



# The Gardiner Gazette

A call to community



Spring 2018 - Issue #38

Free! Please take one

See our special insert...Gardiner Hamlet, 2050

## Gardiner Library Celebrates 10 Years on Farmer's Turnpike

by Nicole Lane

The year 2018 marks a stepping stone for the Gardiner Library as we celebrate our 10-year anniversary at 133 Farmer's Turnpike. From the beginning, while hundreds of people formed a human chain to transfer books from the old library to the new building, the Gardiner Library has been supported and driven forward by the community we serve.

Gardiner residents financially support the library in at least two ways every year. First, in

July, everyone receives a school tax bill from either New Paltz or Wallkill. As an example, families in the New Paltz School district who own a home valued at \$360,000, pay approximately \$1.60 annually. The numbers are similar for people living in the Wallkill School District.

Second, in January, property owners receive the county and town property tax bill. The Gardiner Library receives \$229,230 annually

from the town, which is part of the "town general tax" line on the bill. Again, if you own a home valued at \$360,000, your portion of the town tax that goes to the library is approximately \$108 annually. Even with additional staffing and operating costs, the library has not asked for an increase from the town since 2008, the year we moved it to Farmer's Turnpike.

The remaining 30% of the library's annual budget is raised through fundraising, fines (don't feel guilty when you return that video three days late) and printing fees. Grants are not included as part of the money needed to balance the annual budget

Library, continued [page 14](#)

### Also in this issue ...

Invasive Plants, [p. 2](#)

More Best of the HV, [p. 3](#)

Tammy Wright Boylan, [p. 4](#)

Pooch Dog Spa, [p. 6](#)

USB Trips for Seniors, [p. 7](#)

Nutrition and Diabetes, [p. 9](#)

Managing Concussion, [p. 10](#)

Gardiner Dog Control, [p. 12](#)

Samuel Dorsky Museum, [p. 13](#)

Thanks to the Community, [p. 16](#)

#### SPECIAL INSERT:

The Gardiner Hamlet in 30 Years



## Adopt-A-Highway, Gardiner

by L.A. McMahon

Across the country, thousands of communities have signaled their commitment to keeping America beautiful by adopting stretches of highway and pledging to keep them litter-free.

During the late 1980s, the New York State Department of Transportation re-assessed its priorities in view of a declining work force and a reduced operating budget. DOT's first priority was then—and is now—to operate the state's highways and bridges safely and cost-effectively. As a result, fewer and fewer resources were available for roadside beautification, and New York was not the only state with that dilemma.

Legislation to formalize New York State's Adopt-A-Highway Program was passed in 1990 to encourage individuals or groups to clean up highway roadsides and to recognize those volunteers who do. Participation in the program also fosters a sense of community ownership of the roadway as well as a sense of pride in its appearance. Adopters must obtain a Highway Work Permit from the New York State

An Adopt-A-Highway sign on Route 44-55. Photo: L.A. McMahon

Adopt, continued [page 15](#)

## Our Insidious Neighbors: Invasive Plants

by Jacqueline Reed

Invasive plants are an ongoing threat to the Gardiner community in many ways. First, they are a threat to ecological diversity and to a resilient, sustainable, healthy ecosystem. Secondly, invasive plants pose a major threat to agricultural production and profitability. Lastly, invasive plants can cause serious physical harm to humans.

Invasive plants come to the U.S. in a variety of ways, some with good intentions as food crops or ornamental plants. They seem to solve a problem or address an issue at the time. Others come accidentally, through food shipments or as hitchhikers on imported goods and products. These invasive plants can be beautiful, edible and useful, but the fact remains that they pose threats in many ways.

So what is to be done, now that they're here? The answer: manage and destroy through vigilance and action. Many resources are available to assist in supporting these efforts, and some are listed at the end of this article.

Roadways are a major means for the spread of invasive plants. Maintaining vigilance along the roadways and removing invasive plants at that point can help to stop the spread of these threats to your residence and other places. Another step is being careful about what is brought onto residential property and into public areas by you, your children or pets, and being watchful about what you, your children and your pets carry



Mustard Garlic, left and Wild Parsnip (Photos: the internet).

away, either intentionally or by accident. This includes plants purchased from stores, nurseries or mail order.

There will not be a time when invasive plants are "gone," and control of one sort or another will require ongoing effort. In order to manage and destroy invasive plants, it is important to understand their processes of reproduction, as not all plants respond to the same tactics.

If the plant is difficult to destroy, stopping its spread is a major victory. Some can be manually pulled out; others will necessitate chemical controls (within New York State Law). Fire can end others, mowing for others and, for still others, scientists have identified insects that will specifically destroy them. Composting invasive plants is generally

not a good practice.

Two of the more common invasive plants in our area are Purple Loosestrife and garlic mustard. Purple Loosestrife is the beautiful purple flowering plant that is now endemic throughout Gardiner. This plant is especially a danger to critical wetland areas and can form thick stands that eliminate food sources, nesting areas and cover for many animals.

Scientists have identified two types of insects that will either eat the leaves or the roots of Purple loosestrife, thus creating a biological control to its spread. A permit is needed from the Department of Environmental Conservation (DEC) to purchase and release these insects.

Garlic Mustard is an edible, (a delicious salad or pesto) invasive

Invasive, continued [page 3](#)

**CRUISE PLANNERS**  
Your Cruise and Land Specialist

### GROUP TRIPS TO EUROPE

Oct. 2018 • Ireland Coach Tour  
Apr. 2019 • Rhine River Cruise  
Jun. 2019 • Ireland Guided Tour  
Fall 2019 • Germany & Austria  
Nov. 2019 • Christmas Markets

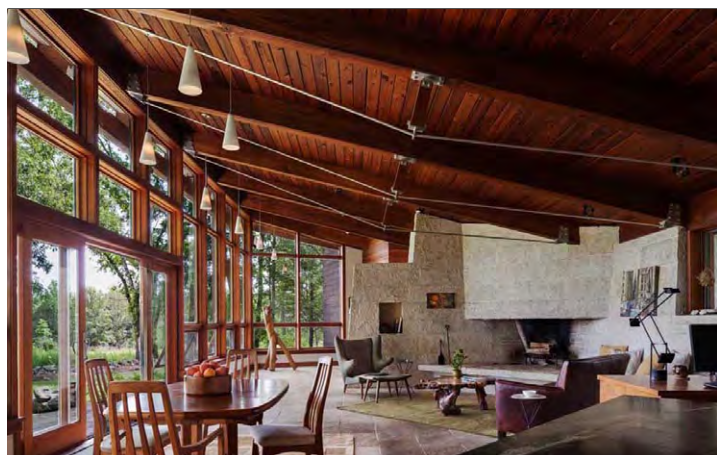
Spring 2020 • Holland & Belgium  
Fall 2020 • Oberammergau  
Fall 2020 • African Safari

Deposit Now.  
Pay Balance Later.

**Dream-Journeys**  
Full Service Travel Agency

**845.489.5040**

KKraus@cruiseplanners.com



**BIALECKI ARCHITECTS**  
architecture • historic restoration • interiors

**Celebrating Our 30th Year**  
1987 - 2017

info@bialeckiarchitects.com  
bialeckiarchitects.com



## **Invasive**, from page 2

herb that has become a major threat to woodlands and wetlands. Once known, this plant, is quickly found in many places. Garlic mustard is an aggressive, "problem invasive," as it will choke out all other vegetation in a forested area. It is alleopathic, emitting chemicals that inhibit and prevent the growth of other vegetation. Pulling the plant is relatively easy, but what is done next depends on the plant's life stage. Please refer to the resources at the end.

Two invasive plants worthy of mention because of the danger they pose to people, are Giant Hogweed and Wild Parsnip. Giant Hogweed looks like Queen Anne's Lace, but on steroids. It can grow up to 14 feet tall. According to NY DEC, its sap, in combination with moisture and sunlight, can cause severe skin and eye irritation, painful blistering, permanent scarring, and

blindness. The DEC has identification materials and a special hotline to call if you believe you have spotted this dangerous plant.

Wild Parsnip has serrated leaves and yellow flowers. According to the DEC, Wild Parsnip sap contains chemicals which can make skin more vulnerable to ultraviolet light. Brushing against or breaking the plant releases sap that, combined with sunlight, can cause a severe burn within 24 to 48 hours. This reaction, known as phytophotodermatitis, can also cause discoloration of the skin and increased sensitivity to sunlight that may last for years.

Gardiner has many more invasive plants worthy of attention. Our community can work together to stop the spread of these invasive plants and the damage that they cause to the ecosystem, agriculture,

animals and people.

### Resources:

- The NYS DEC puts out a color brochure listing invasive plants and assisting with identification through color photos.
- The New York Invasive Species Network produces fact-sheets addressing invasive

plants, insects and animals in regards to NY Agricultural Production.

