-fired brick ovens. At Bread Alone’s Kingston HQ, at least 30% of the bakery’s energy needs are met by the sun, thanks to a 196 KW solar array atop its roof. Across all of its operations, the business has pledged to source 100% of its energy from renewable sources no later than 2030.

Social justice also forms a central component of Bread Alone’s mission, which is reflected in the company’s strong conviction to uphold a living wage for team members and ensure that opportunities are actively extended to historically marginalized community members, including formerly incarcerated and justice-impacted individuals.

Bread Alone Bakery lives by the motto ‘Break Bread, Make Peace,’ embodying a strong dedication to bringing people together and doing what’s right for the community and the world at large. With nearly four decades of history behind it, guided by this principle, Bread Alone has extended its influence beyond baking outstanding bread, actively contributing to the betterment of the Hudson Valley and Catskills and the planet.



Check our Holiday Happenings calendar for additional seasonal events in your community!



Eastside Studio Theater
presents
Charles Dickens' A CHRISTMAS CAROL
a live radio play with music
DEC. 9 @ 7pm & DEC.10 @ 5PM
Fellowship Hall
Freedom Plains United Presbyterian Church
Tickets: ticketleap.com
or 845 471-0773
featuring: Nancy Auffarth, Kevin Barnes, Joseph Jervais, Bradley Levine, Glen Macken, Austin Miller, Martin Miller, Kirby Sclafani



NORTHERN DUTCHESS NEWS
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Adams Fairacre Farms earns Think Jobs Business Award

Dutchess County gathered dozens of local businesses, civic groups and individuals for the County's seventh annual "Think Jobs" round table discussion, which highlighted the advantages of local businesses hiring residents of all abilities and honored community partners which employ those of every ability. The event, which aligns with the County's popular "ThinkDIFFERENTLY" initiative, held in coordination with the County's Department of Community and Family Services, the Dutchess County Workforce Investment Board (DCWIB) and the Dutchess One Stop Career Center, was hosted at the Franklin D. Roosevelt Presidential Library and Museum in Hyde Park.

County Executive William F.X. O'Neil said, "At a time when so many businesses have open positions and are looking to hire, it is important to spread the message that many residents of all abilities are searching for employment and may be a great fit for these organizations. This round table event is an opportunity for businesses to learn about hiring neurodiverse employees and hear success stories from businesses who have already done so. We are thrilled to celebrate the success of businesses, and the employees they hire."

The event also includes the presentation of the annual "Think Jobs" awards. ThinkDIFFERENTLY and neurodiversity advocates Paul Austin of IBM and Mark McFadden of SUNY New Paltz presented the awards, recognizing the "ThinkDIFFERENTLY" spirit embodied by local employers and employees.

Those chosen to be inclusive and Think Differently were:

- "Think Jobs" Business Award recognizes local businesses which have opened their hiring practices to provide vocational training and/or employment opportunities for people of all abilities. The award was presented to Adams Fairacre Farms due to its standing commitment to hiring people of all abilities and giving them the opportunity to be successful employees. Adams has built relationships with agencies throughout the Hudson Valley to identify potential employees and enable them to succeed. One of these employees has worked for Adams for over 13 years and has grown to take on additional responsibilities over time. Adams has worked with numerous participants in the

"School to Work" program and invested time and energy to find the right place for the employee to succeed and the business to benefit. Adams has also supported community events to include people of all abilities.

- "Think Jobs" Spotlight Award celebrates the success of residents with disabilities who embody the spirit of "ThinkDIFFERENTLY" and the successes of "Think Jobs" through their employment. This award was presented to four individuals following their participation in the "School to Work Program" and include:

Richard Fishwick started working at Adams Fairacres Farm as a dishwasher and was promoted several times within Adams' kitchen, where he continues to work today. Richie is proud of his work at Adams, where he has not only continued to grow and advance as an employee, but also to build friendships and be a contributor to the community. Richie survived a battle with cancer while working at Adams and was praised by his manager for his courage and the example he set for everyone as he faced this challenge.

Tristen Truitt, a Red Hook Central School District employee, has not just shown commitment and capability in her job but also her maturity and independence in securing a position. Kristen is a graduate of the "Think Ahead" program, a collaboration between Dutchess County Government and Dutchess Community College, which led to her current position. She was offered a position in food services, where she performs a variety of tasks preparing and serving food as part of the cafeteria staff. She has won praise and support from her management on her professionalism and diligence in her work.

Christina Gagliardo, a Doyle Security Systems employee, secured her first position with MTM Pharmacy creating customized blister packs, but that company soon relocated, and she lost her job. She did not get discouraged, quickly obtaining a new part-time position doing a similar job for Baby Vision. Soon after this, Christina decided to take another position with then-CIA Security and was invited to stay on when the company became Doyle Security, and she now works on customer data entry, regularly uploading and updating data in customer account files. Between both jobs, she works 40



Think Jobs "Spotlight Award" Recipients. From left, Richard Fishwick of Adams, Red Hook School District Director of Food Service Larry Anthony and employee Tristen Truitt and Employee Christina Gagliardo, her mother Irene, and Bryan Marquardt from Doyle Security. Right: Think Jobs Business Award Winner Adams Fairacre Farms representatives HR Director Sarah MacKay and employee Richard Fishwick. Courtesy photos



hours per week and has blossomed, continuing to grow in her various work environments.

DCWIB Executive Director Dr. Louise McLoughlin led today's attendees in a roundtable discussion, which allowed for open dialogue between businesses, service providers and individuals with disabilities. Ms. McLoughlin and Mr. Austin discussed the creation of the Hudson Valley Neurodiverse Hub, a website expected to be online by year's end as a quality resource for both businesses open to hiring people with disabilities and those seeking employment.

The conference included speakers who offered attendees the different perspectives in hiring those of all abilities. Among the speakers included:

- Kelly Caldwell of Visions Humans Resources Services, who shared the Human Resources perspective when hiring individuals with disabilities and how it rarely differs from traditional hiring practices.

- Dana Jones, President and CEO of accessibility mobile application

Accessdoor, who discussed reasonable accommodations in public spaces and how her app can help those with disabilities stay informed.

- Paul Austin gave the perspective of the neurodiverse job candidate, what these individuals can offer and ways to interpret neurodiverse individuals when interviewing for a position.

- Frank Falatyn, President of FALA Technology, discussed the benefits of hiring people of all abilities and the positive effects on businesses.

Established in 2015, the Think DIFFERENTLY initiative seeks to change the way individuals, businesses, organizations, and communities relate to individuals with disabilities.

Local businesses seeking more information about the County's "Think Jobs" efforts, including the benefits of hiring disabled individuals and other resources, can contact Tashena Dixon at the Dutchess One Stop Career Center at tashena@dutchessonestop.org or 845-249-4653.

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The Ridge School

www.ridgeschool.org



Creative Living

celebrating all good things

‘Winter Wonderland’ is theme of ND Symphony Orchestra concert

The Northern Dutchess Symphony Orchestra (NDSO) will present its holiday concert, “Winter Wonderland,” on Saturday, Dec. 2, at 3 p.m., at Franklin D. Roosevelt High School, 156 South Cross Road, Staatsburg. This joyous program, under the direction of Guest Conductor William Stevens, promises to transport the audience to a world of magical wintry wonders.

Stevens shared his inspiration for the concert, saying, “As a child, I was always excited by the first snowfall of the season and all the possibilities of fun with friends and the beauty that it creates on the landscape. The title ‘Winter Wonderland’ celebrates those feelings with the first half representing the ‘Winter’ and the second half the ‘Wonder.’”

For the “Winter” segment, NDSO will perform a selection of holiday classics, including “Patapan,” “Farandole,” and the first movement of Tchaikovsky Symphony No. 1, subtitled “Daydreams of a Winter Journey.” This musical journey continues with enchanting pieces like “Skater’s Waltz” and “Rocket Sleigh,” making it the perfect soundtrack for embracing the snowy season.

The concert then turns to the “Wonder” of the season with spectacular

pieces, including the Trans-Siberian hit “Wizards in Winter,” themes from “Harry Potter” and “Frozen,” and concludes with a heartwarming medley of holiday favorites in “The Most Wonderful Christmas.”

During the performance of “Jingle Bells Forever,” NDSO will continue their tradition of inviting “kiddie conductors” to direct the orchestra with the help of Santa himself.

Tickets for the performance are \$38 per adult and \$30 per senior citizen. A special holiday package for one adult and two students is \$40. Visit www.ndsorchestra.org to purchase; more information is available at the website or by calling (845) 635-0877.

About the conductor: William Stevens is an active performer and conductor throughout the Hudson Valley. He is one of the band and jazz band directors at Union Vale Middle School in the Arlington Central School District in Lagrangeville. Stevens’ professional conducting experience includes numerous musical productions with the Admiral Players; principal conductor of the Hudson Valley Saxophone Orchestra; and guest conductor for the NDSO since 2014.



Guest Conductor William Stevens will lead the Northern Dutchess Symphony Orchestra in its “Winter Wonderland” holiday program on Dec. 2. *Courtesy photo*

DOT-TO-DOT PUZZLE

See page 24 for finished puzzle (no peeking!)

Connect Dots:
• 1 - 82

By David Kalvitis

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Creative Living

is the arts and entertainment section of

NORTHERN DUTCHESS NEWS

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Town of Clinton Historical Society’s 2023 Holiday Craft & Gift Fair

- Local Artists’ Crafts
- Holiday Gifts
- Homemade Soups
- Baked Goods

When: Saturday, Dec. 2nd

Time: 10 a.m. – 4 p.m.

New Location: Evangelical Free Church of Clinton Corners

20 Shepherds Way, Clinton Corners (intersecting Salt Point Turnpike)

clintonhistoricalsociety.org

Cocoon Theatre presents ‘Tidbits’

By Kate Goldsmith

Following a long absence from our local arts radar, Cocoon Theatre returns with “Tidbits,” an eclectic evening of modern dance and theater, on Saturday, Dec. 2. The performance is set for 7 p.m. in Woodstock, at St. Gregory’s Episcopal Church (2578 NY-212), just a short drive from the Northern Dutchess area.

The program, which runs about 1 hour and 40 minutes with intermission, features the works of four choreographers and one playwright: Jean Churchill, Peggy Florin, Isaac Levine, Marguerite San Millan (Cocoon co-founder) and Peter Smith. Tickets are \$20 at the door.

The inevitability of change is right in Cocoon Theatre’s name, and San Millan has always made it her mission (or, at least, one of her missions) to plumb the depths of human existence: simply put, why are we here? The changes brought on by the pandemic were particularly profound in the arts world, which thrives on in-person gatherings. While artists have continued to work, the spaces in which they’ve worked are different, and audiences are more cautious in deciding when they’ll go out for entertainment.

This writer recently caught up with San Millan to discuss the Dec. 2 program and what inspired it.

“The pandemic, this has changed the world. It’s changed everything. Nothing’s gonna go back, it’s gonna be different,” San Millan said. “The theater space [at Cunneen-Hackett] in Poughkeepsie closed. It was a very expensive office to have, so we had to get rid of it. We put everything in storage and have been looking for something smaller.”

The “we” is San Millan and husband Andres San Millan, co-founder of Cocoon Theatre. Andres is recuperating from a health issue but continues to work on his visual art.

“What happened in the theater, where you have a big play and have 10 people in it, audiences of 100. ... from Covid it made me work in a very specific way with certain people. Wearing masks, as safe as possible,” said Marguerite. “Most of these [recent collaborations] are with older women. I think it’s kind of focusing; there’s a lot of changes in my mind happening about society. It feels dark. I’m starting to see things through the eyes of a woman, a lot of issues that have come to light about women, about children, about people who are on the outskirts of society. Working with older people is much different than teaching my toddler dance class. It’s a serious time, but we also need to have fun.”

“Tidbits” will begin with “That Day,” a one-act play written by Marguerite San

Millan. The two characters are Louise, played by San Millan; and Funeral Home Attendant, played by Isaac Levine. Levine began his studies with Cocoon Theatre at age 11; he now attends college at SUNY Cobleskill.

At intermission, members of St. Gregory’s will hold a bake sale.

A series of short dances will be presented in the second part of the evening. Three are choreographed by Jean Churchill, Professor of Dance Emerita of Bard College. “Requiem for a Season (2022),” to be performed by San Millan, is set to music from Guiseppe Verdi’s magnificent “Requiem.” It’s a reaction to the total shutdown of all theaters during the pandemic, as well as the prospect of censorship of the arts by autocratic governments.

Churchill admits that Covid is still an undercurrent permeating the arts world.

“You cannot escape it. It’s stunning,” she said. “[Now that we’re in] the post intensive [time], we’re in this kind of odd world where we’re still kind of reeling from it.”

Her piece “She Never Loved Me,” also performed by San Millan, is set to Verdi’s music once again, this time to an aria from his opera “Don Carlos.” In English, the singer’s opening words are: “She never loved me. Her soul is closed to me.” It is dedicated to those who have experienced a devastating loss.

San Millan said, “You know, kind of the theme of Covid is loss – the political landscape, the violence in the world; it’s a scary time.”

