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Postal Customer

Ellen Nicholas is Ellen's Country Kitchen Gluten-Free Food Delivery Service & Farmers Market Vendor

By Lisa Dudley

If you think healthy food has to taste like cardboard, think again. **Ellen Nicholas**, the health coach who cooks, is making a lot of people happy selling gloriously good food and bakery goods that just happen to be gluten free from **Ellen's Country Kitchen** – a local farmers' market vendor and



Ellen Nicholas

food delivery service for healthy, locally-sourced gluten-free food. If you go to her **website, EllensCountryKitchen.com** and click on the Food Menu button, you will find a surprising and extensive menu of both casual and fine fare suitable for people who want or need healthy and gluten-free food. Every offering has a full description and perhaps a little story describing how **“protein and healthy fats provide a long-lasting energy supply to power you through your day.”**

“We have a wonderful assortment of healthy, largely locally-sourced foods including soups and non-typical chilis; savories including entrees, lamb pie, chicken pot pies, quiches, and tourtiere (a French Canadian pork & beef pie); and bakery goods including coffee cakes, muffins, scones, cookies, cakes, cupcakes and pies.”

“Some people need to be gluten-free but seventy percent of our customers are not actually gluten-free,” she adds. **“They just like our food. And some say they feel better eating it.”** That's not surprising since gluten is a known inflammatory agent which is linked to an increased risk of

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Chambers Of Commerce - Helping Local Businesses and the Community

By Amy Byrne

2018 is set to be an upswing year for local business community involvement and entrepreneurial energy. And local **Chambers of Commerce in Columbia County, Red Hook, and Rhinebeck** will be working hard to make it happen.



Claudia Cooley

Whether it's a Burger Kick-Off event to a “Best Of” Columbia County competition, Red Hook's hot trending Chocolate Fest, or Rhinebeck events including a Jazz Winter Weekend in January, Winter Festival in February, and “Bartender Wars” in the Summer to Fall season, local Chambers are set to showcase the region.

Many people who enjoy and are familiar with different Community events may not be aware of how much local Chambers do to promote local business activity and community involvement.

“A favorite aspect of mine, is being involved with so many types of businesses and organizations, and bringing them together for the common goal: to build and sustain a

thriving community,” says **Claudia Cooley, Executive Director of the Rhinebeck Area Chamber Of Commerce.** “Networking opportunities, guest speakers, referrals is what a Chamber traditionally provides. But we try to take it a step further and remind the public that every business/nonprofit/artist/health/academic/faith based group is so important to the fabric of our community. We truly need each other.”

Jeffrey Hunt, President and CEO of the Columbia County Chamber of Commerce, agrees. To that end, their Chamber is sponsoring “Move Columbia”, a Health initiative. And they're looking

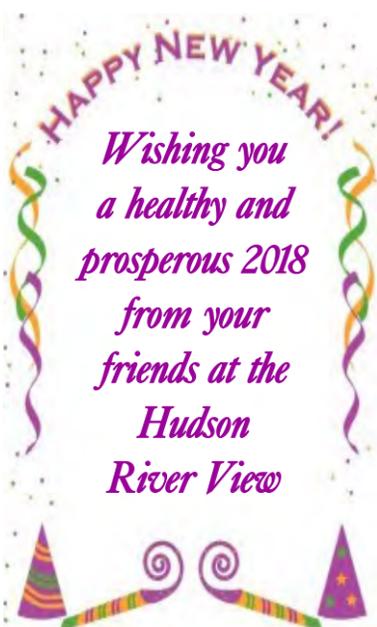


Jeffrey Hunt



Kimberly McGrath

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Press Release Requirements

The *Hudson River View* will accept and publish most press releases received. **We ask that all press releases be submitted via email to hrview@yahoo.com as word documents with any related pictures attached separately in jpeg format.** We cannot use items sent to us as PDF's. Since we only publish monthly it is important to plan ahead to ensure your information is included. **The deadline and publishing dates for the subsequent edition are included within each edition of the paper.**

The February Edition Of The Hudson River View Will Be In Area Homes On February 7th. The Deadline For Advertising And Press Release Submission Is January 18th.

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Visit our website to read our current edition, view our advertising rates and distribution, publication schedule and deadlines. Visit often to view updated and additional editorial received after publication and throughout the month.

hudsonriverview.net

RLF Tax Services

By Joe Doran

Looking for a sobering thought to help clear that last bit of New Year's bubbly from the brain? These two words might do the trick: tax season.

Yes, January brings with it

a time when average Americans and small businesses start to deal with that annual task that has the weight of law, not resolution, attached to it. It may not be the most wonderful time of year, but there is an experienced local service, **RLF Tax**, that can help. And it might even leave a little more jingle in your pocket.

Bob Fowler, the independent specialist behind RLF Tax Services, has a quarter century of experience in professional tax preparation. He prides himself on offering quality service with a personal touch and attention to detail, at a reasonable price. Based in Rhinebeck, Bob is ready to help, if wading through page after page, or screen after screen of directions and questions and calculations, sounds like a tradition you'd rather skip this year.

“People can drop their returns, and their paperwork and receipts off. I'm flexible with appointments, especially on weekends,” Bob says. “I can do returns for people during the week at night with no problem. I try to make it convenient for them.”

Bob started his own independent business six years ago, after working as a professional at H&R Block for over

Continued on page 9



Robert Fowler

JR Bates is Viewmont Tree Service Now Is a Good Time to Trim Your Trees

By Lisa Dudley

If one of your new year's resolutions is to get your beloved heritage maple tree looked at, you should call **JR Bates, owner of Viewmont Tree Service in Germantown.** In the same way you get a yearly check-up for yourself or a tune-up for your car, you should have the trees on your property examined by a tree-service professional.



JR Bates

Mr. Bates has many repeat customers because he has a passion for trees and an intuitive understanding of them. “Many people take their trees for granted,” he declares, “not thinking about the ways in which our grandparents and great-grandparents depended on trees for everything – heat, furniture, housing, shade and of course food in the form of nuts and fruit.” According to an Arbor Day Foundation report, “a mature leafy tree produces as much oxygen in a season as 10 people inhale in a year,” depending on the health of the tree. JR Bates was born and raised in Germantown and he knows these trees intimately, especially the old ones, “which have been here as long as I have.” He knows them like old friends. “I look at trees every day,” he notes. “I have numerous happy customers so I work on many of the same trees and watch them grow. Clients who love their trees call me.

“I stay thoroughly local in Dutchess and Columbia county,” he says, **“but I will travel for good customers who may have multiple properties or who make referrals.** His clients say he is very reliable and he cleans up – which is very important to them. And he is on time. “I do what I say I'm going to do,” he states. Winter is a good time to look over the trees on your property because the ground is frozen and it's easier to navigate deeper into your property when the leaves are down. “This allows trucks and vehicles to function more efficiently,” he says, “to travel across the lawn” on frozen ground – without leaving ruts. Winter is also a good time to see more clearly what impact the weight of icy branches may have over the house or the garage. When asked how to tell a live tree -- without leaves -- from a dead tree, Mr. Bates explains that the branches are a different color when the tree is dead, “and often the bark has fallen off.”

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According To Quackers

The New Year did not always start on the first of January. Mesopotamia (Iraq), which instituted the concept of celebrating the new year in 2000 BC, celebrated the new year around the time of the vernal equinox, in mid-March. The early Roman calendar designated March 1st as the new year. The calendar had just ten months, beginning with March. This is still reflected in some of the names of the months. September through December, our ninth through twelfth months, were originally positioned as the

seventh through tenth months. (Septem is Latin for “seven”; octo, “eight”; novem, “nine”; and decem, “ten”.) Roman legend usually credited their second king, Numa, with the establishment of the months of January and February. These were first placed at the end of the year, but at some point, came to be considered the first two months instead. In 46 B.C.E. the Roman emperor Julius Caesar first established January 1st as New Year’s Day. Janus was the Roman god of doors and gates, and had two faces, one looking forward and one back. Caesar felt that the month named after this god (“January”) would be the appropriate “door” to the year.

As Christianity spread, pagan holidays were either incorporated into the Christian calendar or abandoned altogether. By the early medieval period most of Christian Europe regarded Annunciation Day (March 25) as the beginning of the year. (According to Catholic tradition, Annunciation Day commemorates the angel Gabriel’s announcement to Mary that she would be impregnated by God and conceive a son to be called Jesus.)

After William the Conqueror (AKA “William the Bastard” and “William of Normandy”) became King of England on December 25, 1066, he decreed that the English return to the date established by the Roman pagans, January 1. This move ensured that the commemoration of Jesus’ birthday (December 25) would align with William’s coronation,

and the commemoration of Jesus’ circumcision (January 1) would start the new year - thus rooting the English and Christian calendars and his own Coronation). William’s innovation was eventually rejected, and England rejoined the rest of the Christian world and returned to celebrating New Year’s Day on March 25.

About five hundred years later, in 1582, Pope Gregory XIII (AKA “Ugo Boncompagni”, 1502-1585) abandoned the traditional Julian calendar. By the Julian reckoning, the solar year comprised 365.25 days, and the intercalation of a “leap day” every four years was intended

to maintain correspondence between the calendar and the seasons. Really, however there was a slight inaccuracy in the Julian measurement (the solar year is actually 365 days, 5 hours, 48 minutes and 46 seconds = 365.2422 days). This slight inaccuracy caused the Julian calendar to slip behind the seasons about one day per century. Although this regression had amounted to 14 days by Pope Gregory’s time, he based his reform on restoration of the vernal equinox, then falling on March 11, to the date had 1,257 years earlier when Council of

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**Quackers
From Page 2**

Nicaea was convened (March 21, 325 C.E.). Pope Gregory made the correction by advancing the calendar 10 days. The change was made the day after October 4, 1582, and that following day was established as October 15, 1582. The Gregorian calendar differs from the Julian in three ways: (1) No century year is a leap year unless it is exactly divisible by 400 (e.g., 1600, 2000, etc.); (2) Years divisible by 400 are common (not leap) years; and (3) once again the New Year would begin with the date set by the early pagans, the first day of the month of Janus - January 1. However it came to be, there is little doubt that today much of the world celebrates the new year on the first of January. The new year is ushered in with traditions, rituals, and celebrations is myriad as the cultures of the world. One common tradition, especially in the United States, is the establishment

of New Year's resolutions. Research states that you're 10 times more likely to successfully alter a behavior if you make a start-of-the-year vow than you would did not. And maybe that is why some 45 percent of American adults ring in the New Year with a resolution. Unfortunately, according to statistics, almost half will give up on their goals within six months. If you have made a New Year's resolution and wish to keep it, the following four tips may help you keep it. **-Be specific-** Vague goals won't work. "You've got to develop a specific action plan for change," says John Norcross, Ph.D., coauthor of Changeology: 5 Steps to Realizing Your Goals and Resolutions (\$25, amazon.com). Map out your strategy before the New Year arrives. If you want to lose weight, target a precise number of pounds to shed, then set concrete mini-goals and the dates on which you aim to accomplish each of them. Want to save money? Determine

the amount you will put aside each month and identify explicit changes in behavior you'll make to get there, whether that means skipping your afternoon latte or carpooling to work to save on fuel costs. **-Make Your Goal Public-** Share your decision to change with friends and family who can offer support when you're wavering and encouragement when you're doing well at sticking to your resolution. "Public commitments are generally more successful than private decisions," says Norcross. **-Substitute Good Behaviors for "Bad"-** Don't rely on willpower alone to help you change, advises Norcross. That approach won't work. Instead, build in a healthy behavior that's incompatible with the one you want to change. So, if eating your usual midafternoon treat runs contrary to your goal of dropping a few pounds, put together a small like-minded group and commit to taking a quick, brisk walk at your normal snack time. Each time you put the brakes on "bad" behavior, you'll increase your confidence in your ability to make the change. **-Track Your Progress-** Record or chart your changed behavior. "Research indicates that such 'self-monitoring' increases the probability of keeping your resolution," says Norcross.