- The Ulster Cornell Extension Service and the US Department of Agriculture also offer useful information.

All of these agencies and their offerings can be looked up on line. □

## **More Best of the Hudson Valley (Seriously?)**

*by Carol O'Biso*

I mean, how hard can it be to get a comprehensive list of who has won BOHV? Apparently, very hard. This is our third update, catching you up on those we left out the last time, and the time before that.

And so, without further ado, **Fighting Spirit Karate** on

Steve's Lane has won Best Martial Arts School of the Hudson Valley for the past three years running! 2015, 2016, 2017.

Gabe Erenzo, at Liquid Mercantile, (who got left out the *first* time) suggested we just have a regular column for the forgotten ones. That may not be a bad idea. Stay tuned. □

## **Start with US on your path to home ownership.**

Complete the mortgage module through our online Financial Education Center and you can be eligible for


### **\$500 Off Closing Costs\***

on your qualifying home purchase application.

**Visit [ulstersavings.com](http://ulstersavings.com) and click on the Financial Education Center tab.**


## **Ulster Savings**

Locations throughout the Hudson Valley including

 **Gardiner** 2201 Route 44/55

866.440.0391 / [ulstersavings.com](http://ulstersavings.com)

Receive a \$500 certificate good towards borrower's closing costs, in accordance with the loan program selected and that program's eligibility requirements. Customer pays for all other fees and services. Eligible mortgages include owner-occupied and second home purchases. Not valid for refinances, home equity products, construction loans or mortgage applications received prior to date on certificate. Offer may not be combined with any other offers or discounts unless otherwise noted. This offer expires December 31, 2022. Limit one (1) per loan transaction. Other limitations may apply.

NMLS# 619306 /  **EQUAL HOUSING LENDER / MEMBER FDIC**





## Tammy Wright Boylan: Keeping Farming Profitable into the Future

by Samuel Cristler

Wouldn't you agree that Gardiner's major orchard owners are the backbone of our community? The Dressel's, Tantillo's, Jenkins-Luekin's and Wright's, whether we realize it or not, are the reason most of us transplant Gardinerites were attracted to Gardiner in the first place.

As with all of these respected families, Tammy Wright Boylan, of Wright's Farm on Route 208, seems to have Gardiner in her DNA. In 1903, her great-grandfather, Charles B. Wright, bought the original 100 acres at that location. Between 1950 and 1970, her grandfather, Theodore R. Wright, greatly expanded the farm, followed by additional expansion by Tammy's dad, Ted Wright, Jr.

In the 1990s, the Wrights purchased a separate 40-acre parcel behind the landmark Kettle-

boro Schoolhouse, further north on Route 208. They farm this land too, and have no intention of selling it—or any other portions of their 450 acres—unless it becomes financially impossible for them to sustain farming.

In 1998, Tammy and her husband, Mike Boylan, who grew up virtually next-door to the Wright's and started working at Wright's Farm in 1982, also bought the historic LeFevre house. At that moment Tammy discovered that she is a direct descendant of the original patent holder, Simon LeFevre, which means that that house has never left the LeFevre family!

Farming is difficult and risky. As a sixth-generation farmer myself, I know that you never



Tammy Wright. Inset, her great grandfather Charles B. Wright, and next page, the first Wright's farm stand. All photos courtesy Tammy Wright

have enough money and you're always at the mercy of the weather. But, through the unpredictabilities, Tammy remains admirably resilient and upbeat. A smart and energetic businesswoman, she is capable of pivoting with minimal stress. She said, "One minute you're farming, the next waiting on customers, the next being the baker, the next being the marketer, and the next being a trouble-

shooter." In it all, she finds her purpose and joy.

I asked Tammy what she envisions for Gardiner 100 years from now. She replied, "My goal is to never sell the farm. I hope that my grandchildren will still be able to farm when I am gone. That's probably why I am so passionate when speaking to you. I've never thought of

Tammy, continued [page 5](#)



**SHAWANGUNK WINE TRAIL**  
HUDSON VALLEY, NY

presents the 23rd annual



# Taste the Best of the Valley. *One day! One place!*

## Bounty of the Hudson





**Wine & Food Festival**

Ulster County Fairgrounds ~ New Paltz, NY ~ 12pm-5pm

**June 16, 2018**

WINES - Spirits - Hard Ciders - Craft Brews - Food Vendors  
Specialty Foods - Artisan Products and Crafts - Live Music

Discount advance tickets are on sale now at [GunksWine.com](http://GunksWine.com)



## Tammy, from page 4

going anywhere else. We had plans of putting in a golf course, but that was to help subsidize the farming, as well. Everything we think of doing is to help us continue farming."

She went on to talk of their three children, the fifth-generation of Wrights who eventually will own this land: Colin, age 30, Samantha, 28, and Mackenzie, 24. All three are now working together to create a Gardiner Brewery Company. Colin has started growing hops and they are currently re-purposing the original barn—that Tammy's great-grandfather built 100 years ago—into the brewery.

Tammy's dad, Ted Wright, Jr., now age 79, has had a huge impact on the farm's development. Starting in 1960, he transitioned the business away from livestock (mostly dairy cattle) into the vast array of fruits and vegetables that is now their stock-in-trade. Today, he runs their main business: the packing house and storage facility, plus he monitors the store. Through the 1970s and 80s, he also developed the flower business into the stunningly seductive displays of potted hanging flowers that line the roadside. The Wright's biggest seller, apple cider donuts, is also her dad's brainchild from the mid-80s. Have you noticed that it's impossible to buy a donut there that isn't fresh?

But it was the legendary Grandma Ann whose "instant-heaven" homemade pies inadvertently blossomed into a substantial business. There are many varieties, and they are all so delicious that high demand was inevitable. In Grandma Ann's memory, the family now hand-decorates each pie box—a personal touch on the outside that amplifies the love inside.

Tammy's daughters help run the store, and Tammy grows all the lettuce and cucumbers hydroponically, and all the starter tomato plants. At home, they raise both egg-laying chickens and meat chickens to sell at the store. They, too, buy locally, and have done so since long before it was fashionable.

Every day, the Wrights brainstorm ideas that will make farming profitable. When I was a kid, farming was about raising things and selling them. But for local farmers in this new millennium, it's that, PLUS constantly inventing new products to sell, maybe adding a summer stand for ice cream, displaying eye-catching quasi-garden centers to help us beautify our porches, marketing pick-your-own strawberries and apples and—during the nippy harvest season—devising fun family-oriented attractions.



Wright's Farm stand circa 1940.

To live near the world's capital of the arts and finance—yet still be able to stop every day to buy "dilly beans" and "bread and butter pickles," helps us stay grounded, refreshed and energized. Sure, you may have to spend a little more

than at a supermarket but, seriously, have you ever TASTED the goods at Wright's, Tantillo's and Dressel's?

With luck, and our support as customers, these wonderful farms might still be here 100 years from now. □

**TUTHILLTOWN SPIRITS DISTILLERY**  
**THE HOME OF HUDSON WHISKEY**

TOURNAMENT WHISKEY DISTILLERY SINCE PROHIBITION  
AND TASTE OUR AWARD WINNING CRAFT SPIRITS

**CHAR 1788 RESTAURANT**  
LOCALLY-SOURCED, FARM TO TABLE AMERICAN CUISINE  
NOW OPEN 7 DAYS A WEEK

**TUTHILLTOWN.COM | 845.419.2964**  
14 GUEST MILL LANE, GARDINER NEW YORK

## YOUR SMILE IS IN GOOD HANDS

*Please welcome*

**DR. JAMIE STAUSS!**



Dr. Stauss's experience and compassion make her a valuable addition to our dental team. She has built a reputation for high quality dentistry and will provide you with the individual care you need for the brilliant smile you deserve!

**— ACCEPTING NEW PATIENTS —**

**Join us in helping make Dr. Stauss feel right at home.**

**Call to schedule your appointment today!**

**We are in-network with the following insurances:**

Guardian PPO | Delta Dental PPO  
Metlife PPO | United Concordia

**We will work with other dental insurance companies to maximize your benefits!**

**3 Plattekill Ave. New Paltz, NY (845) 255-8350**

## Pooch Dog Spa, The New Pup in Town

by Carrie Abels

There's a new spa in downtown Gardiner where the clientele come in with dirty ears, matted hair, cases of fleas, grimy teeth, nails that are way too long, and skin that smells like skunk.

If they were people and the spa were for humans, they might be sent away. But these spa clients are dogs—and getting dirty is simply what dogs do. Getting them clean is what Nicole Smolenski does.