Churchill said she choreographed the piece specifically with San Millan in mind; and the aria is something she used to listen to frequently as she was driving.

“The music is so beautiful and sad, it’s kind of like a duet between me and Verdi,” she said.

The aria is “obviously about the end of a love, [but] for me it’s actually bigger than that,” said Churchill. “Thinking about devastating loss, either from death or realizing that his wife doesn’t love him [in the aria]. What it is like to be confronted with some kind of loss.”

The interesting dilemma for Churchill was how to translate that loss into movement.

“You’ve been thrown to the ground by life. How do we stand up? Because we have to,” said Churchill. “Even though I lost my husband, I had a 10-year-old daughter, I had to get her to school ... so the choreographing problem is, how do we get her [the dancer] up? That was the challenge.”

This isn’t the first time Churchill has worked with Cocoon Theatre.



Pictured are Isaac Levine and Marguerite San Millan in “That Day,” a one-act play written by San Millan that will open Saturday’s program. *Courtesy photo*

“The pandemic, this has changed the world. It’s changed everything. Nothing’s gonna go back, it’s gonna be different.”

Marguerite San Millan
Cocoon Theatre

Marguerite San Millan in “Sighting,” a piece she choreographed to layered cello music by Zoe Keating titled “Legions (War),” edited with sound effects by Fred Levine. *Courtesy photo*



continued on page 11



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TAKEOUT ONLY



in Woodstock on Dec. 2

continued from page 10

“...the types of things that we’re creating ... they are [about]: How do I want to spend my time, or to be useful, to give someone a distraction? Everything is up in the air, so what is chosen has a seriousness to it.”

“I’m very lucky, I’ve been working with [San Millan] since before Covid,” she said. “When I was teaching at Bard, I worked with her and students.” “Requiem for a Season” and “She Never Loved Me” were specifically choreographed with San Millan in mind. “We started [‘She Never Loved Me’] last January in my barn, actually. I built it on her,” said Churchill. “The other dance that she’s doing that’s mine [‘Requiem for a Season’] I made for her, using her skills. I was happy to take advantage of that.” Churchill herself will perform “Treatment,” her third contribution to

Saturday’s program. She first performed it in 1978 at Dance Theater Workshop in New York City. Other dances on the program include “time out,” conceived and performed by Peggy Florin, with music from “Is There Life after Guitar Trio?” by Rhys Chatham. According to San Millan, it’s a solo to spoken text live that Florin speaks. “It’s very abstract and interesting,” she said. “Then she and Peter [Smith] are doing what I call a ‘clown’ piece [‘For Better Or For Worse’]; it’s like classic clown work, presenting a piece that is very beautiful that is on marriage. It’s a



Peggy Florin and Peter Smith in “For Better Or For Worse,” created by the clown company PePe. *Courtesy photo*



Marguerite San Millan in “She Never Loved Me,” choreographed by Jean Churchill, to “Ella giammai m’amo” from “Don Carlos” by Giuseppe Verdi. *Courtesy photo*

dance, kind of in the pantomime/mime genre. It’s funny, but it’s also very sad.” “For Better Or For Worse” features music from “The Moonlight Sonata” by Ludwig Van Beethoven. San Millan will perform “Sighting,” a piece she choreographed to layered cello music by Zoe Keating titled “Legions (War),” edited with sound effects by Fred Levine. The pieces for this one-night-only program were chosen carefully, said San Millan. “Having the theater, the permanent space we had, you know you’re going to present a play. It kind of creates this already structured format, that closing the theater and working out of other spaces doesn’t have,” she said. “So the types of things that we’re creating, they’re not to fulfill the structure, they are [about]: How

do I want to spend my time, or to be useful, to give someone a distraction? Everything is up in the air, so what is chosen has a seriousness to it.” To learn more about Cocoon, visit www.cocoontheatre.org or call (845) 758-0695. San Millan hopes that “Tidbits” will give something to audience members “to help them grow as a human being, something useful that they can take into their own life. Something to help them figure out why we’re here on this planet.” She added, “And also, I would hope that people are stimulated to express their own self. When you see someone that’s freely creating, for me, it gives me the feeling that I can do something, too. Kind of like living vicariously. Give people the freedom to know they’re valuable.”

SEND US YOUR EVENTS
creativeliving@sdutchessnews.com

Panel on careers in the arts set Dec. 1

Aspiring young artists in the Hudson Valley are invited to THRIVE: Making a Career in the Arts, scheduled for Friday, Dec. 1, from 5 to 8 p.m., at Dutchess County BOCES, located at 5 Boces Road, Poughkeepsie. Admission to the event is free, but RSVP is required to attend. Visit www.artsmidhudson.org and go to Events for more information and to RSVP. THRIVE: Making a Career in the Arts is an opportunity for young artists aged 14-21 to gain valuable insights into carving their path to success in the world of art. Attendees will have the chance to

hear firsthand experiences from a panel of accomplished artists who have successfully established themselves in their chosen fields. The Panelists are: Alex Vivar: Modern Barber & Creative, Angel Gates Fonseca: Filmmaker & Executive Director, Carolina Villalón: Tattoo Artist & Board-Certified Dermatechnician, Keiko Sono: Content Creator, Lisa Papantoniou: Board-Certified Clinical Art Therapist, Mary Ellen Iatropoulos: Author, Educator & Executive Director and Paul Rapp: Property Lawyer & Musician.

Friends of Millbrook Library
Holiday Silent Auction
Friday, December 1 to
Saturday, December 16

Special Opening Preview Party Friday, December 1 5:30 to 7 p.m.	Silent Auction Closing Party Saturday, December 16 3:30 to 5 p.m.
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Millbrook Library ~ 1 Friendly Lane ~ Millbrook, NY 12545
www.millbrooklibrary.org

Free Admission - All proceeds will be used to support Millbrook Library programming and services

Diversions

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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

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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: CATS & DOGS

ACROSS

1. Baby powder

5. Hundredweight, acr.

8. Same as gauge

12. S squared, e.g.

13. Actor Wyle

14. Undergraduate's field of study

15. J. Edgar Hoover's man

16. Norse capital

17. Extremely angry

18. *Tweety chaser

20. Bob Ross' do

21. Not quite right

22. Hawaiian dish

23. Directed

26. Brought down

30. Deed

31. Rifle's backward move

34. Denim innovator

35. Like salad greens

37. Greek R

38. Read-only memory device

39. Western Samoan money

40. Oklahoma athlete

42. Tiny guitar

43. Relating to dreams

45. Like certain Debbie?

47. U.S. Marine Corps gift recipient

48. Gin mixer

50. Title for Turkish leader

52. *1929 Best Actor Oscar nominee

56. Lallygags

57. Medley

58. Pineapple producer

59. Suggestions

60. *Lassie's mark in Hollywood side-walk

61. Arabian bigwig

62. Banana leftover

63. New York time

64. "Wanted!" state

DOWN

1. Labels with a name, on Facebook

2. Major or general employer

3. Same as #36 Down, archaically speaking

4. Painter's surface

5. Receipt listings

6. *Corgi's homeland

7. Marvel Comics hammer wielder

8. *Jon Arbuckle, Odie and ____

9. A bit cracked

10. Kind of move, 2 words

11. Bard's before

13. End of rugby match

14. *Cat sound

19. Manicurist's file

22. Neighbor of Ger.

23. *Nome, AK hero

24. Continental divide

25. Like old cracker

26. *Rhodesian Ridgeback's target

27. *Old episodes of Eddie Crane's TV show

28. Call forth

29. Two identical molecules put together

32. Rubber sandal

33. Exclamation of surprise

36. *Fido, in Latin

38. More than one crocus

40. *Canine command

41. Newspaper VIP

44. ____ beef

46. Meandered

48. Leaves at the alter, e.g.

49. Uniate church member

50. Of the highest quality

51. Open-mouthed astonishment

52. Thorny gift

53. Large book

54. Pelvic parts

55. Smart but awkward one

56. "A stiff upper ____"

CROSSWORD

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The solutions to both the Sudoko & Crossword puzzles can be found on page 24

12 NORTHERN DUTCHESS NEWS & Creative Living - November 29-December 5, 2023



HOLIDAY HAPPENINGS

CHANUKAH EVENTS

Dec. 3: Chanukah Dreidel House, Rhinebeck Jewish Center, 102 Montgomery St., Rhinebeck. Dreidels, menorahs, hot latkes, new crafts, Chanukah gelt and fresh donuts, 11 a.m.-1 p.m. Free admission; crafts cost between \$1-\$8. Call (845) 876-766 or email info@rhinebeckjewishcenter.com for more information.

COMMUNITY TREE LIGHTINGS

Dec. 1: Clinton Tree Lighting, Town Hall, 1215 Centre Road, Rhinebeck. The ceremony begins at 4 p.m. The parade begins at 4:30 p.m., followed by the Tree Lighting. There will be photos with Santa, winter-themed make-and-take crafts for kids at the library, selfies with Santa's goats, and refreshments. The Boy Scouts will have wreaths for sale.

Dec. 2: Festival of Lights Parade, Pleasant Valley. Floats, music, hot cocoa, treats and a visit from Santa Claus, 6:45 p.m. More info at www.pvrec.com or call (845) 635-1111, ext. 203.

HISTORIC HOLIDAY EVENTS

Through Dec. 23: Guided Holiday Tours, Wilderstein Historic Site, 330 Morton Rd., Rhinebeck. Enjoy festive yuletide decor showcased throughout the mansion. Tour includes the landscape, history of the family, exterior of the mansion, first and second floors, and video (there are multiple steps, not ADA accessible). Tours offered Fri., Sat. & Sun., at noon, 1 p.m., 2 p.m. & 3 p.m. Admission \$18 per person. Advance reservations are not required. Please arrive about 15 minutes early. (845) 876- or www.wilderstein.org

Dec. 3, 10 & 17: Holiday Hunt in the Mansion, Locust Grove Estate, 2683 South Rd. (Rte. 9), Poughkeepsie. Family program featuring an entertaining and educational scavenger hunt inside the almost 200-year-old Mansion for hobbies, toys, and games the Young Family enjoyed at Locust Grove in the years 1895-1920. Find ice skates, skis, tennis racquets, a saddle, card games, a doll house, musical instruments, and more among the 20 decorated Christmas trees in the mansion. First tickets at noon; last tickets 3 p.m. Holiday Hunt is best suited for kids ages 4 and older. Reservations of timed tickets recommended. The hunt is not wheelchair or stroller accessible. Cost \$10/person in advance, \$15 at the door if tickets are available; children under age 4 are free. www.lgny.org

HOLIDAY CRAFT FAIRS/BAZAARS/AUCTIONS

Nov. 30-Dec. 2: Christmas Sale, St. Joseph School gym, 25 St. Joseph Drive, Millbrook. Uncle Al's Thrift Shop's annual Christmas Sale will feature numerous Christmas and holiday items: decorations for your home (inside and outside), gift items, new and like-new toys & games, and more. Hours: Thurs., Nov. 30 & Fri., Dec. 1, 10 a.m.-4 p.m.; Sat., Dec. 2, 10 a.m.-1 p.m. All proceeds from the Christmas Sale and from Uncle Al's Thrift Shop benefit St. Joseph-Immaculate Conception Church, Millbrook.

Dec. 2: Holiday Craft & Gift Fair, Evangelical Free Church of Clinton Corners, 20 Shepherds Way, Clinton Corners. the Clinton Historical Society will hold their annual Holiday Craft and Gift Fair on from 10 a.m. to 4 p.m. Talented local crafters will sell their handmade, one-of-a-kind items. The Society will be selling holiday decorations plus their famous homemade baked goods. There is also homemade soup for lunch, to eat in or take out. Contact Cathy McMahon at (845) 266-0071 or cmcmahon137@optimum.net for more information.

Dec. 6: Skyllkill Holiday Auction, Freedom Plains United Presbyterian Church, 1168 Rte. 55, Lagrangeville. Skyllkill's members donate beautifully handcrafted items for you to purchase. Doors open at 9:30 a.m. and bidding begins at 10:30 a.m. Bid on items that have been stitched, sewn, embroidered, knitted, crocheted, beaded, quilted, woven, tatted, painted and more. All sales are final; cash or check only. For more information visit www.facebook.com/SkyllkillEGA or email to EGASkyllkill@gmail.com.

Dec. 9: St. Nicholas Bazaar, Grace Church, 3328 Franklin Ave., Millbrook. Annual St. Nicholas Fine Craft and Holiday Cookie Sale, 10 a.m.-2 p.m. Artisans will showcase their crafts throughout the upper and lower levels of the parish hall. Free admission, door prizes, and home-made holiday cookies. More info at www.gracemillbrook.org.

HOLIDAY FESTIVALS

Dec. 2: Sinterklaas, Village of Rhinebeck. The kids become royalty for a day at the magical Sinterklaas celebration, which celebrates the centuries-old Dutch character Sinterklaas (the precursor to Santa Claus in North America) and is rooted in the Hudson Valley's rich heritage as a Dutch colony. This year's festivities in Rhinebeck will once again include plenty of children's workshops and thrilling performances all throughout the Village of Rhinebeck, starting at 10 a.m. The day's festivities culminate at dusk with the Children's Starlight Parade, which is led by Sinterklaas himself riding his trusty white steed. For complete details, visit www.sinterklaashudsonvalley.com.