Region and National Garden Clubs. For more information about the Germantown Garden Club and their events, speakers and activities or more information about joining call President Fran Bufi at 518-537-4868.

To accomplish great things, we must not only act but also dream, not only plan but also believe.
~Anatole France



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Germantown Garden Club Installs Officers for 2018



Pictured from left to right: Kate Kennedy, Corresponding Secretary, Marilyn Rein, Recording Secretary, Mary Puskar, Vice-President, Fran Bufi, President.

The December meeting of the Germantown Garden Club was held at the Germantown Historic site, the 1767 Palatine Parsonage. The final meeting for 2017 was a delicious covered dish luncheon provided by the members. The agenda for the meeting included committee reports for 2017, and a year-end review by Fran Bufi of the club's activities and successes for 2017. Plans for next year including the annual plant sale, flower show, bird walk and possible field trips were discussed. Also on the agenda was the Installation of Officers for 2018. Outgoing Vice-President Mattie Gifford presided over the installation of officers for 2018; Joyce Vale, Treasurer (not pictured), Kate Kennedy, Corresponding Secretary, Marilyn Rein, Recording Secretary, Mary Puskar, Vice-President and Fran Bufi, President. Each officer as she took the oath of office was presented with a flower whose color signified the officer she was to hold. The Germantown Garden Club is a member of Federated Garden Clubs of New York State, Inc., Third District, Central Atlantic

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Chamber of Commerce From Page 1

to add even more excitement to a signature "Best Of Columbia County" annual competition.

"Columbia County is currently ranked 29th out of 62 counties in the State of New York, in terms of healthiest counties," says Hunt. "We instituted the 'Move Columbia'

event to try to move us into the top 20. For example, we had a water challenge in our offices, and we extended it to a couple member businesses. A lot of us may drink sugary drinks with our lunch. But for a week, we substituted water, just to build awareness that there are lifestyle choices that people can make, that can benefit their health in the long run.

"And the end goal for that is to hopefully bring our healthcare premiums down. It's a business imperative, because we know a healthier workforce is a more productive workforce."

Hunt, a Certified Chamber Executive (CCE), has been a professional in the field for 15 years, starting as a public policy advocate, then a Chamber lobbyist in Detroit. He spent time as President of the Spring Lake City Chamber, near Fayetteville, NC, before taking the job as Columbia County Chamber President. "I wanted to head a county wide Chamber, and Columbia offered an excellent opportunity."

Red Hook Area Chamber of Commerce Executive Director Kimberly McGrath has overseen the creation of "Chocolate Fest", an event that has really taken off and been a boon to the town. Kimberly first joined Red Hook's Chamber seven years ago, after working on events with a municipal group. "Last year's festival saw upwards of 2000 attendees, our biggest year yet. 2018 will be our 5th year. It's a day that has been a moneymaker for the Village. Our thinking was to try to create something that was really going to impact our small businesses in a positive financial way. And it was also going to expose people who were not familiar with Red Hook, on a much bigger scale. And that's really where we've hit the mark with this festival. Visitors to the festival are coming from places like New Jersey, Connecticut and Red Hook, Brooklyn!"

Kimberly says several aspects of "Chocolate Fest" have helped

it catch on, including some unique wrinkles. "People love to come to anything that has to do with chocolate. But what we do with the festival is really different. It isn't like you go into a space, and you're just going and tasting chocolate one place after another, although that happens. We have live music on the streets. Businesses have tastings and cooking demos, and we have a Chocolate Wars competition, where students compete to win a cash prize."

Dan Budd, the owner of Taste Budds in Red Hook, has been instrumental to the festival, says Kimberly. "Dan heads up our Chocolate Wars competition based on similar events he has seen while participating in festivals all over the country. So he's really been key in helping me design the plan for our festival. There are no fees to come in. Our event is free, to encourage

visitors to spend in our stores and restaurants instead, and we've found it really works this way."

As well as successes, local Chambers have met some tough challenges head on, and will continue to do so in 2018.

In Rhinebeck, getting more things happening from late winter into spring will be a priority, according to Claudia. Money an average tourist spends triples if they stay the night in a town as opposed to a day trip. With that in mind, the Rhinebeck Area Chamber of Commerce has set out to address the historically "quiet doldrum" times for businesses in January and February. Rhinebeck will host a Jazz Winter Weekend to coincide with the Martin Luther King holiday. Area eateries will be booking musical acts with a Jazz influence for visitors to enjoy, while they sip a warming

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Cavell Center
Hudson Library
Grazin
Mountain View Animal Hospital

**Chamber of Commerce
From Page 4**

drink. The "Fig Side Car" cocktail from Terrapin, winner of the Chamber's popular Fall "Bartender Wars" event, is a must try for a delicious warm-up on a snowy afternoon. Jazz inspired appetizers and dinner specials, as well as cozy Brunch menus, should set people up for a relaxing day of shopping at Rhinebeck's eclectic storefronts.

And plans are in the works for a Winter Festival of activities in February, with the same idea of bringing overnight visitors to local inns and restaurants. "I believe the Chamber and its

Director should function like a Coach, finding and highlighting encouraging ways and events to build each other up," Claudia stresses. *As always, the Rhinebeck Area Chamber wishes to thank Dave's Tree Service for donating their time to string the lights so beautifully during the winter season. It makes walking down picturesque business district village streets truly special.*

Something all local Chambers are dealing with currently, is how to evolve to incorporate younger Millennial entrepreneurs, and the way they communicate and work. The Columbia County Chamber has made special efforts over the

past year to do that, says Jeffrey. "Millennials would much rather interact via a text message or a chat room. They don't necessarily like going to a Chamber meeting. So that's been a challenge."

Millennials also tend to locate to an area based on quality of life, sometimes before they even have plans to set up as entrepreneurs. "What we've found is that we've had to create a narrative that really explains the quality of life that we offer here in Columbia County, to be able to attract the new developing professionals to our area, and to continue to attract a workforce that our members are looking for."

Keeping business spaces in the center of Red Hook thriving, and increasing foot traffic, has been a major priority in that town, according to Kimberly. "It's tough seeing empty store windows in the middle of the town. But that's all been resolved fairly recently. We have lots of great new young businesses that have opened up. And it really is changing the feel of the town. But we definitely struggled to keep foot traffic, because it's just not the trend anymore, for people to purchase at brick and mortar businesses. The trend is purchasing online. I don't feel our competition is as much in malls. But definitely online competition is a struggle for anyone who has a small business."

One way local businesses compete is by highlighting "Best Of" local businesses, and it's something Columbia County has really focused on. "Best Of is one of the biggest events we do," says Jeffrey. "It's a celebration of our Columbia County businesses. We have categories like best hamburger in Columbia County, best chiropractor, the best dentist, and so on. The public gets to vote on who they feel are the best, and we have an event culminating that in June. And we partner with our local newspaper, the Register Star, and Columbia Green Media."

Jeffrey notes that last year, over
Continued on page 8



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CDC and Our Health Care

by Charlotte Michos, RN, MS, CNS, CLNC

Now known as the Centers for Disease Control and Prevention, the Communicable Disease Center (CDC) started in this country in 1946 in order to investigate malaria in the southern states of America. The agency's first mission was to prevent the spreading of malaria throughout America. Today, the CDC is a critical agency under the onus of the Department of Health and Human Services and focuses on five strategic areas: supporting state and local health departments; improving global health; implementing measures to decrease leading causes of death; strengthening surveillance and epidemiology; and, reforming health policies.

The CDC's mission is to "keep Americans safe and healthy where they work, live and play. Scientists and disease detectives work around the world to track diseases, research outbreaks, respond to emergencies of all kinds, and use what they learn from this work to strengthen America's health and resilience" (<https://www.cdc.gov/about/24-7/savinglives/index.html>). Some examples of the public health efforts include: preventing and controlling infectious and chronic diseases, injuries, workplace hazards, disabilities, and environmental health threats.

An important component of the CDC includes the advisory committees (a total of 24). The Federal Advisory Committee Act (Public Law 92-463) provided the means for experts and stakeholders to participate in the decision-making process, which includes advice and recommendations to the Federal government. The Federal Advisory Committees are overseen by the Congress, the President of the United States and the General Services Administrator (through authority delegated by the President). The committee programs include occupational and environmental health, healthcare infection control, clinical laboratory standards, and public health issues (smoking, breast and cervical cancer, Tuberculosis, childhood and adult immunizations, and injury prevention and control).

The CDC's major functions are:

1. Operates a 24/7 central command to monitor health and respond to health crises
2. Practice research that leads to the best solutions to fight disease and protect health
3. Provide proven, lifesaving ways to defend against health threats

The CDC serves as an important source for researchers, as well as our healthcare providers. Researchers obtain data about our nation's health from the CDC in order to pursue and test their research in regard to many health issues. A common and critical term for researchers

and healthcare providers is "evidence-based medicine." It is important that we follow sound medical practices and not be distracted or misled by unethical and unproven approaches to medicine. The definition of evidence-based medicine (EBM) is defined by National Institute of Health as "the conscientious, explicit, judicious and reasonable use of modern, best evidence in making decisions about the care of individual patients. EBM integrates clinical experience and patient values with the best available research information."

This past December, there were rumors that the current President's administration chose to place a ban on seven words utilized by the CDC. The CDC directors have since announced that this was a mischaracterization of the actual discussion during a budget meeting. Oddly enough, one of the terms included in the discussion was "evidence-based." As previously defined, evidence-based is an essential term to describe the many approaches to medical practices, research methods, and various aspects of patient care. The proposed substitute description for evidence-based was described as "science in consideration with community standards and wishes," which lacks clarity and does not provide users with a practical functional term. (<http://www.newsweek.com/trump-bans-cdc-using-these-seven-words-750383>). Since this report, the CDC claims that are not changing any of their practices.

Evidence-based practices (EBP) is embedded in the field of health. In Becker's Hospital Review for the American Hospital Association, evidence-based practices has shown to enhance patient safety, reduce medical errors, decrease patient need for medications, reduce staff injuries, and increase staff efficiency through improved workflow (<https://www.beckershospitalreview.com>). The America Nurses Association has noted: "The impact of evidence-based practice (EBP) has echoed across nursing practice, education, and science. The call for evidence-based quality improvement and healthcare transformation underscores the need for redesigning care that is effective, safe, and efficient" (OJIN, Online Journal of Issues in Nursing). The American Physical Therapy Association recognizes the need for EBP in order to provide high-quality care, along with social workers, respiratory therapists and the numerous other health care divisions.

Other fields outside of medicine utilize the term – evidence-based – including businesses when referencing good management style. Like medicine, evidence-based management is based on critical thinking and the best available evidence. Community and social organizations also use evidence-based practices to improve outcomes. For example, evidence-based models are used to combat homelessness or to build

safe and healthy communities.