At Pooch Dog Spa at 123 Main Street, Nicole offers full-service grooming for every breed: hair-cuts, blowdrys, ear cleaning, nail clipping, tooth brushing, skunk baths, flea dips and medicated baths. She even offers a blueberry-vanilla facial designed to brighten the skin around a dog's eyes. Free nail clipping is available between appointments, and dogs are always given a snazzy bandana and some treats before they leave.

Nicole also works on cats. What's popular with cat owners is a "lion cut," when a cat (it has to be a long-haired breed) is shaved to look like a lion, complete with a fluffy mane, a

poof of hair at the end of the tail, and booties. "I do a million of them," she says. (Google it – it's a thing.)

Nicole, 22, opened Pooch Dog Spa in August, 2016, after working as a groomer elsewhere for a few years. She never thought she'd commit to this line of work, being someone who always shied away from messy tasks. "But after a while it became such a passion for me. I thought, I can't not do this."

She also prides herself on grooming dogs who aren't very friendly, and she says for the most part she doesn't turn down any dog. "I love, love, love dogs," Nicole says. "I treat them like family when I groom them. Every dog has its own personality."

Her own dog, a pit bull named Remy ("a princess") doesn't join her owner at work, but is given spa treatments after hours. Nicole, who is assisted at the spa by her sister, Amanda Arestin, used to live above the spa but has since moved to Modena. She chose Gardiner



Nicole Smolenski (right) with her sister Amanda Arestin, grooming Nicole's dog, Remy, at the spa. Photo: Alan Rothman

because it's "a really small, quiet, cute town, and it offers a good location." Her clients come from Gardiner, New Paltz, Wallkill; even Poughkeepsie. The costs of spa services vary according to breed, weight, temperament, coat type, and other factors, but services generally run

between \$40 and \$120.

Pooch Dog Spa at 123 Main St. in Gardiner is open by appointment only and offers services from Tuesday through Saturday. Call them at (845) 633-8033 or visit [www.poochdoggrooming.com](http://www.poochdoggrooming.com). □



HOOVER ARCHITECTURE, PLLC



[HooverArchitecture.com](http://HooverArchitecture.com)

Member American Institute of Architects

*Excellence by Design*

## NEWBURGH WINDOW SHOP



Custom Window Treatments • 845 562-4880

*Newburgh Window Shop specializes in custom window treatments (including mini blinds, custom designed draperies and motorized shades for home or office). Interior design services are free, and with Newburgh Window Shop you get me, the owner, in every phase of your project, from design to installation. Customer satisfaction is my number one priority, so please give me a call and let's meet for a consultation so I can show you all of the most innovative products on the market.*

*Greg Dawes*



## Another Road Trip, Another Show

by Alan Rothman

I've got a great idea! Let's go to a Broadway show in Manhattan! How about visiting a museum in Connecticut? Maybe we can go to a concert in the Albany area?

Now let's see, what do we have to do first? Check for available tickets. Consult my personal calendar. Am I going to get there by car, bus or train? How early should I leave? How far is the place from the parking garage, the train station or bus terminal? Who will I go with? How do I get bus or train tickets? When I get there, where will I park? Where will I have lunch or dinner? What's the weather going to be? What happens to my paid tickets if I can't go on the trip at the last minute?

Are you overwhelmed yet? Let's try this, instead. Look at a brochure or website. Sign up. Pay for your tickets. Meet at a charter bus nearby. Now that's easy! The rest is all arranged for you. Just sit back in your comfy coach seat and you will be transported to and from the venue and restaurant.

That's the Ulster Savings Bank (USB) "Freedom Select" program available to people over 50 who are USB depositors.

Helen Caunitz, the USB Freedom Select Program Coordinator, is passionate about the program and calls

it "White Glove Service," and indeed, it is. She wants participants to feel safe in the program. For USB, it's a program that also "builds loyalty and creates good will" in the community it serves.

Freedom Select has been around since the 1990s and currently has about 2,000 members. Some join for bank-related discounts, while others, currently about 500, also enjoy the cultural trips by coach bus, all within a one and a half to two hours distance from our area.

Helen is the heart and soul of the program. She does it all. She selects a variety of trips throughout the year, including shows, concerts and museums, arranging the transportation, restaurant and tickets, and also travels with the group to make sure



Ulster Savings Bank's Freedom Select brochure. Photo: Alan Rothman

that every last detail, including having snacks and beverages on board for the trip. One smiling participant told me that she

Road Trip, continued [page 8](#)

### ACCESS TO HOT TRENDS & fine tuned classics



**KellieJamesSalon.com**

Master Colorist/Stylist  
Women • Men • Children  
Luxury & Organic Products Available for Purchase:  
Goldwell • KMS • Surface

**GARDINER, NY**

**516.967.8022**

### Ridgeline Realty

40 Marabac Road  
P.O. Box 339  
Gardiner, NY 12525  
[www.ridgelinerealty.net](http://www.ridgelinerealty.net)

**Jaynie Marie Aristeo**  
NYS Lic. Real Estate Broker/Owner  
845 255-8359  
[Ridgelinerealty@gmail.com](mailto:Ridgelinerealty@gmail.com)



*"When it comes to customer service,  
the sky is the limit."*

## Road Trip, from page 7

felt like a school kid again, on a class bus trip.

One of the most recent trips was to Schenectady in a February snow storm to have lunch at a wonderful restaurant and then off to Proctors Theatre for the national touring company's production of *Les Miserables*. "I absolutely enjoyed the entire day. The amiable company, the comfortable bus, driven by

a very competent and attentive driver, the lovely lunch and the outstanding production in a beautiful historic theatre made for a wonderful outing," said another participant.

Helen showed me the entire process end-to-end when I met with and interviewed her at her Kingston USB office. It includes using computer spread sheets to track reservations, payments and wait lists, and a rather large and

drawer full of detailed file folders she maintains for every trip since she began as coordinator in 2013.

Clearly, her previous experience in her own business as a travel agent, arranging travel plans for many people over the years, taught her the organizational and people skills she needs to coordinate this very successful program. Besides her love of working at this community-involved bank, Helen "enjoys the positive feedback," from customers, and both she and the program deserve the many compliments they receive.



Helen Caunitz. Photo: Alan Rothman

August 8: My Fair Lady, Vivian Beaumont Theater at Lincoln Center.

New friends. New adventures. Safe environment. You haven't joined yet? It's easy. Go to: [www.ulstersavings.com/home/personal/freedom](http://www.ulstersavings.com/home/personal/freedom) and see all the benefits, discounts, and how to join. It's showtime! □

Some upcoming trips are:

May 16: Caramoor Center for Music and Arts, Katonah;

June 27: Connecticut Rail and Sail;

July 18: Mamma Mia!, Mac-Haydn Theatre, Chatham;

**Pete Patel**

Finally a convenience grocery store you can afford!



**IRELAND CORNERS GENERAL STORE**  
# 551, Route 208,  
New Paltz, NY 12561  
Ph : 845-255-8883 Fax : 845-256-1124 Cel : 845-527-2455

**Schedule A New Evaluation**

**In Our Locations**  
Wallkill  
New Paltz  
Newburgh  
New Windsor

by **2/28/18** and receive a choice of a complimentary gift (tube of biofreeze, therapy ball, large ice pack, multiploop stretch strap, or foam roller)



**ACCESS**  
PHYSICAL THERAPY & WELLNESS™  
Preferred by Patients. Trusted by Physicians

Visit our website for location details [accessptw.com](http://accessptw.com)



Café *Mio*  
LOCAL FARE

845-255-4949  
2356 RT 44/55 GARDINER, NY 12525  
[WWW.MIOGARDINER.COM](http://WWW.MIOGARDINER.COM)

**Dedrick's Gifts**  
190 Main Street • New Paltz, NY 12561  
(845) 255-0310



## Gardiner Dietician Makes Diabetes Her Mission

by Liz Glover Wilson

Over 84.1 million people in the United States have pre-diabetes (this includes many of us here in Gardiner), but nine out of 10 of them don't know they have it. I recently connected with Jennifer Stack, a chef, dietician, and diabetes educator who lives in Gardiner, and who has a mission to help people lose weight, change their lifestyle and beat diabetes.

She is spreading the word about the epidemic of pre-diabetes, a condition where your blood sugar is above normal but not yet considered Type 2 diabetes.

Jennifer says "think of pre-diabetes as a courtesy call from your body asking you to make some changes NOW to avoid getting Type 2 diabetes in the future." An online, pre-diabetes risk test ([doihaveprediabetes.org](http://doihaveprediabetes.org)) can help you see if you should talk to your doctor about your health status.

With over 20 years of experience as a Registered Dietitian and Certified Diabetes Educator, Jennifer also has a degree in the culinary arts from The Culinary Institute of America and is the author of the cookbook *The Diabetes-Friendly Kitchen*

*125 Recipes for Creating Healthy Meals.*

She also provides weight loss and wellness coaching for people who want the help of an experienced, credentialed, health professional, but prefer not to see the dietician or diabetes educator at their doctor's medical practice or at a hospital clinic.