HOLIDAY OPEN HOUSES

Dec. 2: Open House, Copake Grange #935, 628 Empire Rd., Copake. Celebrate the holidays and share good cheer with new and old community friends, 3-5 p.m. Everyone can join in craft-making, relax, hear music, sing and partake of refreshments. Give to those in need by bringing items for the Roe Jan Food Pantry and Taconic Hills School emergency fund. Get more detailed information about the donations needed at copakegrange.org/donations.

Dec. 3: Elmendorph Inn Holiday Open House, Elmendorph Inn, 7562 N. Broadway, Red Hook. The Elmendorph Inn looks its festive best for the holidays, 1-4 p.m. Historic Red Hook invites you to enjoy live holiday music, hot mulled cider, homemade cookies, and fresh-baked treats from the beehive oven! www.historicredhook.org

HOLIDAY PERFORMANCES

Dec. 1-15: Theatre on the Road presents "A Christmas Carol," various locations. Dinner theater production of Charles Dickens' "A Christmas Carol." You'll be transported back in time to Victorian England, where you'll be greeted by carolers singing merry songs and actors dressed in amazing costumes. Get ready to be fully immersed in the story as you dine with the Cratchit family and beloved Tiny Tim, be in awe of the Ghosts of Christmas, and witness Scrooge's transformation firsthand. Don't miss out on this heart-warming and unforgettable experience that's perfect for the whole family. The schedule: **Nov. 30:** Mahoney's, Poughkeepsie (benefit for Bannerman Island). Tickets and information: <https://bannermancastle.org/christmas-carol-benefit/>. **Dec. 1:** Hudson House Distillery, West Park, NY. Tickets and information: <https://www.thehudsonhouse-ny.com/event-details/a-christmas-carol>. **Dec. 3:** Restaurant Six at Curry Estate, Hopewell Junction. Tickets: 845-221-1941 or <https://www.curryestate.com/>. **Dec. 6:** Beekman Arms, Rhinebeck. Tickets and information: <https://www.beekmandelamaterinn.com/>. **Dec. 7:** Eldred Preserve, Eldred, NY. Tickets and information via EventBrite. **Dec. 10:** Beekman Arms, Rhinebeck. Two dinner shows: Noon and 5 p.m. Tickets and information

via EventBrite. **Dec. 14:** The Venue Uptown at the Best Western, Kingston. Tickets and information via EventBrite. **Dec. 15:** The Meadowbrook, New Windsor. Tickets and information: 845-562-5918 or 845-475-7972

Dec. 2: 18th Annual Christmas Concert, Smithfield Church, Amenia. The Smithfield Chamber Orchestra, under the direction of Matt Finley, will present classical, pop, jazz & holiday music, 4 p.m. Songs will include "White Christmas," "Do You Hear What I Hear," "Dance of the Reed-Pipes," "Once in Royal David's City," "Bring a Torch," "Winter's Willow," Handel's "Hallelujah" Chorus, jazz and original music. Suggested donation \$20. <https://thesmithfieldchurch.org/concerts>

Dec. 3: A Theatrical Reading of "A Christmas Carol," Morton Memorial Library & Community Room, 82 Kelly St., Rhinecliff. A benefit for Rhinebeck Grange #896, 2 p.m. Adapted for four readers, this theatrical reading pays tribute to the Charles Dickens beloved holiday classic. Featuring Readers: Russel Austin, Norm Magnuson & Sandra Bartlett. Narrated by Joe Baer. Intermission to include concessions and basket raffle to benefit Rhinebeck Grange# 896. More info: Joe Baer, (845) 876-6488

Dec. 9: The Roe Jan Bluegrass Band, Copake Grange Theater, 628 Empire Rd., Copake. Classic bluegrass, country & old-time fiddle tunes, 7-9 p.m. This evening of spirited down home music is suitable for everyone. Tickets are \$15 each or what one can pay. Advance reservations are not required and tickets may be purchased at the door. More info at copakegrange@gmail.com or www.copakegrange.com

Dec. 16: Holiday Concert, The First United Presbyterian Church of Pine Plains, 3039 Church St. (Rte. 199), Pine Plains. 8th annual Holiday Concert, 3 p.m. featuring many local musicians and festive organ music. A free will offering will be taken for the continued maintenance of the Church's historic 1926 Estey Pipe Organ. Refreshments will be offered afterward. For more information, call the Church at (518) 398-7117.

HOLIDAY SOCIALS

Dec. 9: Holiday Penny Social, Stanford Grange Hall, 6043 Route 82, Stanfordville. Stanford Grange #808 will host its annual Holiday Penny Social. Doors open at 5:30 p.m. and calling begins at 7 p.m. Christmas items will be featured. There will be penny prizes, homemade baked goods, \$1 table, door prizes, 50/50 raffle and theme baskets. Refreshments will be served by the Grange Youth. For more information, call the Grange Hall at (845) 868-1700 or Ryan Orton at (845) 868-7869.

HOLIDAY WORKSHOPS

Nov. 29-30: Sinterklaas Crowns + Branches Workshops, 3 Mulberry St., Rhinebeck. Each year, preparations for Sinterklaas Festival Day begin with fun activities for all. Hundreds of beautiful branches will be laid out alongside lots of beautiful, glittery, and fanciful materials—jewels, ribbons, glitter, lace, streamers—at the end of the day each child has a scepter to carry in the Parades and to take home. Open to the community and free of charge. Hours: Wed., Nov. 29, 2:30-6 p.m.; Thurs., Nov. 30, 2:30-6 p.m. More info at www.sinterklaashudsonvalley.com

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A woman with curly blonde hair, wearing a teal dress and glasses, stands in the center of the frame. To her left is a large black and white portrait of a woman with glasses, wearing a grey V-neck top, holding a white cup. To her right is a large black and white portrait of a woman in a bathtub, looking out thoughtfully with her hand near her face. The background is a plain, light-colored wall with a spotlight illuminating the woman in the center.

Franklin D. Roosevelt Presidential Library & Museum, 4097 Albany Post Rd. (Rte. 9), Hyde Park. **Through Dec. 2024:** 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 com-

Olana State Historic Site, Hudson. Through March 24, 2024: "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](https://olana.org/spectacle). Pictured: Church's "Heart of the Andes." *Courtesy image*



14 NORTHERN DUTCHESS NEWS & *Creative Living* - November 29-December 5, 2023

Healthy Lifestyles

Signs and symptoms: When should you consider seeing a neurologist?

By Premier Medical Group

Our bodies are incredibly complex, and sometimes, they send us signals that something might not be quite right. When it comes to your nervous system, these signals can manifest in a variety of ways. Neurologists are medical professionals who specialize in diagnosing and treating conditions that affect the nervous system. But how do you know when it's time to consider seeing a neurologist? Here are some common signs and symptoms that may indicate a need for neurological evaluation from a specialist.

1. Frequent Headaches or Migraines - While occasional headaches are a normal part of life, frequent or severe headaches could be a sign of an underlying neurological issue. Migraines, tension headaches, and cluster headaches are all conditions that may warrant a visit to a neurologist. Severe headaches or severe symptoms associated with headaches are also indicators that a neurologist can help, as they can help identify the cause of your headaches and develop a treatment plan to alleviate your pain.

2. Persistent Dizziness, Vertigo, or Balance Issues - If you frequently experience dizziness, spinning sensations, or a feeling of unsteadiness, it's essential to consult a neurologist. Your primary care provider may be able to uncover the cause of your symptoms, but a neurologist can diagnose and treat the root cause of these symptoms. These symptoms may be related to disorders of the inner ear or the central nervous system, and a neurologist can perform tests to pinpoint the cause and recommend appropriate treatment.

3. Memory Problems and Cognitive Changes - Memory lapses and cognitive changes can be a natural part of aging, but they can also be indicative of neurological conditions such as Alzheimer's disease or dementia. It can be difficult to tell whether memory or cognitive changes are occurring due to aging or a more serious underlying issue. If you or a loved one are experiencing noticeable changes in memory or cognitive function, it's crucial to seek a neurological evaluation for an accurate diagnosis and potential interventions.



Talk to a neurologist about cognitive changes if the patient:

- Repeats the same questions over again and again.
- Gets lost in places that you or the affected person knows well.
- Has difficulty following recipes or directions.
- Is confused about time, places, and people.
- Is not taking care of themselves— poor eating, hygiene, and/or behavior.

Memory loss is one of the first signs of dementia. Dementia is not one single disease, rather it is a group of symptoms that affect memory, reasoning, judgment, language, and other important thinking skills.

There are cases where cognitive changes or memory problems don't indicate a more severe circumstance such as dementia. Mild Cognitive Impairment is diagnosed using multiple tests and a set of criteria developed by a panel of international experts. Neurological exams, lab blood tests, brain imaging, and testing of mental status are combined to determine whether a patient has MCI. Individuals with mild cognitive impairment experience memory and decision-making problems, as well declined mental function over time. However, symptoms are not severe enough to impact daily activities, nor have the issues the patient experiences been diagnosed as a form of dementia.

4. Numbness, Tingling, Weakness, or Tremors - Persistent numbness, tingling (paresthesia), or weakness in your limbs or other parts of your body may be a sign of a neurological condition such as multiple sclerosis (MS), peripheral neuropathy, or a herniated disc. Neurologists can perform tests, such as electromyography (EMG) and nerve conduction studies, to assess nerve function and determine the underlying cause.

Muscle weakness, tremors, or

uncontrolled movements can be signs of various neurological conditions, including Parkinson's disease, amyotrophic lateral sclerosis (ALS), or other movement disorders. A neurologist can conduct a thorough assessment, including neurological exams and imaging studies, to determine the cause and develop a personalized treatment plan.

If you've been consistently experiencing numbness and/or tingling, whether it occurs frequently or infrequently, you should make time to talk to a neurologist to determine the underlying cause of these sensations.

5. Seizures - Seizures are a hallmark symptom of epilepsy, a neurological disorder that affects the brain's electrical activity. Many seizures and associated symptoms can be managed by a neurologist. If you or someone you know experiences unexplained seizures or episodes of altered consciousness, it's essential to consult a neurologist for proper evaluation, diagnosis, and seizure management.

6. Chronic Pain - Chronic pain conditions, such as neuropathic pain, complex regional pain syndrome (CRPS), or chronic migraines, often have neurological components. Pain is considered chronic if it is persistent, recurring, and caused by a medical condition. Neurologists can help diagnose the underlying causes of chronic pain and recommend treatments that target the source of the pain. Nerve blocks can provide temporary relief of localized pain as well as allow your neurologist to pinpoint where the pain is coming from. There are also neurostimulant implant devices available that can help treat chronic pain and migraines.

7. Changes in Vision - Any sudden or unexplained changes in vision, including double vision, loss of vision, or difficulty with eye movements, should be evaluated by a neurologist. These symptoms

may indicate issues with the optic nerves or other neurological conditions that affect vision.

Consulting with a neurologist for vision issues, such as optic nerve disorders, eye movement disorders, auras, double vision, thyroid eye disease, or eyelid abnormalities, can help determine the underlying cause of the vision issues and determine the best path of treatment or correction. Your primary care provider or neurologist may refer you to a neuro-ophthalmologist, who can diagnose and treat neurological and systemic diseases that affect your sight and the movement of your eyes. Common neurological disorders that can affect vision or cause vision loss include nerve damage, Multiple Sclerosis (MS), stroke, and Alzheimer's.

8. New or Persistent Sleep Issues - Neurologists can play a crucial role in addressing a wide range of sleep issues that are typically associated with neurological causes. Conditions such as central sleep apnea, narcolepsy, insomnia, and restless leg syndrome fall under their expertise. A neurologist can employ a comprehensive approach to diagnose and treat these conditions, utilizing their in-depth knowledge of the nervous system to develop personalized treatment plans that aim to improve sleep quality and overall well-being.

Is it Time to See a Neurologist?
- Your nervous system plays a vital role in controlling every aspect of your body, so it's essential to pay attention to any signs or symptoms that may suggest a neurological issue. If you or someone you know experiences any of the symptoms mentioned above, consider consulting a neurologist for a thorough evaluation and diagnosis. Early detection and treatment can make a significant difference in managing neurological conditions and improving your quality of life. Don't hesitate to seek help when you suspect that something might be amiss with your nervous system; your health and well-being are worth it.

Premier Medical Group's Neurology Division is conveniently located at 243 North Road in Poughkeepsie and offers same and/or next-day appointments. To schedule an appointment, please call # 845-454-0728

Balancing indulgence with wellness during the holidays

By Brookmeade Community
As we gear up for the holiday festivities, it's time to reconsider our approach to our annual festivities.



Michelle Opromolla

For example, did you know that approximately 50 million pumpkin pies are consumed each Thanksgiving? That's a staggering 400 million slices, even surpassing the total U.S. population. Fortunately, it's one of the healthier pie options. However, the average person still manages to consume a hefty 3,000 calories during their Thanksgiving meal.