It would be detrimental to healthcare if evidence-based medicine was not utilized because it includes the following components critical to patient care: (<https://library.med.nyu.edu/library/instruction/handouts/pdf/ebmdefinitions.pdf>)

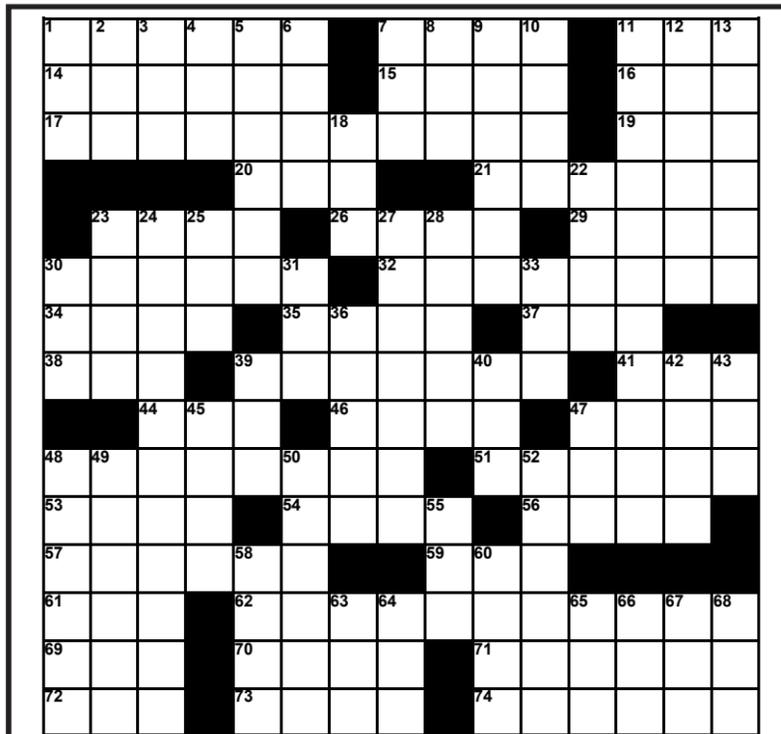
1. Formulate a clear clinical question from a patient's problem
2. Search the literature for relevant clinical articles
3. Evaluate (critically appraise) the evidence for its validity and usefulness
4. Implement useful findings in clinical practice

Charlotte Michos is a clinical nurse specialist who values personal-centered care and serves as a Healthcare Consultant in helping others make informed decisions. For more information and products, visit www.besthealthconsultant.com or call (845) 548-5980.

New procedure at Northern Dutchess Hospital offers help for acid reflux

To relieve severe and chronic heartburn for acid reflux sufferers, Northern Dutchess Hospital now offers a surgical procedure called the Linx Reflux Management System. The Linx implant is comprised of linked titanium beads that have magnetic centers. The magnetic attraction between the beads helps the esophageal muscle to function properly and prevent harmful stomach acid from flowing into your food pipe, throat and mouth. The device is implanted by Health Quest Medical Practice general surgeon Dr. Brian Binetti using a minimally invasive laparoscopic procedure. "Reflux disease can be debilitating to a person's quality of life," he said. "The Linx is a tiny band — about the size of a quarter — that takes less than an hour to put into place and can offer long-term relief." Reflux is caused by a weak muscle in the esophagus that allows

stomach acid and bile to flow up. It can wear away the lining of the esophagus, damage throat and vocal cords, and cause breathing issues. It also increases the risk of esophageal cancer, according to the American Cancer Society. Symptoms of gastroesophageal reflux disease, or GERD, include heartburn and regurgitation, often associated with chronic sleep disruption, and may also include persistent cough, excessive throat clearing, hoarseness and a feeling of a lump in the throat. Acid reflux medications affect stomach acid production, but do not repair the defect in the closing of the lower esophageal muscle, allowing continued reflux. "A good candidate is someone diagnosed with GERD, with chronic symptoms, who has tried medications and lifestyle changes with limited to no success," Binetti said. For information, call HQMP's Rhinebeck general surgery office at 845-871-4275 (TTY 800-421-1220).



- | | |
|--|---|
| <p>Across</p> <ol style="list-style-type: none"> 1. Weak condition caused by a deficiency of red blood cells 7. Kind of guitar in a rock band 11. Stomach muscles, for short 14. Sitting for a portrait 15. Black and white cookie 16. ___-TURN (road sign): 2 wds. 17. Kind of dietary fats that are heart-healthy 19. ___out (get all dressed up, informally) 20. 1990's version of "Cool, dude!" 21. Menu item in a Mexican restaurant 23. Subcompact car model from Chevrolet 26. Jai ___ 29. German for "over" 30. Pass by, as time 32. Blood vessels that may be damaged by the buildup of certain forms of 62-across 34. "Livin' La Vida ___" 35. Speed contest 37. State whose capital is Cheyenne: Abbr. 38. "Wait just a ___!" 39. Rhythmical contraction of the heart that's associated with the first number in a blood pressure reading 41. Involuntary muscle spasm 44. "Ask me ___ care": 2 wds. 46. First-class: 2 wds. 47. Metallic element that's one of the 48-Across 48. Inorganic elements that are essential to the functioning of the human body 51. Popsicle holders 53. As blind as ___: 2 wds. 54. Item in a woodwind instruments' mouthpiece 56. ___-bitsy 57. Hate 59. Opposite of "nope" 61. President Bush's former press secretary Fleischer 62. Compound found in animal food sources such as beef, shrimp and egg yolks 69. Italian for "my" 70. Subtle quality that surrounds a person 71. Dietary salt that can cause high blood pressure and heart disease when consumed excessively 72. ___ Francisco 73. Make tea or coffee 74. Take another turn, in some board games | <p>Down</p> <ol style="list-style-type: none"> 1. Convenience store clerk on "The Simpsons" 2. Negating Prefix 3. Letter on Superman's chest 4. Soccer star Hamm 5. Parts of songs before the lyrics begin 6. Water, to Juan 7. Constricting snake 8. Gallery display 9. Judge to be appropriate: 2 wds. 10. Soft drink 11. Bacteria destroyers such as penicillin 12. Baby's socklike shoe 13. Dietary sweetening compounds that should be consumed in moderation 18. Optimal amount of a nutrient to ingest: Abbr. 22. Group that delivers a verdict 23. Plant with healing juice 24. Shot that helps against a virus 25. Org. concerned with pollution 27. compound in milk that some people's digestive tracts are intolerant to 28. "The lights ___ but nobody's home": 2 wds. 30. Letters before ems 31. Suffix with trick or mock 33. Female sheep 36. Make ___ (market something successfully): 2 wds. 39. Isaac Newton's Title 40. French 101 article 42. Pitch-black 43. Liquid dosage amounts, for short 45. Joyous celebration 47. Bit of acne 48. Ladies 49. Peninsula consisting of Spain and Portugal 50. U.S. president after Garfield 52. Walk very stealthy 55. Hair-coloring stuff 58. It forms over a healing wound 60. Moscow's land, before 1991: Abbr. 63. Unrefined metal 64. Attorney's concern 65. Magazine employees: Abbr. 66. Tear 67. Yes, in Paris 68. Letters between K and O |
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Leptospirosis in Dogs

Jessica Gelernter, DVM
 Leptospirosis is an infectious disease that is capable of causing kidney failure, liver damage, and possibly death if left untreated. It is caused by multiple serovars of a spirochete bacterium known as *Leptospira*, and is primarily transmitted by contact with or ingestion of the urine of wild animals infected with the disease. In our canine companions, this can occur through swimming in ponds, drinking from puddles that contain infected urine, or even when dogs lick their paws after coming in from a walk. Once an animal with the infection urinates, shedding leptospirosis, the bacteria can survive in the environment for months.

Leptospirosis is present throughout the United States, as well as other parts of the world. It is most commonly diagnosed between June and December,

especially after heavy rain. Dogs that contract leptospirosis tend to develop a fever, drink and urinate excessively, become jaundiced, and have abdominal pain and vomiting. Veterinarians can diagnose this disease by testing a blood sample to look for the presence of antibodies to leptospirosis. Once diagnosed, leptospirosis is treated with antibiotics and intravenous fluids. The prognosis is guarded to poor if there has already been severe kidney and liver damage, but improves with early detection and treatment.

One worrisome characteristic of leptospirosis is that it is zoonotic, meaning that it can be transmitted to and cause disease in humans. In the veterinary world, this means donning full protective garb when caring for patients with leptospirosis, as well as thorough disinfection with bleach or iodine solutions. These are important steps in preventing

transmission to ourselves and to our other patients. Dogs can continue to shed leptospira bacteria after being treated, so it is important to take preventive measures even after your dog has been discharged from the hospital. Frequent hand-washing and being scrupulous about cleaning areas contaminated with urine (while wearing gloves) are crucial in preventing spread of this disease. The Centers for Disease Control and Prevention (CDC) estimate that approximately 30% of human leptospirosis infections come from contact with infected dogs. **Humans develop similar symptoms as dogs do, starting with a fever, and may not develop symptoms until up to four weeks after exposure.**

As with many other aspects of veterinary care, prevention is key. A leptospirosis vaccine is available for dogs. This vaccine reduces the risk of developing disease, and can also decrease its severity. Dogs with a low risk of exposure do not require vaccination, but it is recommended for those who spend a lot of time outdoors, especially with access to standing water. This merits a discussion with your family veterinarian to determine if the leptospirosis vaccine is worthwhile for your dog.

Don't Let Winter's Chill Take a Bite Out of Your Dog's Health

Freezing winter temperatures bring detrimental risks for dogs

As the temperature drops and the snow piles up, dog lovers need to take special precautions to protect their canine companions from winter's dangers. Barbara and John Fassett of Bark Busters, the world's largest, most trusted dog training company, has compiled winter safety tips based on the experience of the company's worldwide network of dog behavioral therapists. **"While it's easy to think that dogs are immune to cold because of their fur, the fact is that more dogs die in the winter than at any other time of the year,"** said Barbara & John Fassett, dog behavioral therapists, Bark Busters USA. **"Frostbite, hypothermia and antifreeze poisoning present the biggest winter threats to dogs.** But by taking a few precautions and using common sense, dog owners can keep their dogs safe this winter." Beware of ice, snow and cold temperatures. While many dogs with proper shelter can be safe in outside temperatures down to 20 degrees Fahrenheit, puppies, smaller dogs and older dogs should not be left outdoors when temperatures fall below 40 degrees. A shorthaired dog can quickly become chilled after leaving a warm house, so dress him in a sweater before heading outside. Always be sure your dog is wearing his identification tags, and keep him on leash. During a snowstorm, a dog can lose his ability to scent and thus can go astray. A loose dog can also fall through ice or get hit by a vehicle (icy roads make it harder for cars to stop). Finally, don't leave your pet in a vehicle during



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2018

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Chamber of Commerce From Page 5

300 people attended. "What we did was we totally revamped it. It's now a paid event. We sort of call it Columbia County's Academy Awards. So people know who the top three vote getters are, but they don't know who the actual winner is, until they attend the event. So we gave it a little more suspense, and made it a little more exciting for those who participated."

No matter our local town and county Chambers have in the works for the coming year, one thing is sure—they'll be putting their best effort into everything they do for local communities.