Jennifer has an office locally, but many people who prefer to take advantage of her on-line coaching sessions. Her practice uses a secure, private, HIPAA-compliant on-line platform and the Healthie app for text communications, photo food journaling and sharing progress.

I asked Jennifer to share encouragement and tips for those struggling to get started making changes, and I was surprised to learn that it takes losing only a small amount of weight (5-10% of your starting weight) to reverse pre-diabetes. One of Jennifer's mantras is "you don't have to be perfect to see improvements in your health," and knowing this makes the task of getting started easier.



Jennifer Stack. Photo courtesy Jennifer Stack.

Another tip that helps many of her clients see improvements in their weight and health is to commit to including non-starchy vegetables with every meal, including breakfast! She suggests trying these three super simple ways to eat more vegetables:

1. Add vegetables to scrambled eggs or a small breakfast burrito; make a breakfast salad; or try a side of roasted vegetables in place of fruit.
2. Grill or roast almost any vegetables to bring out delicious flavors, then drizzle a little vinaigrette over them before serving, and you will be shocked at how quickly you can start liking vegetables.
3. Start your meals with a broth-based soup loaded with vegetables. This will curb your appetite and help you meet your vegetable quota.

Another tip for success is adding 5-10 minutes of movement, such as walking, to each meal. She encourages "2 ½ minutes before and 2 ½ minutes after each meal, and working your way up 10 minutes per meal." This sounds too simple to be effective, but she emphasized that action goals need to be simple and relatively easy because this increases the likelihood you will keep doing it.

Adding a total of 30 minutes of movement to your routine five days a week for a year is 130 hours, and this will make a significant contribution to your achieving good health.

Finally, Jennifer reminds us that "small steps can lead to big improvements," but to get well, you do have to take the first step forward. Check out [jstackchefrd.com](http://jstackchefrd.com) for help getting started. You can also contact her at (917) 370-7888 or [jstackchefrd@gmail.com](mailto:jstackchefrd@gmail.com). □

### DAWES SEPTIC & REPAIR Design • Install • Maintain

Septic Pumping and Cleaning • Repairs and Replacements  
Cesspool/Dry Wells • Leachfields • Dye Tests  
Sewer Pump Service • Engineering Available



1997 State Rte. 32, Modena  
Family Owned and Operated since 1952

845-883-5440  
[www.dawesseptic.com](http://www.dawesseptic.com)

MARILYN PERRY ART



PAINTINGS



[marilynperryart.com](http://marilynperryart.com) • [marilynperryart@gmail.com](mailto:marilynperryart@gmail.com) • (917) 834-4507

## Managing Concussion in Youth Sports

by Dr. Lori Schneider, PT, MS, DPT

Did you know that:

- 10% of all contact sport athletes sustain concussions each year?
- The CDC estimates that 1.6-3.8 million concussions occur each year in the US, with many going unreported?
- Athletes who sustain a concussion are 4-6 times more likely to sustain a second concussion?
- The leading cause of sports concussion is football in male youths and soccer in female youths?
- When properly treated, most people with concussions recover completely?

Concussions are caused by a bump, blow, or jolt to the head or body, which subsequently cause the brain to move back and forth, side to side, or twist within the skull. While the brain is cushioned by cerebrospinal

fluid, even a mild injury can cause serious damage. Concussions, considered a form of Traumatic Brain Injury, are easy to miss because the injured person is unlikely to seek immediate medical treatment and/or diagnostic imaging such as MRIs, CT Scans, or X-rays are usually normal. Furthermore, symptoms may take time to develop.

Physical symptoms include headaches, drowsiness, dizziness, difficulty with balance, nausea, vomiting, fatigue, double or blurred vision, loss of consciousness, change in sleep patterns, and sensitivity to light and sound.

Cognitive and emotional symptoms include memory difficulty,



Photo: the internet

confusion, difficulty with concentration, slowed processing, "fogginess," difficulty speaking and communicating, irritability, anxiety, depression, aggression, mood swings, poor tolerance of stress, and restlessness.

People of any age can sustain a concussion. Car accidents, participation in sports, falls, and being struck by an object are all major causes of concussion. If not recog-

nized early, concussions can lead to permanent brain damage, disability and even death. Concussions in children and young adults are particularly dangerous because the brain is still immature and more vulnerable to repeat concussion.

Early recognition of a possible concussion is crucial to the management, treatment, and recovery from concussion.

Concussion, continued [page 11](#)



SOUP & SALAD



BEST LOBSTER ROLLS



COURAGEOUS COFFEE



REAL GOOD FOOD

Village Market and Eatery  
On Main St. in Gardiner  
See our specials at  
[www.villagemarketandeatery.com](http://www.villagemarketandeatery.com)  
Download our online APP  
from the APP Store  
845-255-1234



## Youth, from page 10

Concussions frequently occur during practices for recreational and travel team sports; where the coach may be the only adult in attendance. It is virtually impossible for the coach to watch the full field of players for injury when they only have one set of eyes.

Parents, coaches and athletes are encouraged to monitor practices and games for injuries. When an injury is suspected, the athlete should be immediately removed from play and examined by a medical professional. In most cases, this will require a trip to the pediatrician, primary care physician or urgent care center, as it is unlikely that there will be a physician, nurse, or athletic trainer on site to perform the initial examination.

If consciousness is lost or the symptoms are severe, the person should immediately go to the emer-

gency room. In any event, the initial examination will include a neuropsychological assessment, physical assessment, and balance assessment.

Early treatment for concussion is vital for long-term recovery. The problem with concussion recovery is that each injury is unique and requires a medically-based recovery program, individually tailored to the person's initial and ongoing symptoms and responses to treatment. While time-frames will vary greatly, recovery will include a progression through the following steps:

1. Period of Complete Rest—No phones, computers, TV, music, school, sports, exercise, work, bright lights, noisy environments—until all symptoms have resolved. Sleep, proper hydration, and healthy nutritional intake are

necessary for recovery. This may take three to seven days, or more.

2. Graduated Return to Activity—Slow resumption of basic physical and mental activities. If any symptoms resume, activities must again be reduced until the patient is symptom-free.

3. Return to Play—Health-care professionals such as Certified Athletic Trainers and Physical Therapists are trained to implement a formal Return to Play protocol which is sports-specific and prepares the athlete to return to competition. During this time period, symptoms are monitored for regression and treatment is adjusted as needed.

If symptoms persist, additional treatment from skilled medical professionals will likely be required. This may

include interventions by specialties such as Neuroophthamology, Physiatry, Neuropsychology, Physical Therapy, Occupational Therapy, Vestibular Rehabilitation, Vision Therapy, Sub Maximal Endurance Training, and so forth.

When treated properly, recovery from concussions can be complete, with full return to previous activity levels likely. It is imperative that parents, athletes, coaches, and medical professionals work together to create a climate of early identification of symptoms, thorough evaluation of individual needs by appropriate medical professionals, and planned implementation of a recovery protocol.

Failure to do so will likely result in long-term consequences that include repeat concussions, permanent brain damage, and an inability to participate in life to its fullest. □



**Full Moon Farm**

**Grass Fed Goodness**  
Beef Pork Chicken Lamb



54 Steves Lane, Gardiner  
Open Daily 8-6  
FullMoonFarmNY.com  
845-255-5602

**D & A Concrete Contractor, Inc**  
Poured Foundations & ICF Structures

**Dan Albach**  
Owner/President

1246 Albany Post Road  
Gardiner, NY 12525

845-590-4117  
daconcreteinc28@aol.com



Somero 840  
LEADERS IN LEVELING



**FOSTER & SCHALKKUCHE**  
P.C.

CERTIFIED PUBLIC ACCOUNTANTS

**2135**  
Route 44/55

Helping individuals and businesses  
for over 30 years ...and counting!

**(845) 255-1813**  
**www.fandscpa.com**

## Gardiner Dog Control in (Capable) New Hands

by L. A. McMahon

There are many dog lovers in Gardiner. Clear evidence of this can be seen on most warm days, Spring through Fall, at our dog park, located behind Town Hall, as well as by the tremendous number of dog photos on the facebook pages of Gardiner residents. Yes, cats get more play on the Internet, but dogs need us more, so we need to look out for them; hence, the need for an official dog policy, licensing, and dedicated, dog control officers.

For many years, Vinny Brognano was Town of Gardiner Dog Control Officer, and he did a splendid job until his recent retirement from the position. He fielded calls at any time, and made himself available to help any dog in need, whether lost or hurt or in need of licensing, and for that we owe him a debt of gratitude for his years of service.