On the topic of abundance, Americans devour a colossal 736 million pounds of turkey on Thanksgiving Day alone, equivalent to the weight of the iconic Empire State Building. And let's debunk the tryptophan myth – blame your post-feast lethargy on the combination of amino acids, not just the turkey.

BROOKMEADE SENIOR CONCEPTS

Ever wondered about record-breaking Thanksgiving treats? The Guinness World Records boasts a pumpkin pie weighing over 2,000 pounds, comprising 900 pounds of pumpkin, 62 gallons of evaporated milk, 155 dozen eggs, and a medley of other ingredients.

Surprisingly, the pecan pie takes the crown as the most calorific item on the menu, with around 503 calories per slice, rivaling a McDonald's Big Mac. This high-calorie count can be attributed to copious amounts of sugar and corn syrup used in its creation.

As we revel in the tradition of Thanksgiving, it's worth acknowledging its history. Abraham Lincoln declared it a national holiday in 1863, fixing it to the fourth Thursday of November. Franklin D. Roosevelt briefly shifted the date in 1939 to boost holiday shopping, only

to revert to the current celebration day in 1941.

The Pilgrims, however, had a minimalist Thanksgiving, foregoing forks in favor of spoons, knives, and hands. And for those planning to burn off those Thanksgiving calories, a 150-pound person would need to run approximately 29 miles.

When it comes to turkey production, Minnesota leads the pack with around 46 million birds, followed by North Carolina at 32 million and Arkansas at 30.5 million.

On a lighter note, impress your guests by tossing cranberries on the floor – if they bounce, they're ripe and ready to eat. If not, they've seen better days.

In a nod to Thanksgiving ingenuity, Swanson's frozen dinner meals were born in 1953 when an excess of turkey led to the creation of

convenient, packaged meals. As we delve into the nutritional side of Thanksgiving, Michelle Opromolla provides a breakdown of common meal items, including their estimated nutrition profiles and recommended portion sizes. These statistics were sourced from the Healthy Eating Publication by Lauren Brown West-Rosenthal, published on November 8, 2016.

Calorie Totals: White Meat Meal – 1,205 calories. Dark Meat Meal – 1,255 calories

In conclusion, Michelle Opromolla advises a balanced Thanksgiving and holiday strategy: start with veggies, maintain proper portion sizes, employ the three-bite rule, chew slowly, and learn to say no. By embracing sensibility, indulge wisely, and savor the holiday season.

Michelle Opromolla, RD, at Brookmeade Community, encourages everyone to celebrate Thanksgiving and the additional holiday festivities mindfully. As a premier senior healthcare facility, Brookmeade Community offers a wide array of services to ensure the well-being and happiness of its residents.



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How to host the holidays affordably

From getting your home ready for guests and finding the perfect gifts to preparing a delicious meal, the holidays can seem overwhelming and expensive – but they don't have to be. Take the following steps to save time and money on seasonal essentials.

Prepping Your Home - To get your home ready for holiday hosting, begin by de-cluttering surface areas such as tables and kitchen counters. Next, take an inventory and purchase any additional cleaning supplies you'll need for a deep clean. Remember, air care products like festive candles or sprays can freshen cleaned spaces. Next, decorate by sprinkling different holiday décor pieces in the rooms' focal points. For example, add themed table settings in the dining room and wrap holiday garland around fixtures such as the fireplace mantle or staircase.

Making the Menu - Food is a unifying component of any holiday celebration. To get started, set a menu that consists of a variety of appetizers, light snacks, side dishes, entrees and desserts to accommodate guests' cravings and preferences.

Gift Guide - Shopping for the perfect gift for everyone on your list can be easy when using DG's holiday gift guide found at dollargeneral.com. Consider placing three self-care products such as soap, a face mask and a bath bomb into a decorative basket with tissue paper to shine on presentation. To have children of all ages jumping for joy, save on national toy brands at your local Dollar General such as Melissa & Doug, LEGO, Fisher-Price, Play Doh, Barbie, Pokémon, L.O.L. Surprise!, ZURU 5 Surprise and more.

For additional savings, use DG's app for digital coupons and weekly ads with new sales and promotions.

By planning ahead, you can celebrate this season in style and within budget, giving you more time to create lasting memories with friends and family!

ArborRidge

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THE TERRACES

The Pavilion

Finding the true magic of the holiday season

They say that the holiday season is the happiest time of the year. It certainly looks and sounds like it is with the beautiful decorations all over the place, joyful, hopeful music, holiday parties, and of course, Santa Claus and all his reindeer.

But for many, particularly for children, this can be a stressful, difficult, and difficult time. We must be attentive to their needs.

Children may have just lost loved ones. Their families may be struggling and cannot afford all the extra things they see constantly on television. While they are surrounded by the external signs of happiness, these children may be struggling with their own personal sadness. Their parents may be overwhelmed. Be vigilant. Be responsive. Be patient. Be kind.

Look for the signs. If children are unable to concentrate on their assignments, we must be willing to modify their work, both in school and at home. In the classroom, create a quiet place, away from distraction, to help these children complete assignments. This is particularly important if the rest of the class is now involved with holiday activities.

Spend a few moments with them checking their work. Ask them how they are feeling and offer words of encouragement. These few moments can make a world of difference in a child's life. You can see it in their eyes

MAKING EDUCATION WORK with Diane Fulves

and in their grateful smiles. Remember, they have only been on this earth a few years and they are still learning how to cope with stress. Be kind to them. Show them that you care. Share your understanding and your time.

Children in my class became very sensitive to the needs of their classmates. There were times when I observed some children go over to a classmate and put an arm around that child to comfort him. Sometimes this is all we can do, but this gesture of caring and love is a true gift.

Parents, try not to overwhelm your children with holiday shopping and activities each day. In December they need the same amount of structure as they do at other times, maybe more. Make sure that they are getting sufficient sleep to help them through the school days and all the excitement that envelops them during the next few weeks.

Parents, if your children need special modifications during this busy time, be sure to alert the teachers. This is a reasonable request. Sometimes two or more tests may be scheduled on one day. If your child needs more time to

prepare for these tests, let the teacher know this and request another day to study and prepare. This is an appropriate request and it makes sense, even if your children do not have an I. E. P. or other special accommodations. The extra day will give your child time to learn and master the material.

At home, keep a schedule to help your children know what is expected of them. During the week they still need time to complete homework and study for tests. If something unexpected happens which interferes with homework completion, send a note to the teacher to let her know the situation and assure her that the work will be completed the following day.

Keep a consistent bedtime. Amid all the excitement, it may be hard for children to get to bed but they need enough sleep, particularly when there is so much going on in their lives.

Watch some of the holiday programs with your children. "Rudolph, the Red Nosed Reindeer" has always been a favorite of mine and I still watch it each year. The music is lovely and the story of this young deer who is different and

his friend, Hermey, the elf, who wants to be a dentist, has a message for all. It is a story of friendship, love, kindness, perseverance, and victory. Rudolph and Hermey were different and misunderstood so they run away. But on their journey they meet Yukon Cornelius and find the island of misfit toys. They promise not to forget them. They meet Bumble, the abominable snow monster, and Hermey, with his unusual talent, extracts the monster's teeth But it is Rudolph who saves the day. His different nose lights the way for Santa's Christmas Eve trip and the rest is history! Being different can be a very good thing!

Take time to listen to the music, not only the commercial holiday songs, but the age old Christmas carols. Listen to the words, "peace on earth, goodwill to men." Listen to the beauty of the music and let it seep into your spirit.

Amid all the hustle and bustle of the season, may you find peace, comfort and joy.

Diane Fulves is an educator and advocate for children and parents who is located in Millbrook. She is director of Empowering Our Parents, which offers information and support to parents. She is the director of Nurture the Spirit and Shakespeare Odyssey, programs that enrich children with the magic of the arts. For more information, please contact her at dee076@verizon.net.

Memorable decorating and entertaining with candlelight



LIFE IS BETTER WITH CANDLES With Sonya, the Candle Lady

When I was a kid, my parents would take my brother and I on nighttime drives through the back roads of the Hudson Valley to check out the Christmas trees in the windows and the outdoor lights of homes. To me, they all seem to give off a warm glow that could be seen from the outdoors.

For many, this time of the year can be hectic as we plan the holiday meals and decorate our homes. When decorating, do not limit your holiday decor to just the living room. Why not add a touch of holiday decor where you would least expect to find it.

Consider the following when decorating and setting the dinner table for the holidays:

- Line your windowsills with flameless candles or lanterns to create that glow that can be seen from the outdoors.
- If you have a large entrance or front porch, make the most of it by decorating it with mini trees with string lights that turn on and off on their own.
- For a rustic feel, use birch wood candle holders on your fireplace mantel and then drape a garland to add a more dimensional feel.
- If you have a dark corner or a pass-through space, find a table you no longer use and place those old holiday candle holders and figurines you had completely forgotten about.
- Bring an empty hallway to life with mini trees and use real gifts as decor, or simply wrap up some spare boxes with leftover wrapping paper and ribbon.

- Don't forget the guest bathroom! Place a holiday scented melt in the plug-in candle warmer and include holiday themed disposable napkins or towels for an extra touch.
- Candles are an elegant yet simple way to highlight your floral centerpieces, wine glasses and those plates that are only utilized for special occasions. If possible, include candle holders, drink glasses and vases with gold accents or rims, it will add a touch of richness to the simplest table arrangement.
- Keep the centerpieces low so that guests do not have to stretch to see or speak to the person across the table. Most important, avoid scented candles and instead use unscented candles for the seated dinner. If you want to show off your tall candles and floral arrangements, place them at buffet tables or side tables.

Chances are that there is probably some parent driving around at night with their kids sitting in the backseat checking out your home tonight just like I used to do, make it a memorable drive!

Practice safety when burning candles, never leave them unattended and keep away from children and pets. Never burn a candle for more than 4 hours, trim the wick to ¼ inch each time it is re-lit.

Sonya, the Candle Lady has established herself as a trusted source for soy and beeswax candles including wedding ceremony and reception candles when she opened Ye Olde Candle & Gift Shoppe in 2015. She was featured in The Hudson Valley Magazine's Face of Soy & Beeswax Candles for 2022 and was selected as an artist to participate in Dutchess Homemade for Arts Mid-Hudson. She believes that candles provide comfort in times of sadness; are the perfect complement in celebrations; scent your space and enable you to relax. Sonya offers weekly candle making classes at her shop and local schools. You may e-mail her at sonya@yeoldecandlehousegiftshoppe.com



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"Hablamos Espanol."

'Get moving' during the holidays – exercise counts!



By Christian Campilli PT, DPT

Most Americans don't move enough despite proven benefits, such as reduced risk of cancer and chronic diseases, and improved bone health, cognitive function, weight control and overall quality of life.

The second edition of the “Physical Activity Guidelines for Americans,” reports that approximately 80 percent of U.S. adults and adolescents are insufficiently active. As a result, many Americans currently have or are likely to experience chronic diseases, including heart disease, diabetes, obesity, and depression.

The good news is that regular physical activity can prevent and

BODY KNOWLEDGE

improve many chronic conditions. America, it's time to get moving!

According to the guidelines, the following is recommended:

- **Preschool-aged children** (ages 3 through 5 years) should be physically active at least for three hours, if not more. Adult caregivers should encourage active play that includes a variety of activity types and limits sitting-around time, such as screen time.
- **Children and adolescents** (ages 6 through 17 years) need at least 60 minutes or more of activity a day. This includes activities to strengthen bones, build muscles, and get the heart beating faster.
- **Adults** should do at least 150

minutes of moderate-intensity aerobic activity a week, and at least two days for muscle-strengthening activities. Adding more time provides further benefits.

- **Older adults (ages 65 and older)** should do at least 150 minutes of aerobic activity a week and include muscle-strengthening activities 2 days a week. You should also add components, such as balance training as well. If you have limitations due to preexisting conditions, consult with a health care provider and be as physically active as your abilities allow.
- **Pregnant and postpartum women** who were physically active before pregnancy can continue these activities during pregnancy and in the

postpartum period, but they should consult their health care provider about any necessary adjustments.

- **Adults** with chronic health conditions and disabilities, who are able, should do at least 150 minutes of moderate-intensity activity a week. You should consult with a healthcare provider about the types and amounts that are appropriate for you.

Physical therapists are movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education.

You can contact a physical therapist directly for an evaluation. You do not need a physician referral.

*Adapted from APTA and U.S. Department of Health and Human Services

For more information, visit centerforphysicaltherapy.com or call 845-297-4789.

The connection between anxiety and the heart



By Charles Herrick, MD

Anxiety is a common human experience, and in moderate amounts, it can be a natural and even adaptive response to stress. However, when anxiety becomes chronic and overwhelming, it can take a toll on the body,

PATIENT FIRST

particularly on the heart.

Anxiety's impact on the cardiovascular system is a growing concern in the medical field as it can contribute to the development of heart problems and exacerbate existing conditions.