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(518) 828-4417
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7346 South Broadway, Red Hook
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THE OLANA PARTNERSHIP AND THE THOMAS COLE NATIONAL HISTORIC SITE WERE AWARDED A COLLABORATIVE MARKETING GRANT FOR \$225,000 AS PART OF THE 2017 REGIONAL ECONOMIC COUNCIL AWARDS.

The grant was awarded by Empire State Development Corporation as part of their Market NY program. The project will introduce the burgeoning Skywalk region as an internationally-significant destination using an advertising campaign, special exhibitions and regional events. Catskill and Hudson, NY – December 15, 2017: The Thomas Cole National Historic Site (TCNHS) and The Olana Partnership (TOP) are excited to announce that they have been awarded \$225,000 for a joint marketing grant from New York State through the Regional Economic Development Council Awards, Empire

State Development Program. The project will further the transformation of these two historic sites into major economic drivers for the area by working together to promote the Skywalk region as a comprehensive and internationally-significant destination. The initiative will leverage unprecedented international focus in 2018 on Thomas Cole, and Frederic Church to promote the region that gave birth to America's first major art movement, the Hudson River School of landscape painting. 2018 marks the bicentennial anniversary of Thomas Cole's arrival in America from England which coincides with major exhibitions featuring significant works by Thomas Cole and Frederic Church at The Metropolitan Museum of Art in New York City, The National Gallery in London, the Reynolda House Museum of American Art in North Carolina, and The Wadsworth Athenaeum in Connecticut. The Skywalk region including the Thomas Cole National Historic Site and the Olana State Historic Site (OSHS) has become a major tourism destination in large part because of its culture and history correlating directly with its magnificent Hudson River Valley landscapes. America's first major art movement, the Hudson River School of landscape painting, was born right here, endowing the area with regional, national and international significance. The founder of this movement, Thomas Cole, and its most prominent member, Frederic Church, made the region's natural beauty an iconic element of American national identity. Through extensive preservation efforts, not only do the landscapes they celebrated remain largely unchanged, but so do their homes and studios where they lived and worked. These cultural landmarks are vibrant pillars of revitalization and tourism, and sit directly across the Hudson River from each other. Soon, they will be connected for pedestrians by the Skywalk initiative via the Rip Van Winkle Bridge, creating a major cultural destination spanning the Hudson River. In 2018, the Skywalk viewing platforms along the Bridge will offer dramatic 360-degree views of the Hudson River Valley. All the crucial elements will be in place to activate a major tourist destination – culture, history, landscape, programming and accessibility. To leverage these tremendous assets and maximize their audience and impact, the TCNHS and TOP will launch an integrated marketing campaign in 2018, present special exhibitions at both sites, and new-to-the-state special events including a Skywalk Arts Festival in partnership with the New York State Bridge Authority. "We are thrilled to be awarded this ESD Market NY grant to give our inspiring community the recognition it deserves. Thomas Cole and Frederic Church were drawn to this area for its dramatic natural scenery that the Hudson

River Skywalk will showcase by creating a pedestrian connection between these significant cultural sites that are so closely linked in our nation's history" said Elizabeth Jacks, Executive Director, Thomas Cole National Historic Site. "In the very near future the Hudson River Skywalk will be a reality, and this ESD Market NY grant will enable our two organizations to begin to take crucial steps toward marketing what will be an internationally significant destination. Nowhere else in the world are two great artist's homes linked directly across such a great river surrounded by magnificent landscapes that are fundamental to our national culture and identity" said Sean Sawyer, Washburn and Susan Oberwager President of The Olana Partnership. About the Thomas Cole National Historic Site Thomas Cole National Historic Site preserves and interprets the home and studios of Thomas Cole, the founder of the Hudson River School of painting, the nation's first major art movement. Located on 6 acres in the Hudson Valley, the site includes the 1815 Main House, 1839 Old Studio, the newly reconstructed 1846 New Studio, and several other buildings. It is a National Historic Landmark and an affiliated area of the National Park System. Following a restoration of the Main House, the Cole Site opened to the public in 2001. The site's activities include guided tours, exhibitions, printed publications,

extensive online programs, activities for school groups, free community events, lectures, and innovative public programs such as the Hudson River School Art Trail—a map and website that enables visitors to see the nearby views that Cole painted. Each year, the Cole Site organizes a loan exhibition of Hudson River School paintings, providing a first-hand experience with the art movement that Cole founded. The goal of all programs at the Cole Site is to enable visitors to find meaning and inspiration in Thomas Cole's life and work. The themes that Cole explored in his art and writings—such as landscape preservation and our conception of nature as a restorative power—are both historic and timely, providing the opportunity to connect to audiences with insights that are highly relevant to their own lives. Visit the Thomas Cole National Historic Site The hours for Thomas Cole's home, studios, special exhibitions, and grounds vary by month. For details visit: www.thomascole.org and follow us on [Instagram](#), [Facebook](#) and [Twitter](#). About Olana and The Olana Partnership Olana is the greatest masterpiece of Frederic Edwin Church (1826-1900), the preeminent American artist of the mid-19thC and the most important artist's home, studio and designed landscape in the United States. Church designed Olana as a holistic environment integrating

Continued on page 11



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 2 large eggs, separated
 3/4 cup milk
 1/2 cup sour cream
 1 teaspoon vanilla extract
 2 cups all-purpose baking mix
 1/4 teaspoon ground cinnamon
 Whipped cream (optional)

Directions:
Step 1 Melt 1/4 cup butter in a 10-inch cast-iron skillet over low heat; stir in rum. Sprinkle brown sugar evenly over butter mixture. Remove from heat.
Step 2 Sprinkle pecans evenly over brown sugar mixture. Cut bananas in half crosswise; cut each half lengthwise into 3 slices. Arrange banana slices in a spoke pattern over pecans. Cut 6 cherries in half. Place 1 cherry half between each banana slice. Place remaining whole cherry in center of skillet.
Step 3 Beat remaining 1/4 cup butter and 1/2 cup granulated sugar in a large bowl at medium speed with an electric mixer until blended. Add egg yolks, 1 at a time, beating just until blended after each addition. Add milk, sour cream, and vanilla, beating just until blended. Combine baking mix and cinnamon. Add cinnamon mixture to milk mixture, beating just until blended.
Step 4 Beat egg whites in a large bowl with an electric mixer until soft peaks form. Gradually beat in remaining 1/4 cup granulated sugar until stiff peaks form. Fold into batter. Spread batter evenly over bananas in skillet.
Step 5 Bake at 350° for 45 to 50 minutes or until a wooden pick inserted in center comes out clean. Cool in skillet on wire rack 10 minutes. Invert cake onto a serving plate. Serve warm with whipped cream, if desired.



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**RLF Tax
From Page 1**

20 years. "I started doing taxes with H&R Block. I worked in the Hyde Park office for a year, and then the three Kingston offices for over 20 years. I also taught various classes on multiple occasions. They offered a program to the general public that I taught. Then I taught upper level courses to employees of H&R Block, that they were required to take every year."

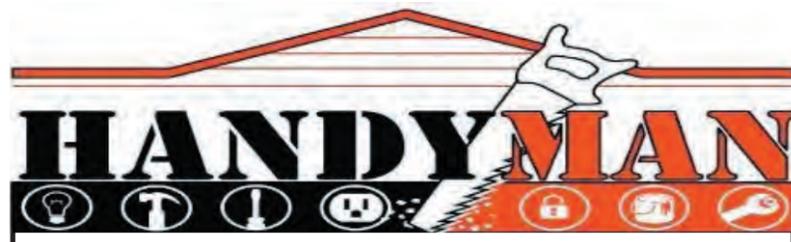
As an independent tax preparer, Bob spends his "off-season" not only rooting for his favorite sports teams (he's a NY Giants season ticket holder, and a big Yankees fan), but keeping up with all the necessary certifications and information in a constantly shifting field. He knows the latest, so he can leverage the latest changes, as well as accrued experience, to serve clients in both business and individual situations. *"I have to keep up, and I do."*

There are CPE credit hours that have to be completed every year. New York State now requires the CPE courses, which started several years ago, and I keep up on those. The courses that I take for federal are required to keep my certification as an Annual Filing season Participant, or AFSP." The huge tax overhaul passed during the recent Congress just before Christmas, actually won't affect this year's tax filings, Bob notes. The exact official start date for filing tax returns has not been announced. *And the last day to file will probably fall a day later than the iconic April date ingrained in every filer's brain, since in 2018, April 15th falls on a Sunday.* There will be small increases in certain standard deductions. But other than that, this tax season at least, is pretty

similar to last few years, says Bob. "The healthcare mandate is the same, unless something changes before the end of the year. You need to have the health insurance. And if you don't have health insurance, then you're probably gonna end up with some sort of penalty, depending on your income, of course." Plenty of people set out every year to do their own taxes, or at

least start off with that intention. But face it—most just don't have the time to try to become tax experts. And helpful aids like electronic forms and software just don't take all of the grunt work out of the process. Being an independent preparer, RLF Tax Services can offer great rates, and the reassurance that comes with dealing with an

Continued on page 14



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**Ellen Nicholas
From Page 1**

diabetes, heart disease and arthritis. Furthermore, there is a growing understanding that most processed wheat and corn in the United States has been

compromised with chemicals and genetic modification. Ellen focuses on foods that never had gluten to begin with such as chili, soups and stews which she prepares according to the standards of highly accredited and nationally

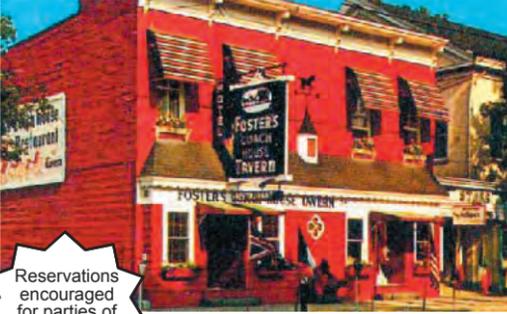
recognized doctors-- and their recommendations that, "eating good food is good medicine." **Ellen is a health coach currently studying Functional Diagnostic Nutrition.** In addition to providing food, she is supplying personal clients with education, food plans, shopping lists and cooking lessons if requested. Her food philosophy is to help people eat locally sourced, clean, nutrient-dense food to enhance their health. She provides lots of savory (no-sugar) options with protein and good fat to eliminate cravings and for those who want sweets - she minimizes sugar and focuses on portion control. Ellen became passionate about gluten-free eating when she herself was very sick with autoimmune problems. **"I was only out of bed for about 3 hours a day for eight years" until I read that people with auto-immune disorders should eliminate gluten from their diet,** she explains. The result was almost miraculous. Within 8



months, Ellen was able to stay out of bed for 14 to 16 hours a day. "I attribute that 100% to going wheat and gluten free. It helped heal ulcerative colitis, diverticulitis and diverticulosis and it helps me manage fibromyalgia." Upon discovering that a family member was diagnosed with celiac disease -- for which gluten is actually dangerous, Ellen made it her life's work and passion to create delicious gluten-free foods. Since a restaurant was not possible, the best way to get her food to people was through

farmers markets and now, via her new food delivery service. Orders are made in advance and delivered by appointment Thursday through Sunday. Ellen has a dedicated gluten-free, shell-fish-free, and peanut-free kitchen. Her commercial kitchen is Department of Agriculture 20-C approved. **All ingredients are locally sourced where possible.** "We buy 30 dozen eggs a week from Feather Ridge Farm in Elizaville for our quiches," she notes. "Seasonally available produce is our mainstay but we also freeze gallons of locally grown blueberries, corn and tomatoes. Much of what we use is organic or non-certified organic." Ellen takes special pride in her repeat customers. One gentleman stops by every week and picks up a week's food to take back to the city. A busy daughter buys Ellen's