But now there's a new sheriff in town—I mean Dog Control Officer—Andy Lewis, who has been in his position a few weeks at the time of our interview. Andy is also Gardiner's Building Inspector and Code Officer, all part-time positions. He said, "I've always been involved with animals, growing up Upstate next to a dairy farm." He explained that his lifelong interest in animals compelled him to offer his services when he heard that Vinny was retiring. He also said, "People can call anytime, and there is a dedicated cell phone number for Dog Control that I answer personally, (914) 388-2892, and I'm also available via email at [alewis.tog@gmail.com](mailto:alewis.tog@gmail.com)."

All dogs in town must be licensed by the time a dog is four months old. Owners are required to present a current certificate of rabies vaccination at the time of licensing and renewal. Licenses are valid for one year, and are a bargain for spayed or neutered dogs: \$2.50 plus a surcharge of \$1 for the purpose of carrying out animal population control. The fee for an unsplayed or unneutered dog is \$7.50 plus the animal population control surcharge of \$3. However, there is no license fee required for a guide dog, police work dog, war dog, hearing dog, detection dog, service dog or therapy dog.

You may wonder what happens to dogs that are picked up wandering, lost or abandoned by their owners. At the Town Shelter, located at the Town of Gardiner Transfer Station at the end of Steve's Lane, the dogs are fed and watered for 10 days while the owner is sought. Dogs may be redeemed by producing proof of licensing and identification, and by paying the impoundment fees, if any.

If the dog has not been returned or adopted within 10 days, it is referred to volunteers approved by the Town Board and, after another 10 days, the Town will transfer the dog to the Walden Humane Society or another humane society. However, if a

veterinarian deems the dog to be terminally ill or seriously injured, or if a Town Justice rules it to be a dangerous dog, it will be euthanized.

Residents can also contact Dog Control if they have a complaint about a dog, and will have the opportunity to file a complaint under oath with a Town Justice. The Town Justice will then summon the owner to appear in person for a hearing, at which both the complainant and the owner will have the opportunity to be represented by counsel.

All commercial kennels must be licensed too. A license for one year can be obtained after the Dog Control Officer has inspected the premises, and after the owner has secured a special use permit and paid a fee of \$50. In the event of a dispute over whether health and living standards at the kennel are being kept, and whether a license should be renewed, a veterinarian is retained, at the owner's expense, to advise the Town Board.

It's a big responsibility our new Dog Control Officer has taken on. Andy wants to avoid having our dogs end up in the town kennel, so he advises investing in a fence or an invisible fence, and knowing your neighbors and having your



Andy Lewis. Photo courtesy Andy Lewis

neighbors know your dog. Donations of dog food, clean beds and blankets, etc. can be left at the Gardiner Transfer Station trailer, where they will be picked up for use in the Gardiner Town Shelter. □



**DEEP  
CLAY**  
ART AND THERAPY

MICHELLE RHODES LCSW-R ATR-BC  
[deepclay@mac.com](mailto:deepclay@mac.com) • 845-255-8039

STUDIO BASED PSYCHOTHERAPY

"DREAMFIGURES" WOMEN'S  
ART THERAPY GROUP



**Dolphin Plumbing Inc.**

Fully insured - Serving the Mid-Hudson Valley

- Pipe Repairs & Upgrades
- Water Heaters/Repairs & Installation
- Boiler/Furnace Service, Repairs & Installations
- Well Tanks
- Toilets, Sinks & Faucets
- Drain Cleaning
- Complete Bathroom Renovations
- Emergency Service Available

*You are in safe waters with us!*

**845- 834-2797**

[www.dolphinplumbingandheating.com](http://www.dolphinplumbingandheating.com)



## Samuel Dorsky Museum of Art: A Local Treasure

by José Moreno-Lacalle

Do you know that there is a quality art museum in our vicinity? You should, because it is a beacon of fine art and culture in Ulster County. The Samuel Dorsky Museum at SUNY New Paltz has an important permanent collection of 5,000 items, including photographs, paintings, sculpture and works on paper. It also offers a continual rotation of art exhibitions that often focus on the work of artists of the Hudson River Valley, both past and present, not to speak of those further afield, such as Andy Warhol or contemporary African artists.

Within the purview of the Museum's mission, which is not only about art but also education, is the Hudson River School—the very first school of American landscape painting, founded by

Thomas Cole in 1825—and the early 20th-century Woodstock Art Colony, comprising the Byrdcliffe and Maverick groups, both founded by Herbie White. In 2015, the first retrospective of a 19th-century Hudson River School painter, Jervis McEntee, was exhibited at the Dorsky, helping snatch him from complete obscurity.

The Dorsky was established by Samuel Dorsky, a self-made businessman who developed a passion for art and formed a collection of his own. He was introduced to SUNY New Paltz by a friend, Neil C. Trager. At the time, there was only a single gallery space on campus, used primarily to display student and faculty art. Mr. Dorsky decided that he



wanted to create a museum that would incorporate most of his art collection, be a venue for art exhibitions, and serve as an education center as well. Although Mr. Dorsky died in 1994, the Museum was built by the college and opened in 2001. Mr. Trager became its first director. That position, now named after him, has been held by Sara Pasti since 2009, and Samuel Dorsky's children, David, Noah, and Karen are devotedly involved in supporting and sustaining the mission of the Museum.

On view until July 15 is *Steven Holl: Making Architecture*, part of the Dorsky's Hudson Valley Masters Series. Holl is a world-renowned architect who lives and works in New York City and Rhinebeck. He has created apartment complexes, museums, and private homes in the United States, England, China, Russia, and Malawi.

Holl's method of working out an architectural concept is unique; he always starts with an idea expressed in watercolor, of which his office then creates a 3D model. His watercolors and the models are part of the exhibition. Also on view, until July 15, is *Marking Time: Andy Warhol's Vision of Celebrations, Commemorations, and Anniversaries*.

Special events include poetry readings, art symposia and performance works, and many of the exhibitions are also



Two works of art from the Steven Holl exhibition. Photos: José Moreno-Lacalle

guest-curated. There are also free, guided gallery tours on the first Sunday of each month. The Dorsky's offerings to the public are wide-ranging and important. Indeed, the Dorsky is now widely recognized as the premier public space for art exhibitions and education as well as cultural scholarship concerning Hudson Valley art past, present, and future.

The Museum is open Wednesdays through Sundays from 11am to 5pm and closed on holidays. There is no admission fee, but a suggested donation of \$5.00 is appreciated. The museum's annual fundraiser, *Art Uncorked*, is an auction and dinner held at the Century Club in Manhattan. Auction offerings in the past included cooking classes at the Culinary Institute, a week in San Miguel de Allende, fine wines, tickets to Maverick Concerts and to the Wallkill Valley Land Trust Historic House Tour and Reception, and works by local artists. The 2018 *Art Uncorked* will be on October 17. Tickets will be available on line in the near future ([www.newpaltz.edu/museum](http://www.newpaltz.edu/museum)).

Meanwhile, pay a visit to catch two fascinating exhibitions and see some of the permanent collection that's on display, which may include a work by Milton Avery, a portrait by Ammi Phillips, a Japanese woodblock print by Utamaro, or a work by an Australian Aborigine. □

*It's always restaurant week*  
at



**WEDNESDAY  
NIGHT**

**BOGO**; buy one of  
our specials get  
one 1/2 price

**FRIDAY NIGHT**

Happy Hour 4-6  
Skydivers jump 6-6:30

**THURSDAY**

Classic Car  
Gathering  
starting in May

**SATURDAY  
NIGHT**

Karaoke 9pm

Nucavu.com  
857 Plains Road, Wallkill  
845 895-9000

Tues./Wed./Thurs. open at 4pm  
Fri. thru Sun. open at 11:30 am

## Library, from page 1

since that money pays for "extras," and we do not know which grants we will apply for and receive year to year.

The question is: Are you getting your money's worth? In 2017, almost 3,800 residents had a Gardiner Library card and over 29,000 people visited the library. Over 40,000 items were circulated, and the library now owns over 35,000 printed materials and over 4,000 audiobooks and DVDs. The Ramapo Catskill Library System (RCLS) provides over 18,000 electronic books and other electronic resources. The library offered 630 adult and 300 children's program sessions with a total program attendance of approximately 10,250. Both free and fee-based programs and events were offered almost daily.

In comparison to other librar-

ies in the RCLS that serve populations similar in size to Gardiner's, we tend to rank high on value and lower on amount of money spent and received.

While the Gardiner Library spent \$13,000 (or 5.37% of its budget) on new materials, other comparable libraries spent between 7% and 15% of their budgets on new materials. The Gardiner Library received a total of \$243,230 from city, county and town taxes, while the other comparable libraries received between \$338,000 and \$751,000. The Gardiner Library has .58 staff per 1,000 residents and 3.30 full time-equivalent employees vs. 1.13 to 1.47 staff per 1,000 residents and 8.37 full time-equivalent employees at comparable libraries. However, the Gardiner

Library has an average of 7.11 checkouts per resident; only one of the comparable libraries has more, at 9.07 checkouts per resident. The Gardiner Library is in the top 50% of libraries when ranked on total transactions per capita.