Let's explore how anxiety affects the heart and what individuals can do to protect their cardiovascular health.

Learn more about Behavioral and Mental Health care at Nuvance Health.

How Anxiety Affects the Heart - Anxiety is not solely a mental health issue. It has physical manifestations that can profoundly affect the heart. When anxiety arises, the body goes into “fight or flight” mode, releasing stress hormones like adrenaline and cortisol. This physiological response is designed to prepare the body to face a threat by increasing your heart rate and redirecting blood flow to vital organs and muscles. While this response can be lifesaving in a true emergency, chronic anxiety can cause it to be constantly triggered, leading to negative consequences for the heart, including:

- Increased Heart Rate:** One of the most immediate effects of anxiety on the heart is an elevated heart rate. This increased workload can lead to palpitations, arrhythmias and potentially overwork the heart muscle.
- High Blood Pressure:** Anxiety can also lead to high blood pressure. Persistent hypertension is a significant risk factor for heart disease, as it can damage blood vessels, contribute to atherosclerosis, and increase the likelihood of heart attacks and strokes.
- Inflammation:** Chronic anxiety may also contribute to chronic inflammation, a known factor in the development of cardiovascular diseases. Inflammation can cause plaque buildup in the arteries, leading to atherosclerosis, which can narrow the blood vessels and reduce blood flow to the heart.
- Cardiac Events:** Studies have shown that individuals with high levels of anxiety have an increased risk of developing heart disease and experiencing cardiac events like heart attacks. Anxiety can trigger spasms in the coronary arteries, potentially leading to myocardial ischemia, which reduces blood flow to the heart, preventing the heart muscle from receiving enough oxygen.

crucial step in maintaining overall well-being. Here are some strategies to help manage anxiety and protect your heart:

- Lifestyle Changes:** Adopt a heart-healthy lifestyle that includes regular exercise, a balanced diet and adequate sleep. These habits can improve heart health and also help alleviate anxiety symptoms.
- Stress Management Techniques:** Practice stress-reduction techniques such as mindfulness, meditation, yoga and deep breathing exercises. These methods can help you better control your body's response to anxiety triggers.
- Limit Caffeine and Alcohol:** Caffeine and alcohol can exacerbate anxiety symptoms and strain the heart. Reducing or eliminating these substances from your diet may help improve both mental and cardiovascular health.
- Connect:** Engage with friends and family and share your concerns and feelings. Social support is a powerful tool in managing anxiety and reducing the burden on the heart.
- Medication When Necessary:** In some cases, medication may be necessary to control anxiety. Consult with a healthcare professional to determine if this is an appropriate option for you.
- Seek Professional Help:** If you are experiencing chronic anxiety, consult with a mental health professional who can provide guidance and treatment options. Therapy, medication or a combination of both can help manage anxiety effectively.

Learn more about stress management.

Anxiety is a natural response to stress, but when it becomes chronic, it can have a significant impact on heart health. Understanding the connection between anxiety and the cardiovascular system is essential for managing anxiety effectively and protecting your heart. By seeking professional help, adopting a heart-healthy lifestyle and practicing stress-reduction techniques, you can take proactive steps to mitigate the effects of anxiety on the heart and improve your overall well-being. Prioritizing both mental and cardiovascular health can lead to a fulfilling and healthy life.

Dr. Charles Herrick is chair of psychiatry at Nuvance Health.

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www.CenterForPhysicalTherapy.com

Free holiday events set Dec. 9 at FDR Home & Library, Val-Kill

The FDR Presidential Library and Museum and the Home of FDR National Historic Site will host a full day of free holiday events on Saturday, Dec. 9. The Museum will be open to visitors free of charge from 9 a.m. to 5 p.m.

The Home of FDR (Springwood) will have tours available from 9:30 a.m. to 4 p.m. There will be holiday decorations, refreshments and special activities -- including the annual Children's Reading Festival and free photo time with Santa -- beginning at Noon in the Henry A. Wallace Center. In addition, Eleanor Roosevelt National Historic Site (Val-Kill) will be decorated for the holidays and open from 12:30 p.m. to 4 p.m.

Children's Reading Festival, Santa and Holiday Cards for Sailors presented by the Roosevelt Library and the Friends of the Poughkeepsie Public Library District will be held in the Henry A. Wallace Center, from 1:30 p.m. to 4 p.m. Children's book authors will read from and sign copies of their books. Featured books will be available for purchase in the New Deal Store in the Wallace Center.

Children's Reading Festival authors include Barbara Ann Mojica author of "Little Miss History Travels to Hyde Park, home of Franklin D. Roosevelt: Presidential Library & Museum" and

Barbara Guerriero-Flites "The Memoir of a White House Dog: My Life with President Franklin Roosevelt; 1940-1945."

In addition, there will be live music, free photo time with Santa from 1:00 p.m. to 3:00 p.m., and children can make holiday cards for sailors on the USS Franklin and Eleanor Roosevelt beginning at Noon. Refreshments will be served throughout the afternoon in the Wallace Center lobby.

The Holiday Open House at the Roosevelt Library and Home, Val-Kill Holiday Open House is from 9 a.m. to 5 p.m. at the Home of FDR National Historic Site and at the Roosevelt Library. Both the Home and the Roosevelt Library study will be decorated for the holidays as they were during the Roosevelt presidency. Admission is free to the Home and Library throughout the day.

Eleanor Roosevelt National Historic Site (Val-Kill) will also be free, decorated for the holidays, and open to visitors from 12:30 p.m. to 4:00 p.m. on December 9.

For more information please call: Cliff Laube, Roosevelt Library, (845) 486-7745; or Franceska Macsali Urbin, National Park Service, (845) 229-9115.

Morton to launch book on Benedict Arnold Dec. 5

Morton Memorial Library will host a launch of Jack Kelly's latest book, "God Save Benedict Arnold," on Tuesday, Dec. 5, at 6:30 p.m.

In his latest book, Kelly tells the gripping story of Arnold's rush of audacious feats—his capture of Fort Ticonderoga, his Maine mountain expedition to attack Quebec, the famous artillery brawl at Valcour Island, the turning-point battle at Saratoga—that laid the groundwork for America's independence.

Benedict Arnold committed treason for more than two centuries, that's all that most Americans have known about him. Yet Arnold was much more than a turncoat.

Oblong Books will have copies of "God Save Benedict Arnold" for purchase.

Morton Library is at 82 Kelly St., Rhinecliff.

Kelly is a journalist, novelist, and historian, whose books include "Band of Giants," which received the DAR's History Award Medal. He has contributed to national periodicals including The Wall Street Journal and is a New York Foundation for the Arts fellow. He has appeared on The History Channel and interviewed on National Public Radio. He grew up in a town in the canal corridor adjacent to Palmyra, Joseph Smith's home and lives in the Hudson Valley.

St. Nicholas Bazaar, Fine Craft & Holiday Cookie Sale set Dec. 9

Grace Church will host their annual St. Nicholas Bazaar, to include Fine Craft and Holiday Cookie Sale at the church in Millbrook on Saturday, Dec. 9 from 10 a.m. – 2 p.m.

The event features two floors of exhibitors showcasing fine crafts for sale, door prizes, festivities, and homemade holiday cookies. The cookies are boxed to stay fresh and will be sold @ \$15 per pound. Each package contains an assortment of festive cookies and candies from the traditional to the decadent. Pre-orders are recommended, but not required. Call 845-677-5174. In addition to the cookies will be jams, breads, gluten free cookies, croutons, as well as a large selection of gently used Christmas decorations and home decor items.

In addition, more than 20 local artists and crafters will be selling their hand-crafted items including pottery, tie-dye clothing, sugar scrubs, jewelry, leather items, hand dyed yarn, colorful felted gifts, crocheted clothing, aromatherapy oils and balms, framed pebble art, silk flower arrangements, hand-woven baskets and shawls, cross-body bags and totes, cards, gifts made from wood, personalized items, candles, goat milk soaps and accessories.

Grace Church is located at 3328 Franklin Avenue, Millbrook. For a complete list of vendors, visit gracemillbrook.org/st-nicholas-bazaar.html. For questions, call the church office at 845-677-3064. Admission is free. Handicap accessible. Zanroy's food truck will be on site for lunch.

'No-hush' performance of 'The Nutcracker' at The Bardavon set Dec. 8

Dutchess County invites residents of all abilities and their families to a free, sensory sensitive performance of the holiday classic ballet, "The Nutcracker," presented by the New Paltz Ballet Theatre. The show will take place at the Bardavon 1869 Opera House in Poughkeepsie on December 8, starting at 6 p.m. Seating is limited, and reservations are required online at dutchessny.gov/nutcracker.

County William F.X. O'Neil said, "The holiday season is a beautiful time of year and should be enjoyed by all. We thank the Bardavon for partnering with us to offer this inclusive sensory friendly event and once again be able to bring joy and entertainment to families and residents of all abilities."

The show will be a "no-hush" performance meant to foster an informal, non-judgmental atmosphere where audience members can experience and respond to the performance in their own way. The Bardavon will adjust both the lighting and sound to make the experience more enjoyable for those on the autism spectrum or who experience sensory concerns.

The Nutcracker performance is the third sensory sensitive event the county has held in partnership with the Bardavon this year. In March, storyteller David Gonzalez put on a live storytelling performance of "Cuentos" which introduced the audience to the world of Latino literature and culture and in October, the audience enjoyed a screening of Halloween movie classic Hocus Pocus.

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Remembering when

Let's remember the sacrifices of our troops this holiday season.

Whenever my father comes into the restaurant in the morning, he always turns on his battered radio with a coat hanger as an antenna that he keeps by his work table. It is always tuned into talk radio. Many a morning I hear the daily news or Curtis & Kubie coming from Pop's work table. This particular morning, as he listened to the radio, President F.D. Roosevelt's famous speech from Pearl Harbor day was playing in honor of the 75th Anniversary of the attack.

I asked him if he remembered when the Japanese attacked Pearl Harbor. He was a little boy in Italy at the time, but he remembered. Everyone prayed for the servicemen who had died and hoped that the United States would enter the war. Everyone in his town knew that once the U.S. joined, they had a chance.

I asked him what life was like during the war. Though his memory has started to fail him, he vividly remembered what it was like. He remembers the Germans stealing all their livestock and all the vegetables from the garden. He remembers that salt and tobacco was rationed. They would have to steal ocean water in order

to have salt to cook with.

He remembers the huge bombers and the sound of their engines as they flew over his town. He remembers the day that his town was bombed and that most of the shells didn't explode. He remembers sleeping outside for a month for fear that the Germans would be blowing up the munition dump in a cave in the side of a mountain. He remembered the day the munition dump was actually destroyed, lighting up the sky, and watching the mountain collapse onto itself and saving his town from debris raining down on them. Feeling the earth shake and watching the building in the town collapse from the man-made quake.

Finally, he remembered the day the American forces liberated his town. He remembers the parade of people walking behind the American forces as they drove into his town. Cheering for them. He remembers the cans of food that they distributed to feed him and his fellow townsfolk who were starving. He remembered the feeling that they were safe. He also remembers knowing at that moment that he wanted to come to America.

As we celebrate this Christmas season, let us remember the people who came before us, who sacrificed so much so that we would be able to celebrate the holidays as a free nation. To appreciate our family and friends. Enjoy this traditional Christmas cookie recipe. Buon Natale!

ITALIAN CHRISTMAS COOKIE

Ingredients

Cookies

2 1/2 cups all-purpose flour

2teaspoons baking powder

1/2 teaspoon salt

1 1/4 cups granulated sugar

1/2 cup butter, softened

1/3 cup whole milk ricotta cheese

2teaspoons grated lemon peel

2 eggs

1 teaspoon vanilla

Frosting

2 1/4 cups powdered sugar

3 to 4 tablespoons lemon juice

candy sprinkles, as desired

until smooth. Stir in vanilla. On low speed, beat flour mixture into sugar mixture until well blended. Cover and refrigerate 30 minutes.

Using floured fingers, shape dough into 1 inch balls; place 2 inches apart on ungreased cookie sheets. Bake 9 to 11 minutes or until set but not brown. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely, about 15 minutes.

In small bowl, beat powdered sugar and 3 tablespoons lemon juice with spoon until smooth and spreadable. If frosting is too stiff to spread, add additional lemon juice, 1 teaspoon at a time. Using knife, spread 1/2 teaspoon frosting on each cooled cookie; immediately top with sprinkles. Let stand about 30 minutes or until frosting is set. Store covered in airtight container at room temperature.

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

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*Offer only valid for new members.



Bluegrass band livens up Copake Grange Hall

The Roe Jan Bluegrass Band brings its brand of classic bluegrass, country and old-time fiddle tunes to the Copake Grange Theater stage, 628 Empire Road, December 9 at 7 - 9 p.m. The band features accomplished pickers, gridders and singers on guitar, dobro, banjo, mandolin, bass and fiddle who've been entertaining local audiences for more than a decade. The band is known for having a great time playing and audiences have a great time listening and dancing.