Continued on page 11



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**Ellen Nicholas
From Page 10**

soups and entrees to leave with her elderly mother -- making sure she is eating properly. "She can microwave a nutritious meal and she doesn't need to use the stove." That same family buys a lot of what they call Ellen's Travelling Coffeecakes which they share with family in three states. A body-builder regularly eats Ellen's quiches and risotto cakes because they are a good high protein food - perfect for the needs of someone pumping iron. And a nurse client claims to have radically lowered her



AIC by switching from regular breads to Ellen's protein rich Spinach Muffins and Healthy Muffins made with bananas, zucchini, and carrots. "I get tremendous joy from feeding people good food," she

proclaims. "It nourishes my soul." Ellen's bakery products are served at Casana Tea House in Hillsdale, sold at Annabelle's Village Bake Shop in Red Hook, the Copake/Hillsdale Farmer's Market, the Kingston Farmer's Market and the Rhinebeck Farmer's Market as well as online for local delivery (25 miles) and by special order. For more information, visit EllensCountryKitchen.com, follow her on Instagram at [glutenfreedessertkitchen](https://www.instagram.com/glutenfreedessertkitchen), and like her on Facebook.com/[GlutenFreeDessertKitchen](https://www.facebook.com/GlutenFreeDessertKitchen). Her email address is orderglutenfree@gmail.com or call 914-489-4706 for delivery to your home, business, catered event or agreed upon meeting place. All major credit cards accepted.

opened as a public work of art. To learn more about Olana and The Olana Partnership, please visit www.olana.org Visit Olana State Historic Site

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**Olana Partnership
From Page 8**

his advanced ideas about art, architecture, landscape design, and environmental conservation. Olana's 250-acre artist-designed landscape with a Persian-inspired house at its summit embraces unrivaled panoramic views of the Hudson Valley and Catskill Mountains and, today, welcomes more than 170,000 visitors annually. Olana State Historic Site, a historic site administered by the New York State Office of Parks, Recreation and Historic Preservation, Taconic Region, is a designated National Historic Landmark and one of the most visited sites in the state. The Olana Partnership, a private not-for-profit education corporation, works cooperatively with New York State to support the restoration, conservation, and interpretation of Olana State Historic Site. 2017 marks the 50th anniversary since Olana

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JR Bates From Page 1

Also, there is the scratch test. Even when a tree is dormant, if you lightly scratch a small spot on one of the tree's twigs, the layer under the bark should be a moist bright green. And if you



bend a twig and it breaks, either the tree or the limb is dead. Many trees have small buds on the ends, even while the tree is resting. An experienced tree specialist like JR Bates is a creative problem solver -- able to assess the safest, most efficient and most economical way to get the job done. "My goal is to help maintain healthy trees and safe property."

It takes skill to trim a tree or to safely remove a tree. Especially a big tree "There are different techniques for lowering branches over power lines, over roofs and over pools," he explains, "with different rigging techniques to bring branches down safely." Mr. Bates usually works with one or more assistants. While he is certainly fit and athletic enough to climb trees, he is comfortable enough being that high off the ground. He also has a lift -- sometimes called a cherry picker -- which is a unit that he pulls behind a truck. Essentially, "I do tree care, removals, brush chipping, removing dangerous branches, view clearing, and basic residential tree care. I keep trees safe and healthy. I'm an owner operator, a small local businessman. I have a dump truck and several vehicles," each with its own purpose. "I'm fully insured. I've been in business 12 years locally. I was born and raised in Germantown and I still live here. I have a

Bachelor's Degree in criminal justice, graduated from SUNY Potsdam in 2004. I'm aware of the changing economy and I work with people to only do what's absolutely necessary -- for a reasonable price. I give options around leaving the wood on site, cutting it up for firewood, or having everything removed. Mr. Bates admits, "I am blessed to be doing the work that I love. It's very satisfying." To contact JR Bates and Viewmont Tree Service, call him at 518-965-4216. If he's up a tree he will call you back.



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God's Corner

Say Yes to Soul Keeping

By Naomi Fata

On the first day of January you hang a new calendar that was probably gifted to you by a friend, co-worker or family member. The days start off clean. Only the black number of the day in each square white box. We are all given the same 24 hours for each day, the same 365 days in the year. How we fill it is up to us. Now is the time to choose, to think through what is important to you this year. When you say yes to one thing you say no to something else. If you say yes to the birthday party invite this weekend you are saying no to cleaning your house of the remains of Christmas. If you say yes, to another responsibility at work, you are saying no to a quality conversation with your children or spouse. Not only will too many yes' to outside influences take away from meaningful relationships, it will also take away from soul space. All relationships take time, even your relationship with God. Sometimes being with people can be draining, sapping your emotional energy and strength. Most good relationships are a give and take, but only one relationship will bring peace, wholeness, and restoration to your soul – that is your relationship with God. Look at the example of Jesus. He spent much time ministering to people, but He took time to draw from His source of strength, which was found in God. Several Bible verses point out that He went to quiet places to pray. (Luke 5:16 & Mark 1:35) The presence of God is one of the most restful places that you can be. In the new year put time on your calendar for important relationships and for quality time in the presence of God. It could be just half an hour once a week. The best way to make sure it happens is to plan ahead. Look for that 30-minute white space on your schedule and block it out as time for soul keeping – time to connect

with the One who made you. In John 10:10 Jesus promised that He came to give us abundant life. One reason you don't experience it is because you must learn to cultivate it. Experiencing life means saying no to those activities that are not life-giving and saying yes to what is. Time spent with Him, with a Bible and a journal is life giving. It doesn't have to be a time of study, it could be spent in silence or it could be spent pouring your worries and anxieties out to Him on paper. Make this your New Year's resolution. Say yes to soul keeping. **By Naomi Fata**
Naomi writes on renewing your mind to grow emotionally and mentally healthy at www.christianresourceministry.com. You can find her on Instagram @naomifata, or facebook.com/AuthorNaomiFata

Pressing on in Christ in 2018 Setting Goals According to God's Will!

"I press toward the mark for the prize of the high calling of God in Christ Jesus." Philippians 3:14 As we begin a 2018, I trust that each one of us have set Goals for the New Year. Many people make New Year Resolutions that generally are broken before the end of the first week of the New Year. As Christians, we should have Goals that we desire to accomplish in 2018. We should always set Goals according to God's Will and be Dependent on Him to enable us to keep them. "Now unto him that is able to do exceeding abundantly above all that we ask of think, according to the power that worketh in us" (Ephesians 3:20). This is a great time to determine by God's Grace to Press on in Christ. We are to forget the things which are behind and reach forth to those things which are before us (Philippians 3:13). The Lord's desire for each one

of us is to be committed to the task of serving Him with all of our hearts. It is incredible what God can do through a person who is yielded to the Lordship Christ, filled with His Spirit (Ephesians 5:18), and Obedient to His Word (Romans 12:1,2). I pray that Christians will take their Christian lives seriously by being completely devoted to Christ. William Carey said, "Expect great things from God! Attempt great things for God." In 2018, we should expect great things from our Heavenly Father, as we attempt by God's Grace to do great things for Him. Yes, we need to be about the Father's business. Throughout the year we will be given many opportunities to serve the Lord, to serve His Church, to serve our Families and to serve One Another. I trust that we will take advantage to serve with a Heart of love for our Lord and for One another. Let's use our gifts and talents for the Glory of the Lord. "Only one life t' will soon be past, only what's done for Christ will last." "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you" (Matthew 6:33). In summary our Goal first should be to seek first the Kingdom of God and His Righteousness! If you have not received the Lord Jesus Christ as your Personal Savior and Lord, please call upon Him now to be saved. You may like to read Romans 10:9-17. If you would like to know more about being a Christian and/or living the Christian life, please contact us. Grace Bible Fellowship Church is located at the Route 9 and Route 9G intersection, 1/4 mile north on Route 9. **You can contact us by phone at (845) 876-6923 or be Email at cdfcirone@aol.com. Pastor Frank L. Cirone**

Words of Encouragement

Challenges and difficulties are a part of life and words of encouragement can often help you get out of your rut. It's easy to tell someone to hang in there and to keep a positive outlook when they are going through tough times but when it happens to you, keeping your chin up isn't always the easiest thing to do. Even so, it's not impossible. There are a lot of things you can do to help you stand back up and move forward. Whether you've been dealt with a setback while working towards your goal, lost a loved one, or just feel down, inspirational words of encouragement can help. Words can have a powerful impact on your mindset. Although we've all heard the saying, "Sticks and stones may break my bones but words can never hurt me", the fact is that words really do have an impact on how we feel. Often times, when things seem pointless, when you've just come face to face with yet another failure, it can seem as though it's the end. It can seem as though no matter how hard you try, the life that you want will always be just out of reach. During these times, some positive words of encouragement can help you shift your focus. When it comes down to it, how you feel is really just about what you focus on. What words of inspiration and encouragement will do for you is help you put things into perspective.

Who doesn't go through failures, setbacks, and challenges? We all do. In fact, after you get through this challenging time, you will have more to come in the future. Although that sounds pessimistic, it's also reality. Those who succeed in life and get what they want as well as those who are the most happiest aren't people who never face difficulties. If anything, they probably deal with more challenges than most people. The thing that makes them different is how they respond and react to those obstacles.



Defensive Driving Course

A Defensive Driving Course will be offered at **St. Christopher's RC Church, Red Hook** on **Saturday, January 27th from 8:30am to 3:00pm**. The Center is located on Benner Road. The Fee is \$38 per person. Completion of the course will result in a **4-point and 10% insurance reduction**. To register for the course call: Bill Owens at **Safety Education at (845) 756-2481**.

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Grace Bible Institute: Course offering for the Winter Term will be the Book of Revelation. The Course will begin on Monday, January 8, 2018 at 7:00 pm. If you are interested in attending, please contact us.