In the next 10 years I would like the Gardiner Library to grow and change according

to the needs and wants of Gardiner residents. Through the end of 2018, a survey will be posted at <https://gardinerlibrary.org/supportsurvey.asp>.

Your voice will have a direct impact on the short and long term goals we develop for the next three to five years. Feel free to email me at [nlane@rcls.org](mailto:nlane@rcls.org) with other input and suggestions. □

## MAJESTIC'S HARDWARE

Keys, Propane, Screens, Pittsburgh Paint, Nuts, Bolts & More • [www.majestichardware.com](http://www.majestichardware.com) • (845) 255-5494



Authorized STIHL and TORO Dealer  
Small Engine Repair Service,  
Pick Up & Delivery

**It's Coupon Month!**  
**20% off one regularly**  
**Marked item**

**\*\*excluding power equipment\*\***

## LAKE VIEW HOUSE



*Casual Fine Dining Overlooking  
Picturesque Orange Lake*

### Lunch - Dinner

*Chef-Owner James A. Carter offers eclectic cuisine  
featuring duck, seafood, steaks and pasta.*

*Also join us for outside  
Patio Dining. Specializing in  
Private Parties for all occasions.*



343 Lakeside Road, Newburgh, NY 12550  
(845) 566-7100 • [www.thelakeviewhouse.com](http://www.thelakeviewhouse.com)



## GLENN & BREHENY PLLC, ATTORNEYS

Stewart P. Glenn, Esq. • Mary Fern Breheny, Esq.  
Sarita Bhandarkar, Esq.

### "REACHING OUT TO ALL GENERATIONS ..."

Real Estate, Estate Planning, Wills, Trusts  
Advance Directives, Elder Law, Estate and  
Trust Administration

845-561-1951 • [www.glennbreheneylaw.com](http://www.glennbreheneylaw.com)  
372 South Plank Road, Town of Newburgh, NY

ATTORNEY ADVERTISING

## New Paltz Travel Center



Colleen Gillette  
PRESIDENT

43 North Chestnut Street  
New Paltz, NY 12561

845 255-7706

[info@newpaltztravel.com](mailto:info@newpaltztravel.com)  
[www.newpaltztravel.com](http://www.newpaltztravel.com)



## Adopt, from page 1

Department of Transportation and are asked to commit to picking up litter along their section—which is usually two miles long, but can vary—at least four times a year for two years. Community-spirited Gardiner organizations taking an active part in the Adopt-A-Highway Program include Tuthilltown Spirits and Distillery; Stone Wave Yoga; the Gardiner Fire Department; St. Charles Borromeo Church; Mountain Skills Climbing Guide; Colucci Shand Realty; and Hoot Owl.

Ever wonder what and/or who “Hoot Owl” is? It’s a very cool restaurant located very close to Gardiner (in Pine Bush). It was reincarnated from a restaurant of the same name that many old timers remember as a rough and tumble, seedy, local tavern where those interested in a drink leading to a fight went to imbibe.

The building was originally constructed in 1856. At the time, the area was known as the Hamlet of DwaarsKill. The building served as the post office, the general store, and according to local lore, at one time functioned as the local brothel. It has been known as the Hoot Owl since 1947.

The new owners, Arif Khan and Sabeen Hasan, re-opened this community gathering place with the sole intention of making a warm, inviting place where guests could find really good food and really good people.

When asked why the Hoot Owl adopted a segment of Route 44/55 in Gardiner, Arif commented that he had always noticed the Adopt-a-Highway signs, and said, “We liked that the businesses that enroll in the program in this

area have to actually clean the road themselves, rather than pay for State workers to do it, which is common in some other locales.”

Kathy Hart, Tuthilltown Spirits’ HR Manager said, “We’ve always been focused on green initiatives and environmental sustainability. One year ago, Tuthilltown was acquired by William Grant and Sons, whose core values are: Be Proud, Be Responsible, Be Sustainable, Be Professional, Be Entrepreneurial and Think Long Term. We will continue to participate in this program. We take pride in our community and appreciate the beauty that surrounds it.”

Many participants encourage community involvement in the clean-ups, making the events as fun and convivial as possible. The Hoot Owl offers \$1-Off drink discounts for bags



of trash, and free snacks to those who take part.

Thanks to all these amazing businesses and organizations, Gardiner has cleaner roads to drive, bike, run and walk on. Anyone interested in adopting should visit [www.dot.ny.gov/programs/adopt-highway](http://www.dot.ny.gov/programs/adopt-highway). If you want to participate in clean-ups, check the various local organizations’ facebook pages for updates, or just go old-school and give them a call. □

Lots of outdoor seating, including a beer garden and screened porch.



**Garvan's**  
1759  
(845) 255-7888  
GASTROPUB DINING EVENTS

Gastropub • Dining • Events

*New American Cuisine  
With An Irish Twist ...*  
and a lovingly renovated Pavillion  
for Parties up to 175 people



215 Huguenot St., New Paltz, NY  
Lunch and dinner Tues. - Sun. noon to 10pm  
845 255-7888

**Franz** Auto Service, Inc.



Complete Car & Light Truck Service  
NYS Inspection Station

**845-255-5575**



117 N. Chestnut St. New Paltz, NY 12561

**WHITECLIFF VINEYARD**

**A PERFECT PLACE  
FOR FINE WINE  
AND RELAXATION !**



331 McKINSTRY ROAD, GARDINER

845-255-4613

[WHITECLIFFWINE.COM](http://WHITECLIFFWINE.COM)

## **The Gardiner Gazette**

PO Box 333  
Gardiner, NY 12525  
gardinergazette@earthlink.net  
www.gardinergazette.com

### **Editorial Committee:**

Jennifer Bruntl	L.A. McMahon
Sandra Cranswick	José Moreno-Lacalle
Patty Gandin	Carol O'Biso
Liz Glover Wilson	Alan Rothman
	Barbara Sides

Carol O'Biso, General Manager

Jason Stern, Ad Manager  
GardinerGazetteAds@gmail.com; (845) 527-6205

Kaaren Vassell, Mailing List Manager  
Printing & mailing by Cornerstone Services, Inc.

### **Contributing Writers:**

Carrie Abels  
Samuel Cristler  
Nicole Lane  
Jacqueline Reed  
Lori Schneider

NON-PROFIT ORG  
U.S. POSTAGE PAID  
C R S T . N E T  
1 2 5 5 0

## **A Thank You to the Gardiner Community**

*by The Gazette Editorial Committee*

In February, 2017, long-time Gardiner resident Larry Ashton's house was completely destroyed by fire. (*Helping A Neighbor In Need, Gardiner Gazette*, Winter 2017). Many people will know Larry from his decades as a farrier, shoeing horses, and his passion for creating household items from horseshoes and wood.

Larry and his sister, Linda St. Pierre, asked us to take this opportunity to thank the Gardiner community for its support over the past year. Larry recently moved into his new

trailer. "It was an arduous, year-long process," Linda says, "and would not have come to fruition without the support of the Gardiner community: from the volunteer fire department, Paul Colucci Excavation, Tantillo's Landscape, Majestic's Hardware Store, to countless individuals."

Linda went on to say that they wish they could name each and every one of those who helped, both financially, and with physical toil, but they instead give their heartfelt



Left to right: Larry's sister Linda, Larry Ashton, their late father, John Ashton (age 90), and Larry's brother, Robert Ashton.

thank you through this note. The family will be forever grateful to the Gardiner community for reaching out to them when they needed it most. ☐

[↔ Back Comment ↔](#)

### **About This Publication**

*The Gardiner Gazette* is a quarterly publication funded entirely by advertising and contributions. Dates are as follows:

Winter, Feb. 18 release (Submission deadline January 8)  
Spring, May 6 release (Submission deadline March 30)  
Summer, Aug. 7 release (Submission deadline June 30)

Fall, Oct. 25 release (Submission deadline September 16)

Articles are written by community members, not reporters. If you would like to submit an article for consideration, please contact us to discuss it before you write your article. To suggest a business to feature, please contact us. To advertise in *The Gazette*, contact Jason Stern (845) 527-6205 or [gardinergazetteads@gmail.com](mailto:gardinergazetteads@gmail.com).





