**Vol. VI Number 12 - Serving Northern Dutchess & Southern Columbia County February 2022** 

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#### **Postal Customer**

#### ALLEGIANCE TRUCKS KEEPING CLIENTS ON THE ROAD DESPITE SUPPLY CHAIN

**CHALLENGES** By Joe Doran

It's an unfortunate fact of the ongoing global circumstance, that supply chains are strained right now. Coming by products, and obtaining parts

to repair things like commercial vehicles, is no easy task.

But Allegiance Trucks, located at 3609 US 9, Hudson NY, is going the extra mile to make sure clients can get what they need to keep critical machines like snow removal trucks and other vehicles operating despite the difficulties.

Allegiance dealership General Manager Pablo Chardon says that in normal times, the business is proud to offer top-tier Navistar vehicles in various classes for municipal, industrial, and private businesses and individuals. But though new truck inventory

isn't currently easy to procure, emphasisonhelpingclientsinother ways, and many of those services are what sets Allegiance Trucks

Berkshire Hathaway

**Properties Merges** 

leader expands in Northern

Dutchess County market

Berkshire Hathaway

Properties,

with Paul Hallenbeck

Mid-Hudson Valley brokerage

HomeServices Hudson Valley

Valley market leader, announces

its merger with Paul Hallenbeck

Real Estate in Rhinebeck, NY, a

long-tenured real estate brokerage

**Dutchess** 

"We're excited to continue to

grow our Northern Dutchess

County footprint and join forces

with such a strong, well-respected

brokerage," said Steven Domber,

president and principal broker of

Hudson Valley Properties. "Paul

and Sally Hallenbeck are rooted

in the community and have built

a solid company with a similar

culture and dedicated, skilled

The March

Edition Of The

Hudson River View

Will Be In

Area Homes On

March 2nd

The Deadline For

Advertising And

Press Release

**Submission** 

Is February 16th

Mid-Hudson

County.

the

**HomeServices** 

Hudson Valley

Real Estate



apart as a special local business.

"It's basically all about our team," says Pablo. "Our team is knowledgeable, they're fantastic, they're easy to deal with, and that's basically it. From sales to parts to the service department, we have a fantastic team here. Our support throughout the cycle of a client owning or leasing is what sets us apart."

Pablo says supply chain taking issues are definitely their toll and forcing clients to operate accordingly. he believes issues may persist for the next six months.

"Yes, absolutely it is still [an the dealership is putting extra issue]. Supply chain is critical first, so that's been hurting us both on the parts side, and new

#### Continued on page 4

agents. This union solidifies us as the top broker in the Northern Dutchess market. We look forward to great successes together as we continue to serve our Hudson Valley marketplace with strength, integrity and trust."

With this merger, Hudson Valley Properties adds eight associates to the company's Rhinebeck office. Joining the company are Paul Hallenbeck, Sally Hallenbeck and Stephen Hallenbeck, Associate Real Estate Brokers, and Peter Clark, Patricia Karr Seabrook, Erina O'Neill, Susan Pacia-Peckmann and Sean Warman, Estate Salespersons.

"Combining forces and expertise organization for growth," said Paul Hallenbeck, who brings 38 years of local real estate experience to the union. "The Berkshire Hathaway HomeServices brand has a strong presence in the region and we know it will bring exponential value to our agents, customers and clients."

As part of the Berkshire Hathaway HomeServices brand, Hallenbeck's agents receive access to the network's Global Network Platform, a powerful real estate tool suite that supercharges lead generation, marketing support, social media and more. The brand also provides international listing syndication, relocation referrals, professional education and the exclusive Luxury Collection marketing program for high-end listings to

Continued on page 3



Dutchess County Association of Realtors as their 2021 Realtor of the Year for his Realtor spirit, dedication to the association and advocacy for the community. In a time when most small brokerages are being dissolved by larger corporate brokerages Dan is committed to carrying on the Staley Real Estate tradition that his grandfather Homer Staley Sr started back in 1949. Call him today for quality personal service, after all it's his name on the sign!!!

#### **ZONTA CLUB OF UPPER HUDSON VALLEY SEEKS SCHOLARSHIP APPLICANTS**

The Zonta Club of Upper Hudson Valley is currently soliciting applications for its District 2 Jean M. Coon Humanitarian Award. This annual award is given to a high school junior or senior who demonstrates outstanding community service. Academic achievement is not a factor in selecting a winner. A monetary award of \$500 will be presented to the winning candidate in the spring of this year by the Zonta Club of Upper Hudson Valley. Each club's winner becomes a District finalist and is eligible to compete for the District 2 award of \$1,000.

with Steven and the Hudson postmarked no later than March of the sale will be donated to Valley Properties team primes our 21, 2022 and sent to Zonta Club CGHS (orders by phone must of Upper Hudson Valley, Attn: specify PETALS FOR PAWS). Scholarship Committee, PO Box Applicants must reside in Zonta's Upper Hudson Valley region which includes Columbia, Greene, Rensselaer and Dutchess counties.

> To find out more about Jean M. Coon, the award criteria and obtaining the application, contact your local high school guidance counselor or visit the Zonta District 2 website at www. zontadistrict2.org, then select the District Awards tab. If more information is needed, please do not hesitate to call 845-561-1536.