For more information about Grace Bible Fellowship Church, please call (845) 876-6923 or (845) 876-2122 or email us: cdfcirone@aol.com

New Beginnings Assembly of God

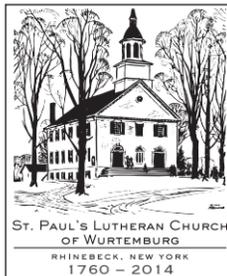
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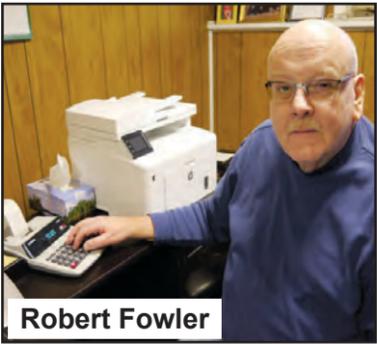
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RLF Tax From Page 9

experienced professional who can communicate in an individual way with clients, address questions, and pay attention to unique circumstances. Bob Fowler is a friendly knowledgeable human being, not a generic interface. "I've got pretty vast experience doing personal and small business tax returns. My fee structure is very competitive with other people who do tax returns," Bob makes clear. "I also electronically file



Robert Fowler

all federal and state tax returns. I try to go through the tax returns, I go through all the paperwork and I go through it thoroughly." Clients can choose to be on hand—or not—during the bulk of the preparation process. "The people that come to me generally can sit and wait, and I can go through a whole series of questions with them, in order to get the lowest tax liability for them. Or they can leave their papers with me, and I'll go through the same sort of set-up that I would if they had been on-hand. If it's a brand new client, I always want to have the previous year's tax return, so I can compare it with what I'm doing." Bob also has re-assuring news for procrastinators. **RLF Tax Services can handle filing tax deadline extensions and late returns.** But there are things people should be aware of in those kinds of last minute situations. "Basically, with an extension, what you do is you put the tax return together with the information they have, and then you can file a return," says Bob. "Now if they have a balance due, they have to pay it. To file an extension means you're filing an extension to file the tax return. Then you would get the tax return completed, and you have until October to file the return." Coming to a proper estimate of any taxes owed, and paying that, is obviously crucial. The IRS uses a formula to estimate taxes owed, and if the gap between their estimate and the amount paid by someone when filing of an extension is too large, a penalty might kick in. It's clear RLF Tax Services can help ease anyone's tax

season anxieties no matter when they file, and help them with reasonable preparation prices, unmatched experience, and a personal touch. For Bob, helping a client score a win when it comes to their battle with tax returns, is a little like enjoying a great win by the Yankees or Giants. And as for that, he's watched some of the greatest. He was even in the stands for one of the most satisfying victories in Giants football franchise history. "In 2011, my wife and I went to San Francisco, where the Giants won an NFC Championship game. We had a great time. They beat the 49er's in overtime. There were a lot of...let's just say disgruntled 49er fans, sitting around us!" **You can reach bob at Bob Fowler RLF Tax Services 19 Birchwood Drive Rhinebeck, NY 12572 or by phone at 845-430-6760 or email at rlftax@yahoo.com.**

presidential committee of three members, Kayla Bell, Nancy Bendiner and Mattie Gifford. The three will share the presidential responsibilities. The Club welcomed for a third term Carol Annas, Secretary and Cathy Michael, Treasurer. Members enjoyed the colorful tables which were lined with Poiintsettias. Each member went home with a gift of hand cream needed by all gardeners. The hostesses, Marge Pinchbeck, Pat Owens and Beth Pascarella created a lovely Christmas atmosphere for all to enjoy. There's an exciting 2018 planned. The review of the new year will take place on January 11th at St. John Reformed Church, Upper Red Hook at 12:30. Visitors are welcome. Come join us and hear the exciting programs we have planned for the new year. In lieu of exchanging gifts the club voted to take up a collection and give it to a local food pantry. **LIKE US ON FACEBOOK**

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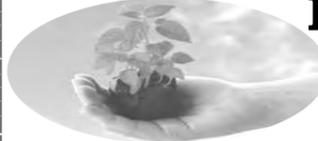







The Old Dutch Village Garden Club
 welcomed the officers for the new year at their annual Christmas luncheon held on December 14th at the Beekman Arms. The new officers consist of a

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All Abilities Hands-on projects for adults with special needs at Red Hook Public Library

Red Hook Public Library's All Abilities continues in January with two afternoons of fun and learning for adults with intellectual and cognitive disabilities. This month's sessions will be from 12:30-1:30 PM on Fridays January 12 and 26 in the library's Community Room. All Abilities varies each session but is likely to include activities such as science experiments, painting, collage, and games on adaptive switch-enabled ipads, as well as visits from special guests from the community. On Friday, January 12, we'll welcome NYS Trooper from the K-9 Unit for a demonstration with time for questions. The

building is handicap accessible and the Community Room can be reached by elevator. Caregivers are welcome. Come join the fun! This program is free and open to the public. No registration is required. **All Abilities Kids: Storytime** Storytime for children with special needs at Red Hook Public Library Red Hook Public Library's All Abilities Kids Storytime continues in January with two dates: Fridays January 5 and 19 at 10:30 AM in the library's Community Room. Inspired by sensory storytimes at libraries and schools across the country, All Abilities Kids Storytime features stories told through multiple modalities with optional interactive elements. Using a visual schedule, we will have a story and craft, as well as movement and song activities. As parents and caregivers are the best judges of their

children's interests and abilities, All Abilities Kids has no age restrictions. While both sessions are designed to make storytime accessible to children with neuro-developmental difficulty and/or cognitive disabilities, the story shared at the first session each month will be at a preschool level, and the story shared at the second session each month will be at a lower elementary level. The third-floor Community Room offers a quiet environment with reduced sensory stimuli. This program is free and open to the public with advanced registration required as space is limited. As at all RHPL Storytimes, every child must have a parent or caregiver in attendance. If you've been hesitant to try story time with your child, give All Abilities Kids a try. For more information call the library and speak to Amy: 845-758-3241. **All Abilities Kids: Music & Movement**

Rhythm and movement for children with special needs at Red Hook Public Library Red Hook Public Library's All Abilities Kids series of programs is adding a new dimension for January: Music & Movement! Our first session will be at 1pm on Saturday, Jan 27 in the library's Community Room. We will get together to enjoy simple movement exercise to rhythms and music with some singing and music-making too. As parents and caregivers are the best judges of their

children's interests and abilities, All Abilities Kids has no age restrictions. Space is limited, so registration is required. The third-floor Community Room offers a quiet environment with reduced sensory stimuli and Saturday afternoons are a quiet time in the library in general in case families would like to browse new items together and check out some books or movies.

This program is free and open to the public. We request that every child have a parent

Continued on page 17

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Bark Busters From Page 7

cold weather. A car in winter is like a refrigerator, holding in the cold and possibly causing the dog to freeze to death. Keep older, arthritic dogs inside. These dogs should not be left outdoors under any circumstances. Escort the older dog outside for toileting. If the yard has snow or ice, use a leash since he can easily slip and hurt himself. Watch for signs of frostbite and injury. Frostbite causes serious damage to the sensitive tissues of a dog's extremities, such as his ears, paws and tail. If you suspect your dog may be getting frostbitten, take him into a warm place right away. Soak the affected area in lukewarm water for 20 minutes and contact your veterinarian. If your dog plays on ice or hard, frozen dirt, his paws are susceptible to cuts as they slide across these rough surfaces. Watch for chewing at his paws during long walks or periods of play. Always wipe your dog's feet after a walk in the snow to remove ice, ice melt, and salt deposits from the road (salt irritates a dog's paws and can be toxic if ingested). Be sure to clean any ice balls

from between his paw pads, and use only pet-safe ice melt. Keep an eye out for hypothermia. Watch for signs that your dog may be getting overly cold when he is outdoors. If he begins to whine or you notice extreme shivering, lethargy, or low heart rate, immediately take him into a warm place, cover him with a light blanket, and call your veterinarian. Eliminate the possibility of poisoning. Unfortunately, dogs like the sweet taste of antifreeze, which can cause sickness or death if ingested. Be sure all antifreeze containers are well out of reach of dogs, and thoroughly clean any spills immediately. If you think your pet has swallowed antifreeze, contact your vet or animal hospital right away. Provide a protective shelter. If your dog stays outside in the winter, check that his doghouse meets minimum safety criteria. Face the house away from the weather and put a flap on the door. Be sure the house is raised several inches off the frozen ground or concrete. Place straw or cedar shavings on the floor, and change the bedding often to keep it dry. Don't use blankets, which get wet from snow and will chill your dog. The doghouse should be large enough

for your dog to sit and stand, but small enough so his body heat will be retained in the house. Supply fresh water. Hydration is important year-round. Use a plastic water bowl to ensure the dog's tongue does not get stuck to cold metal, and change the water often to keep it from freezing. Consider using a heated water bowl. Provide an appropriate amount of food. A dog which is active in winter will burn more calories in the cold, and thus needs about 10 percent more food to compensate. If he is less active in winter, avoid allowing him to gain extra weight—decrease his food and be sure to take him out for walks and playtime. Continue to train your dog during the winter months. Dogs that spend less time outside during the winter may become lethargic—or, in some cases, hyperactive. The best way to keep your dog active or encourage him to spend excess energy is to make him think. Provide 10-15 minutes of training daily on basics such as sit, stay, come, and walking on leash to energize the lethargic dog and tire out the hyper dog. (Doing this twice a day is even better.) Provide your dog with a treat-rewarding toy such as a Game Changer to keep him busy

indoors. For a less active dog, make him work for his supper by putting the food inside his toy. This will keep his brain active and require him to utilize his problem solving skills. About Bark Busters: Bark Busters, the world's largest, most trusted dog training company, started in Australia in 1989 and came to the United States in 2000. Since inception, over 1,200,000 dogs have been trained worldwide using its dog-friendly, natural methods. With approximately 150 franchised offices in 40 states and more than 400 offices in 10 countries, Bark Busters is continuing its mission to build a global network of dog behavioral therapists to enhance responsible dog ownership and reduce the possibility of maltreatment, abandonment and euthanasia of companion dogs. Bark Busters is the only international dog training company that offers guaranteed lifetime support. No other training company or dog trainer can offer the transferability of guaranteed support. **To fetch a trainer in your area, call 1-877-500-BARK (2275) or visit www.BarkBusters.com**

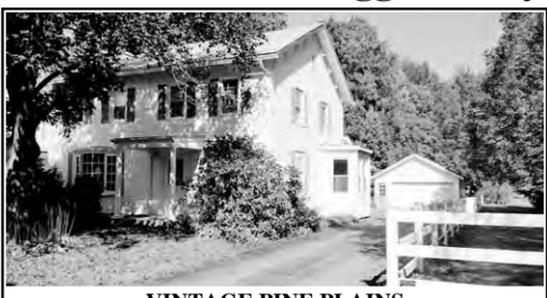
has been such a huge success that we're expanding our once-a-week session into Wednesday and Saturday sessions. Explore, gather resources, and survive against monsters that creep, crawl, and explode! These classes will be Wednesdays 3:30 - 5pm beginning January 3, led by our Tech Services and Reference Librarian, Paul Tombrello, and Saturdays 1 - 2pm beginning January 6, with Sonia Ruscoe, artist and game enthusiast based in Hudson. These two sessions are part of our expanded programming for 2018. This program is free and open to the public and is wheelchair accessible. **To register for either session, email reference@hudsonarealibrary.org, call 518.828.1792 x100, or visit the main desk in the library.** Please note that the pre-existing Wednesday session is full as of this writing, but we can add you to a waitlist. The Hudson Area Library is located at 51 North Fifth Street in Hudson, NY. The mission of the library is to enrich the quality of life by providing free and equal access to programs, services and resources, and by creating opportunities for all members of our community to connect, create, learn and grow. **For more information visit hudsonarealibrary.org.**

Minecraft Club Expands at the Hudson Area Library
The Hudson Area Library's Minecraft Club, where kids and teens get to play and fight together on our special servers,



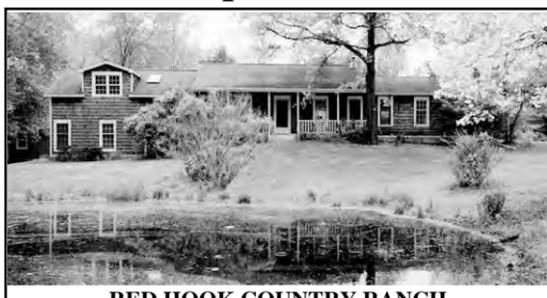
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Hudson Area Library Presents: Bengali Bandhan at a NEW Time

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The Hudson Area Library Bengali Bandhan classes continues for a new semester with a new meeting time: Fridays 4 - 5pm beginning January 5. These classes, taught by MD Gazi and Kaniz Fatema, are open to school aged children and the general public. Students will learn how to read, write, and speak in Bengali. There are also lessons on Bangladeshi culture through shared stories, poems, songs, dance, and arts and crafts. Students' work will be celebrated in April at an event for participants and their families. This program is free and open to the public and is wheelchair accessible. To register email programs@hudsonarealibrary.org, call 518.828.1792 x101, or visit the main desk in the library. The mission of the Hudson Area Library is to enrich the quality of life by providing free and equal access to programs, services and resources, and by creating opportunities for all members of our community to connect, create, learn and grow.