The plan shows a potential “build-out” of the Hamlet Commercial (HC) zone over the next 30 years using a wide variety of planning techniques currently allowed in HC zoning. The sketch shows:

- 1. Affordable and Multi-family Housing and a greater variety of housing types** - Mixed use (commercial/residential, 1a), multi-family (1b) and traditional Hamlet single-family (1c), which would be more affordable than large-lot, single family developments.
- 2. Expanded Commercial/Retail Services** - Additional retail and commercial uses developed with Traditional Town Planning concepts provide important, sustainable community services that are not in strip mall, sprawl developments.

- 3. Increased Park and Recreational Land** - An expanded Majestic Park with links to the Library, Rail Trail and Main Street with new trails and walking paths.
- 4. New Roads and Traffic Improvements** - New roads would be realized as new housing and commercial spaces develop: Farmers Turnpike would become a new artery parallel to Main St.; a new “Park Street” would link Majestic Park to the Hamlet Center; a new Traffic Circle (Veterans Memorial) at Main/Dusinberre/Sandhill and additional traffic circles would ease traffic flow; planting trees along the streets, and a variety of parking lot conversions, would make the center more pedestrian-friendly and convenient.

- 5. Infrastructure and Transportation** - The town’s sanitary system and storm drainage systems would have to be expanded. Private water systems could still be the primary water system utilized. Increased population would allow the opportunity for linking the Hamlet to the County’s bus system.
- This concept plan was prepared for the Gazette by Gardiner architect, Matthew Bialecki, AIA, principal architect of Bialecki Architects, which has been based in Gardiner for over 30 years. Matt served on the Town Board from 2002-2006 and chaired the Ridge Zoning and Town Zoning committees that revised Gardiner’s Land Use laws. These new zoning laws were passed unanimously by the Town Board in 2006.*

# Gardiner Hamlet 2050

## A special supplement to the Gardiner Gazette

Issue No. 38, Spring 2018



# Development We Can Live With

by Barbara Sides

For those seeking “walkable communities” and more affordable housing, Gardiner’s Master Plan is your friend. The Master Plan encourages development in the hamlets—not just Gardiner’s center—but Benton Corners, Ireland Corners and the 44-55/Albany Post Road intersection as well. The Master Plan says, “To the greatest extent possible, most housing will be clustered in or near the hamlets of Gardiner and Ireland Corners, as well as Tuthilltown and Benton Corners.”

What happened to these recommendations and vision for the community? The applications that consume the Planning Board these days propose development everywhere *but* in the hamlets. Keith Libolt, CEO of Affordable Housing Concepts and a Planning Board member has, for years, been trying to purchase property in the hamlets suitable for the kind of development the Master Plan recommends. He has either been outbid, or the owner refused to sell. “I think we can use some age-restricted housing, and I also think that we could use housing for people who need some extra care, or those [with] developmental disabilities,” Keith offered.

Many Gardiner residents no longer need their large houses, nor can they afford their large tax bills. Many cannot afford to, or do not wish to, live at the upscale retirement community Woodland Pond in New Paltz. Having a centrally located apartment, walkable to stores, restaurants, the library, the park, Town Hall and the rail trail would be an attractive alternative. It would also allow such residents to stay in the community they raised their families in.

For younger families, cluster developments or attached housing in the hamlets would provide housing for growing families at a more affordable price. Town Supervisor Marybeth Majestic says, “I would like my children to be able to continue to live in Gardiner, and they can’t right now, so it’s difficult.” In the Gardiner Hamlet, the park and the rail trail could become our children’s “back yards.” Some affordable housing may be subsidized by the state, but often these developments must be larger than Gardiner may be able to accommodate—40 units or larger.

Town Board member David Dukler also expressed interest in the kind of development the Master Plan recommends. “Availability of land and the price point are issues that should be looked at. Gardiner residents who are considering selling their homes need to calculate whether they are better off, financially, paying rent, or

staying in a house whose mortgage might be paid off,” David added. Of course, there are considerations other than financial: isolation, cutting grass, plowing driveways and maintaining an older home become more daunting as we age, and apartments that have been built in Gardiner are rented before the carpenters leave the building. The demand is there, and the opportunity for a profitable investment is real.

Marybeth Majestic points out that some of the recommendations of the Master Plan were acted on, like sidewalks and streetlights,” but she adds that many were not. “To me, it would be more fiscally prudent for the Board to dust off the Master Plan, make a list of the recommendations and work on what was produced back then. I spoke with our attorney about [that] and he said his experience with master plans [is], you could just take the first page off and change the date and you’re going to have the same issues. So why give the money to a consultant to recreate a document when you didn’t abide by the recommendations in the previous document. So that’s my thoughts on that, but I’m not speaking for the Board.”

The Master Plan speaks clearly about preserving community character by protecting the Ridge as well as the Shawangunk Kill, the Walkill River and town watersheds. Supervisor Majestic notes that the lack of a municipal water system is something that may preclude people from coming here, depending on what their needs are. She says, “There’s a great effort right now from Albany through Governor Cuomo [about how] we can’t take clean water for granted anymore. So I believe there’s going to be a lot of money available to upgrade existing water systems and I’d like to look into what might be available for municipalities like Gardiner.

The Master Plan also sets out as a goal the protection of ground water resources and the agricultural heritage of our community as well as a viable Open Space Plan. Goal A-1 under Land Use reads, “Maintain the rural character of the landscape by preserving significant large parcels of undeveloped land and/or agricultural land.” Combining the goal of preserving Gardiner’s rural character, a sentiment shared by many Gardiner residents, with the Master Plan’s encouragement of development in the hamlets, has the potential to provide housing for young families and older residents with the least negative environmental impact. This kind of development could also preserve what is best and unique about Gardiner while addressing the housing needs of the people who wish to continue living here. □

# Vacant Hamlet

by Patty Gandin

On Route 299, my most direct path from Gardiner to New Paltz, traffic build-up sometimes feels like bridge traffic into Manhattan. Oftentimes, I just stay home to avoid it, wishing I could head the other direction and find a few more shops on Main Street in Gardiner—maybe a place to buy a couple of pork chops or an economy pack of paper towel without driving 14 miles—or better yet, my kids’ pediatrician, or dentist. Anyone traveling through the hamlet sees the vacant properties that could be developed to serve community needs; no sprawl necessary.

Gardiner’s Comprehensive Plan expressly addresses the Town’s vision for development within the Hamlet, and to see if I could get a feel for what’s keeping our Hamlet’s commercial heart so vacant, I spoke to Town Supervisor Marybeth Majestic, Building Inspector Andy Lewis, long-time Gardiner realtor Teresa Colucci Shand of Colucci-Shand Realty, developer Sal Acompora, and local businessman Bill Richards.

“Gardiner residents would definitely benefit from more services in the hamlet,” Supervisor Majestic said. “It would be great to have a dentist...to have a doctor’s office, to have various services that we don’t currently have. I support development in the hamlet, both commercial and residential.” Teresa Colucci-Shand agreed that the hamlet could use more services. “I think we need more professionals. We need a lawyer, we need a doctor, we need a dentist, and I don’t think those people recognize that Gardiner is ready for that.”

A unique issue in Gardiner is that many, if not most, of the vacant lots and buildings are owned by Bill Richards, so a great deal rides on the willingness and ability of a single individual. In 2014, right after Bill purchased the old library (one of the three vacant structures he owns on Station Square in addition to the adjacent vacant lot), he was quoted in a November 8, 2014 article in HV1 (the main news web site of Ulster Publishing) saying, “What I’d like to see done is the properties consolidated and make a little retail center of the town...to provide retail services that people normally go to New Paltz for.” Four years later, when asked whether he was still planning on developing, he said, “It’s all about what will be viable,” and added that while several people have expressed interest in leasing the properties, it was not financially viable due, among other things, to the cost of

renovating them. Richards says he still plans on moving forward though. “I’m just trying to evaluate what would be the best way to finish out all of those properties. I want to get a cohesive plan of what I think would work,” he said.

I asked Supervisor Majestic what could be done to incentivize individual land and property owners to develop. “Perhaps,” she said, “the town could reach out to the property owner and ask, ‘how can we help you with your development needs.’” Supervisor Majestic also mentioned a database managed by the Ulster County Office of Economic Development that keeps an inventory of properties available in the county as well as businesses that are looking for a home. It is the property owner’s responsibility to register with this database. “I wonder if the vacant properties that we have in Gardiner are listed,” Supervisor Majestic said, “so that [individuals looking for viable space] know they are there.”

Sal Acompora, who owns the vacant lot across Second Street from Kiss My Face, says the strip mall he has been planning to build on the site—for which a foundation and a “Coming Soon” sign have been in place for well over a year—was held up because of issues with the lease agreements needed to secure a mortgage. The building is finally going up this summer.