This evening of spirited down home music is brought to you by the Grange's Program Committee. The music is suitable for everyone. Advance reservations are not required and tickets may be purchased at the door. The event is supported in part by Stewart's Shops and Ackerman Foundation.

Get more information by emailing copakegrange@gmail.com or visit www.copakegrange.com

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*News for Seniors,
Their Families and Caregivers
Todd N. Tancredi, Director
Dutchess County Office
for the Aging*

HOLIDAY SCAM PREVENTION FOR CAREGIVERS AND OLDER ADULTS

In OFA's scam prevention presentations, one thing we can't stress enough to Dutchess County older adults is that scammers will tailor their messages to the headlines. We're seeing two such scams this holiday season. The Social Security's Office of the Inspector General (OIG) is warning that criminals are using the annual increase in Social Security benefits as an opportunity to trick people into sharing their personal or financial information. The other scam targets Medicare and health insurers with fake claims for COVID tests. Another round of free test kits is available from the federal government and can be obtained by applying through covid.gov or by calling 1-800-232-0233 (TTY 1-888-720-7489) – but none of that has anything to do with Medicare or your insurance company.

As for the Social Security scam, scammers are using a tactic that has worked for them before: impersonating a representative of Social Security or another government agency. They may present fake credentials and claim that you need to give them your personal and financial information to get your 2024 Social Security cost-of-living adjustment, also known as a COLA. Don't do any of this. It's never been a Social Security policy.

As always, the best way to avoid scammers is not to engage with them in the first place. Ignore their calls, and hang up if you picked up by mistake. Scammers are trying to mess with your emotions and trick you. Your 2024 COLA takes effect automatically with the new year.

You can report scam attempts to Social Security's Inspector General at oig.ssa.gov, and you can follow them on social media at www.facebook.com/oigssa.

For general scam prevention tips and information on how to report scam attempts, there's a printable and regularly updated Scam Prevention Resources flyer at www.dutchessny.gov/aging. If you're not online, call us at 845-486-2555 and we'll mail you one.

AVOIDING HOLIDAY SHOPPING SCAMS

Emotions can run high during the holidays, and scammers know this. That "special" holiday deal from Amazon isn't special at all when shoppers take the time to do their homework.

Look back at the previous sentence. Did you miss the extra "a" in Amazon? Scammers are counting on you overlooking details like that. They set up fake websites that look almost like the real thing. They want you to click before you

think, then use their fake sites to poach your personal and financial information.

Shopping local first, in person when possible, is an excellent way to beat the scammers while helping local businesses and perhaps even finding a unique gift that no amount of online searching can uncover.

If you must shop online, keep in mind that many major brands no longer use third-party sites like Amazon to sell their merchandise, having had enough of contending with knockoff merchandise. Instead, the brands choose to sell from their own sites to maintain quality control.

FOR DUTCHESS SENIORS, SOME GET-UP-AND-GOGO

Imagine that your 88-year-old mom in Beacon has been glad to adapt to the world of mobile technology, but she finds ride-sharing apps to be less than user-friendly. Or your 77-year-old dad in Red Hook has heard of Uber and Lyft and is interested but prefers his old reliable landline to a smartphone. They've got appointments to get to but can't always do it on their own.

The scenarios described above might also be your own situation.

The Office for the Aging is connecting Dutchess County's older adults with the non-emergency medical transportation they need, with help from "GoGoGrandparent," an on-demand ride-sharing service that's been expanding nationwide, including in Dutchess County.

The service is aimed at Dutchess County older adults (age 60+) who are not eligible for transportation via Medicaid, and have no other means of transportation to non-emergency appointments.

During the pilot phase of this program, OFA and GoGo are providing a limited number of free non-emergency medical trips for Dutchess County older adults, wherever local Uber and Lyft drivers are available.

To register for your first GoGo ride, call OFA during business hours at 845-486-2555. Once registered, you'll receive further instructions on how to sign up for rides.

OTHER TRANSPORTATION OPTIONS

As required by the Americans with Disabilities Act of 1990, Dutchess County Public Transit operates an ADA Complementary Paratransit Service for qualified individuals within Dutchess County and the City of Poughkeepsie. The service is available to eligible individuals who live within three-quarters of a mile of a regularly scheduled bus route and who cannot use the regular fixed route service. The service is available on the days and during the hours that the fixed route operates. Complementary paratransit service is defined as next day service. Reservations can be scheduled up to seven days in advance. Callers on

Saturday, Sunday, and holidays will be connected to a voicemail box. Please leave your name and phone number, and you will be contacted within 24 hours to arrange your transportation. When scheduling a reservation, please provide the dispatcher with complete addresses for all pick-up and drop-off locations, and any special needs. Dutchess County Public Transit may provide the service with any appropriate vehicle.

For more information, call 845-473-8424 or visit www.dutchessny.gov/publictransit, which includes maps of all Dutchess County Public Transit bus routes.

VA Castle Point (845-831-2000 extension 5145) transports veterans to appointments at Veterans Hospitals.

Pawling Resource Center (845-855-3459, www.pawlingresourcecenter.org) serves Town and Village of Pawling older adults.

North East Community Center (518-592-1399 extension 101 or nedt@necmillerton.org) provides transportation services for residents of Amenia, Dover, North East/Millerton, Stanford and Washington/Millbrook, via the Care Car; and also coordinates the Northeast Dutchess Transit Program serving Pine Plains, Stanford and Washington/Millbrook.

Friends of Seniors (845-485-1277, friendsofseniors.org) provides non-emergency medical transportation (and other services) for the frail elderly (60+). As of August 2023, Friends of Seniors services have been taken over by Catholic Charities Community Services of Dutchess County.

NEW YORK MASTER PLAN ON AGING – YOUR INPUT WANTED

The numbers of older adult residents of New York and Dutchess County are continuing to grow. Dutchess County's percentage of older residents is greater than the state's percentage, which is in turn greater than the national percentage of older residents. Within Dutchess County, 2020 Census data indicates that parts of Hyde Park, Millbrook, Pawling, Rhinebeck and the Town of Poughkeepsie all have 65+ populations of at least 25%, with much of rural Dutchess soon to surpass that mark as well.

New York officials have recognized the need to have a plan so that older residents can lead independent, meaningful lives as they age.

New York is putting together a Master Plan for Aging (MPA) that's designed to examine federal, state, county and local policies and programs for older adults, so that they can best be coordinated to help older adults.

Note that it's called a Master Plan for Aging. That's because everybody is aging and will become an older adult sooner or later with good planning and a bit of

good luck.

While the Office for the Aging has the concerns of older adults always top-of-mind, that might not be the case in Albany or Washington – and that's where you come in. New York State is surveying the public to help draw up the best possible plan for aging New Yorkers. Visit forms.ny.gov/s3/mpasurvey to take the survey.

For paper copies of the survey, write to The Master Plan for Aging Team
Department of Health
Office of Aging and Long Term Care
875 Central Avenue
Albany, NY 12206

NEW LIFE FOR OLD EYEGLASSES

Dutchess County's Solid Waste Management Division and Office for the Aging are collecting gently used eyeglasses to benefit those in need. Stop by any Office for the Aging Friendship Center any weekday up to and including November 30th to donate your used eyeglasses. Donations will be given to the LaGrange Lions Club, as part of its international campaign, Recycle for Sight. This collection event complements the County Clerk's ongoing collection of eyeglasses at county Department of Motor Vehicles offices in Poughkeepsie (22 Market St., in the County Office Building), Beacon (223 Main St., 845-838-4891), Millbrook (15 Merritt Ave., 845-677-4080), and Wappingers Falls (29 Marshall Rd., Suite 3B, 845-298-4620).

OFA Friendship Centers are open most weekdays 10 am – 2 pm, at the locations below:

Beacon – 1 Forrestal Heights, Mon-Fri, 845-838-4871

East Fishkill – 890 NY 82, Hopewell Jct., Mon-Fri, 845-226-3605

Millerton – 28 Century Blvd. (Library Annex), Mon-Thu, 518-789-3081

Pawling – 154 Charles Colman Blvd., Tue-Thu, 845-855-9308

Poughkeepsie – 114 Delafield St., Mon-Fri, 845-486-2555

Red Hook – 59 Fisk St. (Red Hook Community Ctr.), Mon-Fri, 845-475-1129

South Amenia – 229 South Amenia Rd., Wassaic, Mon-Thu, 845-373-4305

Tri-Town – 1576 Main St. (US 44), Pleasant Valley, Mon-Thu, 845-275-8565

OFA HEALTH INSURANCE COUNSELING – WAITLIST SPOTS AVAILABLE

Appointments with Office for the Aging counselors from HIICAP (Health Insurance Information, Assistance and Counseling Program) are fully booked through the December 7th end of the Medicare Open Enrollment period; however, a few spaces may remain if there are cancellations. Call OFA during business hours at 845-486-2555; if no appointments are available here, we can connect you with a New York State HIICAP counselor.

Medical Reserve Corps to host Pet First Aid Training on Dec. 12

The Medical Reserve Corps (MRC) of Dutchess County will again offer its popular Pet First Aid Training on Tuesday, December 12, at 6 p.m., at the Dutchess County Department of Emergency Response (DER), located at 392 Creek Road in Poughkeepsie. The training is free, however seating is limited and registration is required by emailing mrc@dutchessny.gov.

Training participants will learn possi-

ble life-saving skills for pets, including CPR; recognizing signs of heat stroke and hypothermia; identifying gastrointestinal issues, allergies, and poisonings; and treating injuries such as burns, eye issues, wound care and more. The training will be presented by Paul S. McNamara, DVM, Chief of Surgery at the Hudson Highlands Veterinary Medical Group.

The Dutchess County Animal

Response Team (DCART) will also be on hand with information on how to include pets in emergency preparedness planning. DCART is a specialized team of the Department of Emergency Response, comprised of veterinary professionals and trained volunteers from the community. They respond to assist Emergency Management at the scene of a disaster or emergencies that involve animals such as pets or livestock. Their mission is to ensure the humane care and treatment of

animals in an emergency.

Dutchess MRC is comprised of both healthcare and non-healthcare volunteers as part of a national network of more than 200,000 volunteers dedicated to supporting public health infrastructure as well as disaster preparedness and response in the community. Dutchess MRC hosts various trainings for members and non-members alike throughout the year. For more information or to sign-up to volunteer, visit dutchessny.gov/mrc.

COLLEGE NOTES

CLS phys ed instructor honored as Outstanding Recent Graduate



EMPORIA, KS (10/17/2023) Kevin Yarnell of Hyde Park is one of three Emporia State University (ESU) alumni chosen as the Outstanding Recent Graduates for 2023. To qualify, nominees must have earned a degree from ESU within the past 10 years. Awards were presented to these recipients on Friday, Oct. 27, at the Black & Gold Gala during Homecoming weekend.

Yarnell, who received his master's

degree in Health, Physical Education and Recreation, is the physical educator at Chancellor Livingston Elementary School in Rhinebeck.

The New York State Association for Health, Physical Education, Recreation and Dance (NYS AHPERD) awarded Yarnell the Joy of Effort Award in 2023 and the Amazing Person Award in 2022. In 2018, he received the Society of Health and Physical Educators (SHAPE America) National Jump Rope for Heart coordinator award and the American Heart Association's Heroes of Heart Hall of Fame award. His school was named an American Heart Association "Top 25 School" in 2022 because they have raised over \$93,000 in conjunction with the Kids Heart Challenge Program since Yarnell was hired in 2014.

He continues to be an annual presenter at New York State's NYS AHPERD Southeastern Zone and NYS AHPERD statewide conferences. In addition, Yarnell is the social-media director for both the NYS AHPERD Southeastern Zone and state NYS AHPERD, mentor teacher for State University of New York Brockport student teaching, and student-teacher supervisor at Canisius College in Buffalo.

Yarnell has raised more than \$65,000 through local and national grants to bene-

fit the students of his district and elementary school. One of the grants he received enabled Chancellor Livingston Elementary School to install a \$25,000 above-ground fitness gym for students, staff and community members. Another grant financed an outdoor human engineering trip to Camp Ramapo that was an interdisciplinary Science, Technology, Engineering, Art and Math educational experience.

The Physical Education Council that he created has developed several new leadership programs to assist students to be role models for their peers, ambassadors for their school, leaders in their community, and to promote fitness and wellness. Yarnell also has created numerous physical education programs to promote fitness and wellness while incorporating interdisciplinary learning for his elementary school students. His programs have been featured in more than 25 newspaper articles.

Gopher Sport invited Yarnell to be one of the physical activity specialists for its "ActiveHomeChallenge PE Daily Challenge." He also is a PE, health, and fitness consultant, contributor, and presenter for Fit and Fun Playscapes. In addition, he was featured in the NYS AHPERD Advocacy Video, "15 Essential

Keys - Health and Physical Education."

ESU professor emeritus Dr. Joella Mehrhof of St. Joseph, Missouri, nominated Yarnell for The Teachers College Outstanding Recent Graduate award.

DELHI, NY -- SUNY Delhi is proud to welcome new students who enrolled for the Fall 2023 semester.

Gionna Wrobel of Clinton Corners is pursuing a degree in Construction Management: Design & Building.