All Abilities - Red Hook Library From Page 15

or caregiver in attendance; for older participants, having a parent or caregiver in the building is fine. If you've been hesitant to try library programs with your child, give All Abilities Kids a try. For more information or to ask questions, ask to speak to Amy when you call the library at 845-758-3241. **Teen Gaming Lounge Retro video gaming at Red Hook Public Library** Starting in January 2018, teens are invited to drop in at the Red Hook Public Library to enjoy some after school gaming fun. The new Teen Gaming Lounge will be open every Thursday from 3:00 to 4:30pm in the community room on the third floor of the library. For the first month, the theme will be retro gaming, with the SEGA Genesis and Atari systems taking the focus, but other possibilities include Roblox and more socially-oriented games like those in the JackBox Party collections. Suggestions from participants will be taken into consideration for the themes of future months. Like all library programs, the Teen Gaming Lounge is free and open to the public. **Time Travel: The Eighties Back to the future with Red Hook Public Library** Have you ever wanted to travel

back in time? Red Hook Public Library invites you back to the Eighties in the second of our series exploring recent history via photos, video clips, news headlines, trivia, and reminiscence. Please join us at 12:15 PM on Wednesday January 10th at Red Hook Community Center. Participants are encouraged to bring photos, garments, and other memorabilia of the era. We'll discuss everything from Back to the Future, Star Wars, and E.T. to the eruption of Mount St. Helens and the fall of the Berlin Wall. This event is free and open to the public. The Red Hook Community Center is located at 59 Fisk Street, Red Hook, NY 12571. **ADDITIONAL INFORMATION:** Red Hook Public Library has been serving the community of Red Hook and its need for lifelong learning since 1898. It has been designated a five-star library by *Library Journal* since 2013. The library was chosen as a finalist for the Best Small Library in America award, given by *Library Journal* and the Bill and Melinda Gates Foundation, in 2015. For more information, call the Red Hook Public Library, 845-758-3241. The library is located at 7444 S. Broadway in Red Hook and on the web at www.redhooklibrary.org.

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RED HOOK

Great family home in family neighborhood. Just painted and floors refinished. 4 Bedrooms, 1 Bath. Nice, private back yard. Basement is partially finished. Priced to sell. **\$220,000.**



HYDE PARK

41 gorgeous acres in quiet country location. A wonderful forest with evergreens and giant oak trees a true nature lovers paradise! Build your dream house or a great property for motor sports or hunting or hiking. Priced to sell at **\$174,000.** It is sub dividable as well.



HYDE PARK - Farmhouse on 2.3 acres all original detail, 4 BR with large open rooms, 4 garage bays. A small pottery studio that could be a home office. Rooms are large & spacious, wood floors, kitchen updated. Large wonderful yard is very private and needs some TLC. Priced to sell @ **\$212,000.**



RED HOOK VILLAGE

NEW TO MARKET. Charming 3 bedroom, 2 bath SEARS - in Village proper offers large eat in kitchen, dining area and large living room. Also has a nice unattached studio, zoned NMU so there are many allowed commercial uses. A true live and work space. Large private yard. Call Tom for details!



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CLINTON CORNERS

Charming cape on 5+ acres, quiet location, 3BR, wood trim, near TSP, Rhinebeck Village & Rhinebeck Schools. New well & septic. A great weekend house or starter. Unattached workshop. Land could be cleared for horses. Priced to sell @ **\$225,000.**



STANFORDVILLE

NEW TO MARKET. Nice split level in quiet country area on 2+ acres, offers 3BR, 1BA, large deck, great location, unattached 2 car garage & large storage shed. Quiet stream flows through the rear of property! Perfect starter or weekend place. Price to sell at **\$250,000.**



NEW CONSTRUCTION RHINEBECK VILLAGE

Charming 3 BR Cape in Rhinebeck's newest neighborhood. Top quality construction and finishes, wood floors and granite counter. MASTER ON FIRST FLOOR - finished basement, fireplace and vaulted ceilings. Attached 2 car garage, blacktop driveway! Offered at **\$575,000.**



CLERMONT

For Rent: Large workshop, storage facility. Finished and heated with heavy electric service, office area and bathroom. Loading dock and high ceilings and overhead doors. Nice clean shop, well lit and a great location minutes off Rt. 9G - Call Tom for details.

The numbers are in! Mondello Upstate Properties, LLC came in #25 in sales out of 196 offices in all of Dutchess County for 2016! How's that for a local, family owned business? It's not easy keeping up with Corporate. We would like to thank all of our clients who trusted us with their real estate needs, we couldn't have done it without you!



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Rentals:

Clermont: 4BR/1.5BA rambling Farmhouse. Large LR, eat in country kitchen, laundry on main level. 3 season porch w/Catskill views. Set on a knoll, off a quiet country road. 5 pretty acres w/outbuildings & horse paddock. Red Hook SD. Good credit, employment & rental history required. Broker fee of 1/2 month applies. Pets case by case. **\$2100/mth**

Red Hook: Newly renovated home w/new carpet, flooring in Kit, fixtures & appliances. Large LR w/fireplace & hw floors, huge Kit w/island, skylights & dining area. 2BRs w/loft office area. 2 car Gar w/loft perfect for studio & storage. Deck & fenced yard for children to run & play. Red Hook SD. Nice road within short commute to town & Bard College. Good credit, rental & employment history required. 1/2 month broker fee applies. **\$1700/mth**

Germantown: Sweet Cape style home, freshly painted & semi furnished. Country Kit, Formal DR, Large LR (or master BR), 3BRs plus den/office. Grounds are gorgeous & it's convenient to Hudson, Red Hook & Germantown. Red Hook SD. Pets on case to case basis w/security. Broker Fee of 1/2 month. Good credit, rental & employment history required. **\$1850/mth**

Red Hook: 1BR in the heart of the Red Hook Village. Old world charm, hw floors, period details throughout. Walk to all amenities. Heat & hot water included, private backyard. Close to Bard shuttle. No pets. 1/2 month broker fee applies. Good credit, rental & employment history required. **\$1195/mth**

Land For Sale:

Price Reduced! Gallatin: 57 Acres. Large, wooded parcel off quiet country road tends itself to many possibilities. Hunt, hike or commune w/nature. Many sites to build your dream home. Germantown SD. Minutes to TSP. **\$144,000**

Red Hook: 3.23 ac. Pretty wooded parcel on quiet country road. Red Hook SD. Easy access to village & TSP. **\$59,900**

Red Hook: 5 Acres. Gorgeous parklike land with varied terrain and pond. Flat and usable with a well already dug! BOHA. 5 minutes to Red Hook Village. Bring the animals! **\$145,000**

Price Reduced! Red Hook: 5.7 Acres. Great location. Easy access to Red Hook, Rhinebeck, Hudson, Kingston. BOHA and ready for you to build your dream home. Red Hook SD. **\$135,000**



Red Hook: Located in a lovely neighborhood w/a 10 minute walk to the village. This solid 2400 sq ft 4 large BR, 3 bth Colonial features a formal Living & Dining room, Eat in Kit w/custom cabinetry & breakfast area, Family room w/solid brick fireplace & Oak floors throughout the home. Large master Suite w/huge walk in closet & full bath. Lovely screened in porch to sit & read a good book. 2 car garage & full basement. New updates include furnace, hot water heater, roof & siding. Set on 1.3 acres w/country views & rock outcroppings. Same family for over 40 years. **\$339,000**



Village of Tivoli: Sweet Village of Tivoli home has charm & character w/modern touches. Beautiful Kitchen w/granite counter tops & center island, open & bright floor plan w/large LR & DR plus hardwood floors, 2 BRs up w/half bath & 3rd BR or office on main level. Easy maintained yard w/patio & storage shed. Front porch for relaxing. Quiet side street within walking distance to village center & Bard shuttle. **\$218,500**



Pine Plains: Sweet Cape Style home is located off a tree lined street within walking distance to village of Pine Plains. 4 BRs offers space for the growing family or the empty nester who needs room for sleepovers with the grandkids. Lush 1/2 acre yard is manageable and perfect for gardening or play. Detached garage offers space for your car or weekend projects. So many possibilities! Move right in and enjoy small town living! **\$225,000**



Milan: On first impression this whimsical barn conversion appears crooked & raw however to the trained eye it's structurally sound, mechanically updated & upon entering you will be delighted by the eclectic details & pure rugged appeal. Flooded w/light w/contemporary flair its LR has 14ft vaulted ceilings & a wood stove. Open Kit & DR, plus a MBR & loft style office upstairs. The home is stream side w/private patio. Heated, 2 car det GAR w/high ceilings that double as an artist studio. This is a multi-use property & currently produces 2 incomes. Short distance to Bard College, Red Hook, Rhinebeck & TSP. Under 2 hours to NYC. Do not pass this one by! **\$159,900**



Red Hook: Stunning & Majestic. Soaring ceilings in LR w/amazing floor to ceiling stone fireplace. A ton of windows provide incredible light throughout. Master Suite is a beautiful space w/huge WIC & his & her bthrms. Light the fire for ambiance or slip out the French doors for a beverage on the patio. Gourmet Kit is perfect for entertaining. 4 extra BRs provide space for family & guests. Huge state of the art media room is ready for the big game. Sit on the 2nd story balcony & enjoy the sunset over peek-a-boo Catskill views. If you need space w/a luxurious & sprawling feel you have come home! Professional landscape add to the splendor. Come see what quality of life feels like. **\$649,000**



Clermont: Red Hook Schools. Truly stunning Center-hall Contemporary Colonial w/French Country Flair. The finest quality upgrades & exquisite custom details make this home truly special. Fireplace in open LR/Kit/Breakfast area. 4 BRs including gorgeous master suite w/fireplace, 3 full bths plus powder room. Imported Canadian Oak floors. Full finished walk-out basement w/media room, woodstove, bar & French doors to pergola & outdoor fireplace. Fabulous outdoor kit, fire pit & so much more. A must see. 4.18 acres just a few miles north of the Red Hook Village. Convenient, commutable location. **\$649,000**



Milan: Step back into time in this circa 1800s Colonial that has been updated mechanically without spoiling the original detail of days gone by. Enter from the covered porch & you will be enchanted by the center hall w/original staircase & lathe walls. Original floors, doors & moldings, exposed beams, vaulted ceilings. Formal DR has built in book shelves, large LR w/doors to back deck also accessible by galley Kit. There are 2 good sized BRs & 1 full updated Bth w/subway tile & wainscoting. Private yard has room to run & play w/tall shade trees. Easy access to TSP, Red Hook, Rhinebeck & Bard College. **\$169,900**