I also spoke with Building Inspector Andy Lewis about the deteriorating state of many buildings in the Hamlet and I was pleased to hear that he is assessing all vacant structures in Gardiner. Town Code Chapter 96 regulates unsafe buildings and points out, among other things, that vacant buildings may be an attractive nuisance for children and may also serve as a place of rodent infestation, creating a health menace. When a structure is cited with a violation, Lewis writes to the owner, informing them of their responsibility to fix the violations. Lewis says, “I would not get in touch with any other town agencies unless the owner refused to abate an issue, and we potentially had to abate the issue ourselves and put a tax lien on the property. Mr. Lewis has cited three buildings thus far.

Where does all this leave the Hamlet of Gardiner? Will we ever get that new restaurant, doctor’s office, or small grocery store? Will we ever get to stroll down Main Street, on those beautiful sidewalks, while browsing the shops and stopping for the groceries we need for dinner? At the moment, the answer seems to lie in the hands of our property owners. □

*Editor’s Note: The ads below were shaken up in a paper bag and randomly selected for placement in color on this insert!*




---

Jim DeMaio, Agent  
246 Main Street  
New Paltz, NY 12561  
Bus: 845 255-5180  
www.jim-demaio.com

State Farm, Bloomington, IL  
1211999



It's great to be in Gardiner!




Explore all we have to offer.

Visit our website  
**gabny.com**

**GARDINER** ASSOCIATION OF BUSINESSES

*The*  
**Bruynswyck Inn**



2162 Bruynswick Road, Wallkill, New York 12589  
845 895-1147 • www.bruynswyckinn.com  
Wednesday - Sunday, 5 PM - 10 PM

**LUCKY C STABLES**



“One of the finest Equestrian Centers in the Hudson Valley”  
BOARDING-LESSONS-TRAINING  
SHOWING-SUMMER CAMPS-HAULING

**Gary & Susan Clark**  
845 255-3220

31 Yankee Folly Rd.  
New Paltz, NY 12561



# McMahon's Contracting

*One of the Mid-Hudson Valley's Most Respected, Full-Service, Design-Build & Remodeling Companies*

*Gardiner, NY*



*Getting ready for*

*Home*

*Check out what your neighbors are saying about us:*



*Projects*



*Welcome Spring!*

*It's the best time for building & home improvements!*



**McMahon's  
Contracting**  
Design/Build  
845-255-2881

View a before-after video of this project at  
McMahon's Home Improvement Forum on [facebook](#)

**McMahon's Contracting**  
Build-Design & Home Improvement

Hudson Valley Magazine's  
**BEST**  
OF HUDSON VALLEY  
WINNER  
2017

845-255-2881  
[info@mcmahonscontracting.com](mailto:info@mcmahonscontracting.com)

**McMahon's Contracting, Inc.**

**\*3 Free Windows**  
With any Full-House of Siding, New  
Addition or Comparable Project



\*Offer only applies on major projects. Maximum cost of all windows not to exceed \$500 total for three. Installation labor costs are not included. Additional terms may apply.





# Colucci Shand Realty, Inc.

(845) 255-3455

2356 Route 44/55, Gardiner, NY 12525

www.ColucciShandRealty.com

LIKE US on  
FACEBOOK



## Indulge Yourself !!



**\$299,000**

- ◆ 4 bedroom, 3 bath, 2024 sq. ft
- ◆ Lower level 1 bedroom accessory apt.
- ◆ Situated at end of cul-de-sac
- ◆ Walking distance to New Paltz for great restaurants, shopping & walking trails
- ◆ Expansive screened porch
- ◆ Town of New Paltz



**\$439,000**

- ◆ Twin Homes w/common area
- ◆ Totally separate mechanicals from electric to septic
- ◆ 10 Bucolic acres of pines, ponds & wildlife
- ◆ Rich hardwood floors
- ◆ Spacious decks for entertaining
- ◆ Possible use as a Bed & Breakfast



**\$625,000**

- ◆ Majestic Colonial Home on 2 acres w/ spectacular mountain & pond views
- ◆ 4 bedrooms, 3.5 baths, 3415 sq. ft
- ◆ Double staircase, skylights, hardwoods
- ◆ Sunlight living /family room
- ◆ Massive Kitchen w/large windows
- ◆ Large master suite w/tray ceiling
- ◆ 1000 sq. ft. finished basement



**\$685,000**

- ◆ Custom Built 2 Story Home
- ◆ Situated on 3.74 acres
- ◆ 4 bedrooms, 4 baths, 3238 sq. ft.
- ◆ 2 master suites w/private baths
- ◆ Wrap around porch, expansive deck
- ◆ Fabulous mountain & farmland views
- ◆ Abundant closets and storage spaces
- ◆ Town of Gardiner

### Acreage Lovers Here it is:

Rosendale:  
1.32 Acres BOHA \$50,000

New Paltz:  
3 Acres on quiet Cul-de-sac \$85,000

Gardiner:  
18.90 Acres w/spectacular views \$130,000  
65 Acres—1 homesite—Wallkill Valley  
Land Trust Easement \$195,000

Esopus:  
75 Acres near Hudson river w/stately  
24' x 44' 2 story barn \$750,000



**\$299,500**

- ◆ Charming Cape Cod set on .73 acres
- ◆ Totally renovated to high standards
- ◆ Open floor plan
- ◆ 4 bedrooms, 2 Bath, 1512 sq. ft.
- ◆ Above ground pool
- ◆ Country road yet convenient to hiking, biking, kayaking, sky diving etc.
- ◆ Finished Basement

## THE COLUCCI SHAND TEAM

Teresa C. Shand-CRS, ASP, ABR, SRES, SFR-NYS Real Estate Broker/Owner  
Linda Majetich Hansen-CRS, ASP, ABR, SFR-NYS Real Estate Associate Broker  
Terry Jacobus, Robert M. Dorris, Victoria Beach, Monique McCutcheon, Jessica Andradez  
NYS Real Estate Salespersons

*Let us help make your Real Estate dreams come true!!*





**Colucci Shand Realty, Inc.**

**(845) 255-3455**

**2356 Route 44/55, Gardiner, NY 12525**

**[www.ColucciShandRealty.com](http://www.ColucciShandRealty.com)**

**LIKE US on  
FACEBOOK**



## **WHAT THE REAL ESTATE COMMUNITY IS SAYING ABOUT COLUCCI SHAND REALTY**

- ◆ Although digital communication is important, we appreciate you asking us what way **WE** prefer you to engage with us efficiently & effectively.
- ◆ You are top producing office with **QUALITY** agents vs quantity. We appreciate the **TEAM** work and the personal attention you give to the details from beginning until.....
- ◆ You consulted with us to determine **OUR** needs then advised us in the best possible way to get the results we wanted.
- ◆ We see you at many community events, either volunteering or supporting local businesses.
- ◆ When we asked our friends who to use as a **REALTOR** your name was recommended by all of them.
- ◆ Your knowledge and love for the Hudson Valley surpasses everyone and you share that love.
- ◆ Your website is easy to navigate and has all the information I need about Real Estate, Schools & Statistics
- ◆ We bought and sold many properties with you and continue to send you to our friends and families.
- ◆ Your moving truck gave us the **FREEDOM** to move when we had the time.
- ◆ It is so refreshing that you have a **REAL** person in your office to answer your phone. We like the **PERSONAL** touch.
- ◆ We feel like part of your **FAMILY!** **THANK YOU!!!**

## **SWIM IN APRIL**



- ◆ Veranda w/in-ground heated gunite lap pool in the courtyard w/covered patio
- ◆ Wide open Millbrook mountain and pastoral views
- ◆ Custom designed & built Craftsman style home lives larger than its 2670 sq.ft.
- ◆ Entertainers dream kitchen w/wine cooler, Carrera marble kitchen counter top & tons of cupboards
- ◆ Two raised hearth stone fireplaces, beamed cathedral ceilings
- ◆ Uninterrupted views thru the living area and to the mountain & courtyard
- ◆ Guest house with 1 BR, bath, kitchen/living room, gym & art studio
- ◆ Pergola w/stone patio—perfect place for outdoor dining
- ◆ Alluring, unique & understated....\$1,000,000

*Let us help make your Real Estate dreams come true!!*





# MINDFUL CREATIVITY ART CAMP SUMMER CAMP 2018

## sunflower art studios

2694 US 44  
Gardiner, NY 12525

CAMP FOR AGES 4 TO 13.  
**DISCOVER THE CREATIVE!**  
AUGUST 6-10 + AUGUST 13-17  
(3:30 – 6:00pm)



- snack time & daily art instruction
- drum circles and a meditative approach
- choice project & culinary art exploration
- outdoor inspiration and paint and play + sprinkler!

845-419-5219  
michaele@sunflowerartstudios.community  
Instagram and Facebook  
@sunflowerartstudios

# YOU, YES, YOU

Take care of you!  
**Wellness. Art. Yoga.**



  
stone wave yoga

2694 US 44, Gardiner, NY 12525