Jennifer Massarone of Rhinebeck is pursuing a degree in Hotel and Restaurant Management.

Jade Leake of Hyde Park is pursuing a degree in Criminal Justice.

Abigail Scott of Red Hook is pursuing a degree in Nursing.

Jaden Taylor of Hyde Park is pursuing a degree in Nursing.

Elizabeth Amone of Hyde Park is pursuing a degree in Nursing Education.

Nordis Brijmohan of Pleasant Valley is pursuing a degree in Nursing Education.

Zachary Eckler of Pleasant Valley is pursuing a degree in Automotive Mechanics.

Cody Clelland of Red Hook is pursuing a degree in Electrical Construction & Plumbing.

Poughkeepsie City School District students participate in Thanksgiving giveback

Demonstrating an unwavering dedication to community service, students participating in the MBK (My Brother's Keeper) program within the Poughkeepsie City School District are actively contributing to the spirit of Thanksgiving by extending support to those in need.

Under the careful guidance of their advisor Johnathan McPhee and in collaboration with the Sister 2 Sister members, students have engaged in community outreach initiatives. Their involvement commenced with selfless volunteer work at the Beulah Baptist Church Soup Kitchen, reflecting their genuine commitment to giving back.

Culminating their efforts, Poughkeepsie High School students involved in the MBK program, spanning grades 9 through 12, orchestrated a memorable "Turkey Dinner Gifting" event. Spearheaded by Daron Wilson, this compassionate endeavor was supported by MBK Fellows Peter Sealey and Abass Na-aata, along with mentor Jason Conrad. Valuable assistance and support were extended by The James Brown

Family Foundation and the Niomi's Heart Foundation.

Notably, the MBK program is affiliated with the Obama Alliance Foundation, further strengthening its commitment to empowering young men of color and fostering leadership qualities in the community.

The beneficiaries of this heartfelt initiative were families selected from the McKinney Vento program and the school district caseworkers, ensuring that those facing challenges received the warmth and sustenance of the Thanksgiving spirit.

At the core of the My Brother's Keeper Fellows Program (MBKFP) lies the objective to empower rising 12th-grade high school students, particularly focusing on boys and young men of color, with authentic leadership experiences. This initiative underscores the significance of service projects benefiting their educational institutions and the communities they inhabit, enabling MBK Fellows to assume pivotal leadership roles across governmental, educational, and business spheres.



Above: Poughkeepsie City School District students participate in My Brother's Keeper Thanksgiving giveback last week. Pictured from left: Assemblyman Jonathan Jacobson, Niomi of Niomi Heart Foundation, Daron Wilson, organizer, MBK volunteers, Jason Conrad, mentor and organizer. Left: Pictured are MBK members, Sister 2 Sisters and Beulah Baptist Church members. *Courtesy photos*

SEND US YOUR EVENTS

creativeliving@sdutchessnews.com

Deadline: Thursday at noon the week before publication

Calendar runs Thursday to Wednesday

Legal Notices

SUPREME COURT OF THE STATE OF NEW YORK INDEX NO. 2023-50019 COUNTY OF DUTCHESS

Plaintiff designates DUTCHESS as the place of trial situs of the real property **SUPPLEMENTAL SUMMONS** Mortgaged Premises: 6190 ROUTE 9, RHINEBECK, NY 12572 **Section:** 6169, **Block:** 00, **Lot:** 638775 BANK OF NEW YORK MELLON TRUST COMPANY, N.A. AS TRUSTEE FOR MORTGAGE ASSETS MANAGEMENT SERIES I TRUST Plaintiff,

vs. DEBORAH BRINK, AS HEIR AND DISTRIBUTTEE OF THE ESTATE OF HAROLD H. ELMENDORF; HAROLD ELMENDORF, AS HEIR AND DISTRIBUTTEE OF THE ESTATE OF HAROLD H. ELMENDORF; CORINE PRINDLE, AS HEIR AND DISTRIBUTTEE OF THE ESTATE OF HAROLD H. ELMENDORF; UNKNOWN HEIRS AND DISTRIBUTTEES OF THE ESTATE OF HAROLD H. ELMENDORF; any and all persons unknown to plaintiff, claiming, or whomayclaimtohave an interest in, or general or specific lien upon the real property described in this action; such unknown persons being herein generally described and intended to be included in the following designation, namely: the wife, widow, husband, widower, heirs at law, next of kin, descendants, executors, administrators, devisees, legatees, creditors, trustees, committees, lienors, and assignees of such deceased, any and all persons deriving interest in or lien upon, or title to said real property by, through or under them, or either of them, and their respective wives, widows, husbands, widowers, heirs at law, next of kin, descendants, executors, administrators, devisees, legatees, creditors, trustees, committees, lienors and assigns, all of whom and whose names, except as stated, are unknown to plaintiff; SECRETARY OF HOUSING AND URBAN DEVELOPMENT; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE; UNITED STATES OF AMERICA, "JOHN DOE #1"

Legal Notices

through "JOHN DOE #12," the last twelve names being fictitious and unknown to plaintiff, the persons or parties intended being the tenants, occupants, persons or corporations, if any, having or claiming an interest in or lien upon the premises, described in the complaint, Defendants.

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

NOTICE OF NATURE OF ACTION AND RELIEF SOUGHT **THE OBJECT of the above caption action is to foreclose a Mortgage to secure the sum of \$405,000.00 and interest, recorded on May 06, 2008, in Document Number 01 2008 5072, of the Public Records of DUTCHESS County, New York., covering premises known as 6190 ROUTE 9, RHINEBECK, NY 12572.** **The relief sought in the within action is a final judgment directing the sale of the premises described above to satisfy the debt secured by the Mortgage described above.**

DUTCHESS County is designated as the place of trial because the real property affected by this action is located in said county. **NOTICE YOU ARE IN DANGER OF LOSNG YOUR HOME** **If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage**

Legal Notices

company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to the mortgage company will not stop the foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. Dated: October 30, 2023 ROBERTSON, ANSCHUTZ, SCHNEID, CRANE & PARTNERS, PLLC Attorney for Plaintiff Matthew Rothstein, Esq. 900 Merchants Concourse, Suite 310 Westbury, NY 11590 516-280-7675

TOWN OF PLEASANT VALLEY HIGHWAY DEPARTMENT SPECIFICATIONS FOR BIDDERS

These specifications are to outline the process of **STREET SWEEPING, approximately 60 miles**, in the Town of Pleasant Valley. This includes all Town owned parking lots and the Pleasant Valley and Salt Point firehouses. 1. Vendor must supply at least one (1) street sweeper & operator(s). Should a machine break down and cannot be repaired within two and one-half hours another machine must be supplied. 2. The roads will be swept until **CLEAN (REGARDLESS OF THE NUMBER OF PASSES)**. 3. The work will continue until all roads are completed. 4. Road sweeping will begin in March in the second week; weather pending. 5. The machines will operate from **7:00am-3:30pm, Monday through Friday**. The week following Good Friday when the Highway Department moves to 4-10 hour days the machines will operate from **6:30am – 4:00pm Monday through Thursday**. 6. The Town of Pleasant Valley will supply water and a dump truck with operator(s) during the hours of operation for each sweeper. 7. The machines that are used to sweep the

Legal Notices

town roads must be of the 4-wheel, 2-gutter broom and one main broom configuration. 8. Vendors must have back-up machines of similar capacities available immediately in case of breakdowns. 9. All repairs to vendor machines are the responsibility of the vendor. 10. Vendor must supply the Town with a detailed description of all equipment (make, model, year, mileage/hours and availability) 11. Sweeper must be of high dump configuration and must be capable of dumping into a Town P6-wheel dump truck. 12. When winter is mild and sweeping is not required, the Town is not obligated to use the contractor who was awarded the bid. 13. Any vendor that cannot comply with the above specifications and conditions after the award of the bid will forfeit the bid and the bid will be transferred to the next lowest bidder.

SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF DUTCHESS SUPPLEMENTAL SUMMONS AND NOTICE Index No. 2023-51168 Date Filed: 11/14/2023 Nationstar Mortgage LLC,

Plaintiff, -against- Andrea Gordon, if she be living or if she be dead, her spouses, heirs, devisees, distributees and successors in interest, all of whom and whose names and places of residence are unknown to Plaintiff;

Legal Notices

NOTICE IS HEREBY GIVEN that the County Legislature of Dutchess County will meet on the 4th day of December at 7:00 pm, in the Legislative Chambers, 22 Market Street, 6th Floor, Poughkeepsie, New York for the purpose of holding a Public Hearing on the Tentative Budget of said county for the fiscal year beginning January 1, 2024, and on the Capital Improvement Program of said county for the years 2024 through 2028.

FURTHER NOTICE is hereby given that copies of said Tentative Budget and Capital Improvement Program are available at the Office of the Budget Director, Sixth Floor, County Office Building, Poughkeepsie, where they may be inspected or procured by interested persons during regular business hours. Pursuant to Section 359 of the County Law, the maximum salaries that may be fixed and payable during said fiscal year to the members of the Legislature and to the Chairman thereof respectively are hereby specified:

MEMBER, COUNTY LEGISLATURE, 20 MEMBERS \$27,500 MAJORITY/MINORITY ASSISTANT LEADER, COUNTY LEGISLATURE \$36,500 MAJORITY/MINORITY LEADER, COUNTY LEGISLATURE \$45,500 CHAIRMAN, COUNTY LEGISLATURE \$54,500

LEIGH WAGER CLERK DUTCHESS COUNTY LEGISLATURE

Legal Notices

State of New York, and "JOHN DOE", said name being fictitious, it being the intention of Plaintiff to designate any and all occupants of premises being foreclosed herein, and any parties, corporations or entities, if any, having or claiming an interest or lien upon the mortgaged premises, Defendants. P R O P E R T Y ADDRESS: 96 Creek Road, Poughkeepsie, NY 12601 TO THE ABOVE NAMED DEFENDANTS: YOU ARE HEREBY SUMMONED to answer the complaint in this action and to serve a copy of your answer, or notice of appearance on the attorneys for the Plaintiff within thirty (30) days after the service of this summons, exclusive of the day of service. The United States of America, if designated as a defendant in this action, may appear within sixty (60) days of service hereof. In case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint. TO THE ABOVE NAMED DEFENDANTS: The foregoing Summons is served upon you by publication pursuant to an Order of the Hon. Maria G. Rosa, a Justice of the Supreme Court, Dutchess County, entered Nov. 6, 2023 and filed with the complaint and other papers in the Dutchess County Clerk's Office. NOTICE OF NATURE OF ACTION AND RELIEF SOUGHT THE OBJECT of the above captioned action is to foreclose a Consoli-

Legal Notices

NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN that the County Legislature of Dutchess County will meet on the 4th day of December at 7:00 pm, in the Legislative Chambers, 22 Market Street, 6th Floor, Poughkeepsie, New York for the purpose of holding a Public Hearing on the Tentative Budget of said county for the fiscal year beginning January 1, 2024, and on the Capital Improvement Program of said county for the years 2024 through 2028. FURTHER NOTICE is hereby given that copies of said Tentative Budget and Capital Improvement Program are available at the Office of the Budget Director, Sixth Floor, County Office Building, Poughkeepsie, where they may be inspected or procured by interested persons during regular business hours. Pursuant to Section 359 of the County Law, the maximum salaries that may be fixed and payable during said fiscal year to the members of the Legislature and to the Chairman thereof respectively are hereby specified:

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LEIGH WAGER CLERK DUTCHESS COUNTY LEGISLATURE

Legal Notices

ation and/or Modified Mortgage (hereinafter "the Mortgage") to secure \$186,180.00 and interest, recorded in the Dutchess County Clerk's Office on December 27, 2012, in Document Number 01 2012 14101 covering premises known as 96 Creek Road, Poughkeepsie, NY 12601 a/k/a Section 6162, Block 02, Lot 718719. The relief sought in the within action is a final judgment directing the sale of the premises described above to satisfy the debt secured by the Mortgage described above. Plaintiff designates Dutchess County as the place of trial. Venue is based upon the County in which the mortgaged premises is situated. NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME IF YOU DO NOT RESPOND TO THIS SUMMONS AND COMPLAINT BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE MORTGAGE COMPANY WHO FILED THIS FORECLOSURE PROCEEDING AGAINST YOU AND FILING THE ANSWER WITH THE COURT, A DEFAULT JUDGMENT MAY BE ENTERED AND YOU CAN LOSE YOUR HOME. SPEAK TO AN ATTORNEY OR GO TO THE COURT WHERE YOUR CASE IS PENDING FOR FURTHER INFORMATION ON HOW TO ANSWER THE SUMMONS AND PROTECT YOUR PROPERTY. SENDING A PAYMENT TO YOUR MORTGAGE COMPANY WILL NOT

Legal Notices

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LEIGH WAGER CLERK DUTCHESS COUNTY LEGISLATURE

Legal Notices

STOP THIS FORECLOSURE ACTION. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. Dated: September 7, 2023 Frank M. Cassara, Esq. Senior Associate Attorney LOGS LEGAL GROUP LLP Attorneys for Plaintiff 175 Mile Crossing Boulevard Rochester, New York 14624 Telephone: (585) 247-9000 Fax: (585) 247-7380 Our File No. 22-092035 #100959

PUBLIC NOTICE OF HEARING BEFORE THE PLANNING BOARD TOWN OF PLEASANT VALLEY DUTCHESS COUNTY, NY

Please take note that the Planning Board of the Town of Pleasant Valley, NY, will hold a public hearing on the following proposition: **16 Hurley Heights Grid# 6465-04-780315** The applicant is seeking approval of a Special Use Permit for a Caretaker Cottage located at 16 Hurley Heights. Comments regarding this application will be heard and received by the Planning Board during this public hearing. SAID Meeting will take place on Wednesday, December 13, 2023 at the Pleasant Valley Town Hall, 1554 Main Street, Pleasant Valley, N.Y., and begins at 6:30 p.m.