Elizaville: Come home to the lake! Lovely ranch home is a great starter or the perfect downsizer. Could even work for a weekender looking for low maintenance home with the ability to enjoy recreation in a beautiful, quiet lake community. 2-3 BRs, open floor plan, woodstove, hardwood floors and custom Italian ceramic tile. Eclectic style and the yard is fenced to keep special loved ones in (pets or children). Pine Plains SD. 10 minutes to Red Hook. 15 minutes to Rhinebeck & Hudson. Affordable and ready for you to move in and start enjoying! **\$130,000**



Hyde Park: 2BR/2BTH. Meticulously maintained, efficient Double Wide home on cul-de-sac in very quiet & peaceful, beautifully kept park. Bright open FP w/cathedral ceilings. Tons of storage & closet space. Many updates include new baths & tile, roof shingles, water heater, windows, siding, skirting, insulation, & brand new side porch. Lovely covered patio overlooking large lush lawn bordering pretty woodland. Storage shed. Excellent commutable location, convenient to everything. Great opportunity for affordable, low maintenance, easy living. **\$84,500**



Milan: Mobile home on pretty 3 acre country setting. Replace or rebuild new home. Close to TSP. Pine Plains Schools. **\$50,000**

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Half-Day Heroes of Olympus

An afternoon of trials and challenges for grades K-5 at Red Hook Public Library

When school is out, the library is in! From 1:30 to 3:00 PM on Friday, January 12, a Red Hook School District half day, kids grades K-5 will converge on the Library to enjoy olympic-style competition and mythic god-and-monster mayhem. Participants will have a legendary good time. They may not even notice they are learning STEAM concepts in the process. Aspiring heroes can register at the library or by calling 845-758-3241. Participants will be split into two groups

by grade level, and children 10 and under must have a parent on the premises at all times.

MLK Jr. Day of Giving Charitable Crafts at Red Hook Public Library

Give thanks by giving back. Join Bard Center for Civic Engagement and Red Hook Public Library for a variety of fun projects designed for giving to friends, community heroes, and those in need. This year projects include sewing fleece hats and scarves, writing thank-you cards for first responders and veterans, and crafting friendship bracelets. Show your neighbors you care, and spread joy through the community. The workshop will be open from 1-3 PM on Saturday, January 13th.

All materials are provided and the workshop is free and open to everyone, big and small. Additional info Red Hook Public Library has been serving the community of Red Hook and its need for lifelong learning since 1898. It has been designated a five-star library by Library Journal once again in 2017 and every year since 2013. The library was chosen as a finalist for the Best Small Library in America award, given by Library Journal and the Bill and Melinda Gates Foundation, in 2015. **For more information, call the Red Hook Public Library, 845-758-3241. The library is located at 7444 S. Broadway in Red Hook and on the web at www.redhooklibrary.org.**

MORTON BOOK CLUB

Next meeting in comfy Morton Hall on Tuesday, January 9, 2018 6:30 - 7:30 p.m. Read, ponder,

discuss, broaden your horizons, have fun. Hillbilly Elegy - by J.D. Vance. Copies available now at Morton Library. **Call 845-876-2903 to register and pick up your book.**

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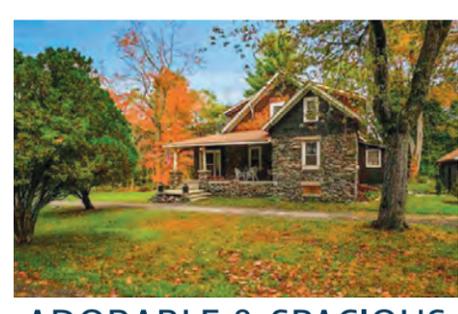
KINGSTON CLASSIC - Fabulous location! Versatile Mid-Century brick 2 story w/ private courtyard. Currently TWO amazing residential or live/work spaces. Two BR main level is 1600+ SF, fireplace & 2 BRs. Upstairs offers 2 BR, fireplace, 1.5 baths, kitchen opening to wrap decking. Gated porte cochere w/ off street parking & privacy! UNIQUE! 374,900



RHINEBECK MODERN - Superb contemporary on private 2.7 acre cul-de-sac, minutes to village. Airy, open 10 room floor plan offers 3 /4 BRs, 3.5 baths, gourmet kitchen w / Wolf & Subzero appliances, CAC & vac, den/home office, wide board & ceramic floors and much more! IMPRESSIVE! \$679,500

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ADORABLE & SPACIOUS
This 4BR stone & wood Cape Cod home sits on an almost one acre lot on a cul-de-sac. The 1st floor boasts a great living/family room, DR, kitchen, full BA & main BR. There are 3 addtl. BRs on the 2nd floor. Poughkeepsie \$225,500



NEW CONSTRUCTION
Majestic 5BR/3.5BA contemporary with an open floor plan on 45 acres of meadows, woods, private trails & an island! Home is perfectly located; totally private, on the Jansen Kill yet, minutes to Rhinebeck. Germantown \$750,000



MOVE RIGHT IN
Check out this well maintained 2 family house with side and rear yards. Both apartments feature two bedrooms big kitchens, large living space and separate utilities. Both apartments also have back decks. Poughkeepsie \$142,000



PRISTINE CAPE
This 3BR/3BA house is made for entertaining, w/its lovely open concept living/dining area w/fireplace that opens up to an outdoor bar, pool and hot tub. Plus, a two car garage, shed & steel pole barn with electric. Rhinebeck \$379,000

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CELEBRATING 25 YEARS

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Developing Diversity in the Landscape

On Sunday January 21st at 3 P.M. The Claverack Free Library will host a free talk during the dark days of winter to help the community get ready for the gardening season. Claverack resident Heather Grimes is a landscape designer who specializes in creating ecologically rich gardens and in restoring degraded woodland and meadow habitats. Grimes says, "In our changing ecosystems and

climate it's important that the designed landscape is resilient and adaptable. By focusing on creating diverse plant and wildlife communities we give refuge to the wild species that take residence and grow our own deep connection to the unique habitats that surround us." Bring your questions - stay for refreshments! **Claverack Free Library 629 Route 23B Claverack, New York 12513 | 518.851.7120 info@claveracklibrary.org**



HAVE A PUN DAY!



ENJOY ACTIVE LIVING The Fairways, Red Hook

Overlooking the first hole of the Red Hook Golf Club, this 2-story home offers 1710 s.f. with a well-appointed kitchen, breakfast alcove, dining and living rooms, and .5 bath. Has gracious master, 2 bedrooms and hall bath. Att. 1-car garage and full basement. Minutes to Rhinebeck, Amtrak and Bard. Asking \$380,000.



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Located on a quiet, country road in Milan, this property offers a 4200 s.f., 6BR/4BA residence, vintage barn, pond and hiking trails. Main level has an EIK, large living room with fireplace, library, 2 bedrooms, hall bath and sunroom that leads to oversized 2-car garage for car enthusiasts or craftsmen. Second floor has master en suite and an office/study, 3 addtl. bedrooms, den and bath. Great location for a small farm with barn, run-in shed and paddocks. Also ideal weekend family getaway as it has plenty of space for lots of guests and country entertaining. Minutes to the TSP and convenient to Rhinebeck and Red Hook. *Offered at \$499,000.*

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PERFECT SPACES FOR A FAMILY,



this 3200 SF Red Hook colonial has 4 BRs, 2 full, 2 1/2 baths, a granite K, DR & breakfast rm, huge media rm, home office, 3 zone CA, a FPL, a 3 car garage, & 3 useable acres. Move in ready! **\$515,000.**

A 119 ACRE ESTATE



is the perfect retreat for you & your animals. Land is open & wooded, has trails, a huge pond, & paddocks. Restored colonial home has 6 BRs & 4 baths. There's a 2 BR guest house, inground pool, barn & more. **WOW! \$1,150,000.**

A VAULTED STUDIO W/23 WINDOWS



is one of the amazing highlights at this architect designed Rhinebeck Contemporary home built in 2011. 5 minutes from Rhinebeck V & on a dead-end road, this home is stylish & very, very special. **\$869,900.**

WEEKENDING IN THE COUNTRY



calls for total relaxation & quietly. This amazing 2800 colonial home has a new granite K, a vaulted great room w/FPL & built-ins, 3.1 private acres on a dead-end rd., & a 40 ft. heated inground pool. **\$549,900.**

HAPPY NEW YEAR TO ALL!

Join us in welcoming 2018.

We are excited about the prospects of the New Year. Values are increasing, mortgage rates are still low, & some wonderful properties are coming on the market. Check our web site for the latest & let us know how we can assist you.

We live here & we know the market!

HUNDREDS OF FEET OF RUSHING WATER



create the most tranquil 5 acre setting at this renovated Colonial. There's a guest suite, 2 FPLs, a wonderful open floor plan, first floor MBR, & the style only a period home provides. Quite beautiful! **\$499,900.**

TOTALLY RENOVATED,



this Red Hook country home is new again w/3BRs, 2 baths, a MBR suite, open K w/granite counters, a 22ft. LR, CA, 2 huge decks, & open & useable land. Full of light, this is a home you will love! **\$269,900.**

2018 IS THE PERFECT TIME



to put your skills to work renovating this 3 BR home. In the Red Hook School District, this home is sited back on 2.5 acres, has a newer roof, oil heat, wood floors, & modern electric. Priced to sell @ **\$79,900.**

NOT FAR FROM RED HOOK VILLAGE,



this 100.9 acre parcel has a runway, hangar, & is FAA airport approved. There are dramatic Catskill views, a pond stream, road in place, & is ready for you interpretation or subdivision. **\$999,000.**

FINDING THE BEST BUILDING LOT



can be exhausting. This 6.2 acres lot in Red Hook is the answer. There are dramatic views, total privacy, BOHA, a driveway in place, & a superior building site with incredible natural beauty. **\$198,000.**

IN RHINEBECK VILLAGE,



this 4 BR, 2.5 Cape has a first floor MBR suite w/a stunning 5 piece bath, there are oak floors, CA, a granite k, mud room entry, huge guest BRs, a covered porch, deck, & a very private lot. Walk everywhere! **\$529,900.**

Tivoli Manufactured Home



3 bedroom, 2 bath home on 2.7 private acres. The home site is well back off the road and the large rear yard goes back to Stony Creek. Hardwood floors, vaulted ceilings, front deck, central air, new roof and a rear 3 season sun porch with a hot tub. **\$174,000.**

Rhinebeck Village Apartments.



3 new 1 BR apartments in the heart of Rhinebeck Village. All wood floors, open concept, lots of light and very large rooms. **Two are \$1500 per month and the larger first floor is \$1600 per month.** Coin operated washers and dryers. Heat, hot water, garbage and all outside maintenance is included in the rent.,

Sitting Well Back



off the road and high on a hill is this 4 bedroom, 2 bath contemporary with hardwood floors, upscale kitchen, tiled baths and 2 wood stoves. 02 car detached garage with walk up second floor and in ground pool and 2.5 acres of total privacy. **\$265,000.**

Pine Plains Post and Beam



3 bedroom, 2 bath contemporary home with vaulted ceilings and 10 private acres. Wood floors, deck, distant views, and full basement. **\$219,000.**

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