Legal Notices

Legal Notices

EXTENDING LOCAL ORDERS 1, 2 & 3 OF E X E C U T I V E ORDER 5/2023 EXTENSION TO DECLARATION OF LOCAL EMERGENCY ORDERS DECLARED BY D U T C H E S S COUNTY EXECUTIVE: Please take notice that on November 24, 2023 at 12:00 am., pursuant to Article 2B of the New York State Executive Law,

Legal Notices

Article III of the Dutchess County Charter and Administrative Code Section 3.05, Acting Dutchess County Executive William F. X. O'Neil extended Local Emergency Order #1, Local Emergency Order #2, and Local Emergency Order #3 in furtherance of Executive Order No. 5 of 2023, dated May 18, 2023. The text of the declaration of state of

Legal Notices

emergency and local emergency orders is available at www.dutchessny.gov.
TOWN OF PLEASANT VALLEY NOTICE TO BIDDERS
Sealed Bids will be received by the Town Clerk, Mary Beth Muir, of the Town of Pleasant Valley, Dutchess

Legal Notices

County, New York for Highway Materials and Supplies for the year 2024.
1) Stone, Gravel
2) Sand
3) Latex Bituminous Mix Hot
4) Bituminous Mix Hot
5) Plow Blades
6) Guide Rails
7) Street Sweeping
All Bid packets are available at the Town Clerk's office. Bids will be received until Friday, December 15,

Legal Notices

2023 by 12 Noon at the Town Clerk's office, 1554 Main Street Pleasant Valley, New York at which time bids will be opened and read aloud. If there are any questions please call the Town Clerk's office at (845) 635-1111 Ext. 201. The Pleasant Valley Town Board reserves the right to accept or reject any or all bids. The Pleasant Valley

Legal Notices

Town Board will consider bids as soon as possible thereafter. **ALL BIDS MUST INCLUDE AN NON-COLLUSIVE BIDDING CERTIFICATE.** By order of the Pleasant Valley Town Board
Mary Beth Muir
Town Clerk

Legal Notices

Southern Dutchess News
Beacon Free Press
Northern Dutchess News
845-297-3723

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.

Hinchey bill to establish International Women's Day as a state commemorative day signed into law

KINGSTON – Senator Michelle Hinchey recently announced that her bill (S1792) to establish March 8th as International Women's Day in the State of New York has been signed into law and will now be observed annually. Supported by over 40 labor and social justice organizations statewide, this commemorative day championed by Hinchey serves as a platform to honor the achievements of New York women, both historical and contemporary, while highlighting the continued pursuit of women's equality.

Hinchey said, "Throughout our history, New York has been a trailblazer in advocating for women's equality, setting an example of progress for both the nation and the world. Designating International Women's Day as a state day of commemoration presents an opportunity to reaffirm our unwavering dedication to creating a world where all women have equal and active participation in all spheres of life. Recognizing and investing in women stands as a potent catalyst for societal progress, and commemorating Women's Day on March 8th marks a

meaningful step in acknowledging this crucial effort. I want to thank our Labor coalition for their leadership in this effort and the Governor for signing this bill into law. I look forward to celebrating with present-day women changemakers and acknowledging those pioneers whose shoulders we stand upon on March 8th."

Supporters of S1792-Hinchey include the following labor and social justice organizations:

- 1199SEIU United Healthcare Workers East
- Hudson Valley Labor Area Federation
- Transport Workers Union of America (TWU), AFL-CIO, Local 200
- New York State Nurses Association (NYSNA)
- American Federation of State, County and Municipal Employees (AFSCME) District Council 37
- Communications Workers of America (CWA) Local 1180
- Service Employees International Union (SEIU) 32BJ
- Coalition of Labor Union Women (CLUW)

- Civil Service Employees Association (CSEA)
- New York State American Federation of Labor and Congress of Industrial Organizations (AFL-CIO)
- National Domestic Workers Alliance
- Health Care Workers Union Local 429
- United Food and Commercial Workers Union (UFCW) Local 888
- Healthcare Education Project
- Workforce Development Institute (WDI)
- Coalition of Black Trade Unionists (CBTU) New York City
- Social Service Employees Union (SSEU) Local 371
- UNITE HERE Local 100
- CUNY School of Labor and Urban Studies- The Murphy Institute
- Voces Latinas
- Sisa Pakari
- Labor Council for Latin American Advancement (LCLAA)- Westchester County Chapter
- Filipino Australian Health Workers Association (FAHWA)

- Kinding Sindaw
- National Association of Hispanic Nurses (NAHN)
- The Worker Institute at Cornell University
- Caribbean Cultural Center African Diaspora Institute (CCCADI)
- Ventanilla de Salud
- New York Immigration Coalition (NYIC)
- Pro Voice / Pro Voz Women on the Move
- League of United Latin American Citizens (LULAC)
- Latinas Organizing Latinas for Action (LOLA)
- American-Italian Cancer Foundation
- Urzúa Dance Academy
- Latin Women for Action
- Friends of Corona Library
- SHARE
- Campaign for New York Health
- Milagros Day Worldwide
- Women United of Westchester
- Westchester Labor Council for Latin American Advancement

Answer to this week's Dot to Dot (puzzle on page 9)

By David Kalvitis © 2003 Monkeying Around

SUDOKU
This week's answer

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

Suguru solution

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

Answers to this week's diversions
(puzzles on page 12)

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

Classified

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Classified Rates

Classified Line Ads

20 words \$12.50; each additional word 20¢

Classified Display Ads

\$14.50 per column inch

If submitted by deadline,
ads appear in three newspapers:
**Northern Dutchess News,
Southern Dutchess News
& Beacon Free Press**

We are not responsible for typographical errors.
A letter of correction will be supplied if requested.

Classified Index

100 Help Wanted	201 Home Improvement	401 Apartments for Rent	509 Office Equipment	720 Vendors Wanted
105 Employment Opportunity	202 Cleaning Services	402 Rooms for Rent	510 Firewood	721 Wanted to Buy
106 Business Opportunity	203 Lawn Services	403 Furnished Rooms	511 Lawn & Garden Equip.	722 Bazaar
107 Situations Wanted	221 Professional Services	404 Furnished Apartments	512 Winter Merchandise	723 Consignments
120 Schools	222 Tax Experts	405 Wanted to Rent	516 Misc. Merchandise	724 Farmers Market
121 Special Instruction	223 Beauty Services	406 Garages for Rent	700 Pets & Supplies	725 Collectibles
122 Musical Instruction	225 Business Services	407 Vacation Rentals	701 Free Pets	750 Events
140 Nursery Schools	226 Travel & Services	408 Houses for Rent	702 Lost & Found Pets	800 Boats
141 Child Care	227 Bridal Services	420 Commercial Rentals	703 Pets for Adoption	801 Campers & Trailers
142 Day Care	295 Financial	500 Musical Merchandise	710 Garage & Yard Sale	802 Motor Homes
143 Baby-sitting	296 Mortgages	501 Kid Stuff	711 Tag Sale	803 Recreational Vehicles
145 Adult Care	300 Real Estate	502 Clothing	712 Moving sale	900 Autos for Sale
150 Announcements	301 Townhouses & Condos	503 Furniture	713 Rummage Sale	901 Vans/SUV's
151 Adoption	302 Commercial Property	504 Appliances	714 Flea Market	902 Trucks
152 Novenas	304 Mobile Homes	505 Free Items	715 Craft Corner	903 Motorcycles
154 Lost & Found	305 Lots & Acreage	506 Computers	716 Barn Sale	904 Auto Parts & Tires
155 Personal	400 Townhomes & Condos for rent	507 Sports Equipment	717 Estate Sale	905 Autos Wanted
200 Services		508 Exercise Equipment	718 Auctions	
			719 Antiques	

Contact Us

Call:
845-297-3723

Fax:
845-297-6810

E-Mail:
sdnadvertising@aol.com

Monday-Friday
9 am-4 pm

100 Help Wanted

DUTCHESS COMMUNITY COLLEGE

NOW HIRING – HVAC TECHNICIAN

This position is a full-time Civil Service Plumber position - salary \$63,541 plus benefits. Monday – Friday 6:00 a.m. – 2:30 p.m.

- Services, repairs, and replaces heating, ventilating, air conditioning and plumbing equipment and systems;
 - Repairs and replaces electrical controls, thermostats, relays, pumps and related equipment;
 - Investigates complaints concerning heating and ventilating and resolves them;
 - Makes emergency repairs to equipment and takes emergency action in connection with equipment failure to insure reinstatement of serviceability;
 - May install and repair electrical systems;
 - May install and repair plumbing and piping;
 - Makes recommendations in the purchase of equipment and supplies;
 - May work from building plans, blueprints, diagrams, drawings, and manuals to plan and lay out the placement, type and proper operation of larger commercial and some smaller boilers;
 - Participates in snow and ice control activities, which may include working overtime hours, reporting to work early, or reporting to work on scheduled days off, in cold and wet conditions;
 - May be required to operate a motor vehicle in connection with assignments.
- Requirements:
- Five (5) years of full-time paid work experience which primarily involved the independent performance of skilled installation, repair and maintenance of commercial, industrial or institutional heating, air conditioning and ventilating equipment and related systems.
 - Must be able to lift 50 lbs.
 - Must possess a valid drivers license
- Application Instructions:
- DCC is committed to the principle of diversity and encourages applications from women, minorities, veterans, the disabled and all others (AA/EOE). For additional information and to apply visit our website at <http://www.sunydutchess.edu.interviewexchange.com> or contact the Office of Human Resources, 53 Pendell Road, Poughkeepsie NY or call 845-431-8670.

DUTCHESS COMMUNITY COLLEGE

NOW HIRING – HOUSEKEEPERS DCC

is accepting applications for Full-time and Part-time Housekeepers.

Civil Service Housekeeper position - salary \$38,434 plus benefits (\$18.48/hour). Openings available 2nd shift (5:00pm -1:30am)

- Responsibilities Include:
- Sweeps, mops, washes, strips, waxes floors utilizing commercial floor care machinery such as auto scrubbers, floor polishers, carpet extractors, buffers, burnishers, floor strippers, commercial vacuum cleaners, and wet/dry vacuums;
 - Disinfect chairs, tables, desks and other furniture and all high touch surfaces such as handrails, elevator controls, door handles, etc.;
 - Clean and disinfect restrooms, washes windows, walls, woodwork, white boards and similar building components, furnishings and equipment;
 - Set-up and break-down for campus events (inside and outside) including the moving of furniture, required to follow event floor plans, and supporting dining services;
 - Required participation in rotational on-call coverage;
 - Participates in snow and ice control activities.
- Requirements:
- Must be able to lift 50 lbs.
 - Proven working experience as a cleaner preferred
 - Ability to handle heavy cleaning equipment and machinery
 - Knowledge of cleaning chemicals and supplies
- Application Instructions:
- DCC is committed to the principle of diversity and encourages applications from women, minorities, veterans, the disabled and all others (AA/EOE). For additional information and to apply visit our website at <http://www.sunydutchess.edu.interviewexchange.com> or contact the Office of Human Resources, 53 Pendell Road, Poughkeepsie NY or call 845-431-8670.

204 Health

VIAGRA and CIALIS USERS! 50 Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 855-413-9574

DUTCHESS COMMUNITY COLLEGE

NOW HIRING – BUILDING

MAINTENANCE MECHANIC HVAC

This position is a full-time Civil Service Plumber position - salary \$58,028 plus benefits. Monday – Friday 7:00 a.m. – 3:30 p.m.

- Responsibilities Include:
- Leads and participates in the performance of appropriate operating, adjustment, repair, maintenance and safety practices and procedures for heating, ventilating, air conditioning and plumbing equipment and systems;
 - Plans details of work assignments and projects for a small group;
 - Instructs a small group in the installation and repair of equipment;
 - Leads and participates in a variety of other building maintenance activities;
 - Participates in snow and ice control activities, which may include working overtime hours, reporting to work early, or reporting to work on scheduled days off, in cold and wet conditions;
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- Four (4) years of paid work experience involving responsibility for the performance of building maintenance or construction trades, three (3) years of which primarily involved the maintenance and repair of heating and ventilating equipment.
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