> Zonta International is a leading global organization of professionals empowering women worldwide through service and advocacy. nearly 28,000 members belonging

Continued on page 7

#### **BLISS Juice and Smoothie Bar** For Fresh and Healthy **Cold-Pressed Juice** options

By Lisa Dudley

It's good to know that we can purchase quantities fresh cold-pressed juice at the BLISS Juice and Smoothie Bar located at 8 E. Market St. in Red Hook to help keep us healthy during these trying times. Co-owned by Annie Sullivan and Michael Kelly, BLISS opened in June 2020, about 4 months into the Covid pandemic. With a mission to provide "something good in an unprecedented moment of fear during a global health crisis," they decided to take over a local juice bar which was in danger of closing. As self-proclaimed juice and smoothie fanatics, Annie and Michael are committed to serving pure, healthy and delicious products that go down easy. "It's a labor of love," Annie says. "We press in small-bulk batches each day, in-house, to ensure quality control and fresh supply."

BLISS sells 100% organic, cold-pressed juice, smoothies



Annie Sullivan & Michael Kelly

and smoothie bowls. plant-based business where they believe, "The food which Mother Nature gives us, in its purest and most uncomplicated form, has the power to heal our bodies from within." They focus all their efforts towards providing whole, organic and raw vegan ingredients with no processed additives, no HPP or pasteurization."

"We design our products with the aim of nourishing your mind and body head-to-toe," she declares, "packing each blend with fruits, veggies, herbs, nutsand superfoods.

Continued on page 2

#### Valentine's Day Event **Petals for Paws** offering support to the Columbia-Greene **Humane Society/ SPCA**

Florist Elegant Floral Creations by Amy will be teaming up with the Columbia-Greene Humane Society/SPCA (CGHS) to help raise funds for the shelter's programs and services that serve more than five thousand animals each year. For every Valentine's Day flower arrangement that is ordered on or before February Completed applications must be 11, 2022, twenty five percent

Valentine's Day Arrangements 66, East Chatham NY 12060. may be delivered within the approved area (vicinity Copake, NY - please contact Elegant Floral Creations by Amy for details at (518) 329-4031) or you can pick up your arrangements at CGHS, 111 Humane Society Road, Hudson, on Saturday, February 12, from 12 noon to 3 p.m. Valentine's Day arrangements available for the PETALS FOR PAWS event are as follows:

- Mini 2.5" Novelty Hoya Heart Plant in a ceramic container
- 6" mix succulent garden with pink flowering Kalanchoe (\$35) - Pink or peach monochromatic Designer's Choice Floral Design

in white birch container (\$55)

- Wrapped dozen red roses with filler (\$65)
- Wrapped dozen pink (or mix) roses with filler (\$60)
- Dozen red roses in vase with filler (\$85)
- Dozen pink (or mix) roses in vase with filler (\$80) To view samples of

above, arrangements you may visit the **CGHS** Facebook page or visit www.

elegantfloralcreationsbyamy.com. order, please call (518) 329-4031 or visit the website above. When calling, you must specify you are participating in the PETALS FOR PAWS event. Each order will contain a Valentine's Day card and envelope (florist size). All botanicals will have a packet of floral food. Vases will all be clear glass (vase designs will be boxed for travel), and plants will

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## LΛV

Round Bales 4x5 First Cut 4x4 Second Cut Stored Inside



Instagram – gdcdanceco

## ACCORDING TO QUACKERS

The U.S. Supreme Court met for the first time on February 1st, 1790.

Abraham Lincoln was born on February 12th, 1809.

The NFL Super Bowl is usually held on the last Sunday in January, but in 2002, it was held in February for the first time.

On February 14th, 1859, Oregon became the 33rd state to join the Union.

February is the most misspelled of all the months.

The U. S. acquired the Florida territory from Spain on February 22nd, 1819.

On February 8th, 1587, Mary Queen of Scots was executed.

Sir Frances Drake became the first known Englishman to sail the Pacific on February 11th, 1578.

#### Bliss Juice from page 1

"All our juices are coldpressed," she adds, which engages a three-step process of extraction that uses no heat. They begin their day at 5am to be open and fully stocked by 10am. All fresh organic produce is thoroughly washed and then masticated by a high-speed sharp blade to pulverize and break down the fibrous whole goods. This pulp is then placed into their commercial-grade hydraulic press (which is about 6 ft tall) and squeezed between two metal plates which are powered by over 10 tons of pressure to extract 99.9% of the nutrients.

"We bottle 100% pure fruit and vegetable juice, with less than 1% fiber remaining, allowing your body to absorb the maximum amount of original nutrients. The moment our juice is in your mouth, your digestive enzymes immediately interpolate the vitamins, nutrients and healing

Garage Dance

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power into your blood stream. Each bottle contains three to five pounds of fresh greens, fruits and vegetables – the remains of which is hauled away and turned into compost by The O Zone – a Community Compost CSA program (theozonehv@gmail. com) after pressing. "We add some citrus, spices and healing roots to our blends but the emphasis of our juice is delivering raw and whole ingredients and nutrients straight from nature – as efficiently as possible.

"Cold-pressed juice is known to strengthen the immune system, heal the gut, remove toxins from the body, promote weight loss, lower cholesterol, increase natural energy, reduce inflammation, protect against disease, provide relief of chronic pain, aid with eye and skin health and so much more. One of the

many ways we can increase our energy levels is through ingesting more foods that have B vitamins. This includes leafy greens, some citrus fruits, beets, ginger, and more. Juicing is a fast, healthy, and easy way to get B vitamins into your system."

Annie and Michael are diligent about researching natural healing and immunity and they are both a wealth of information. Their dedication to pure food comes from a deep understanding of the digestive system as the first line of defense. "Over 70% of your immune system lives in your gut," Michael explains. "That means when we target gut health in BLISS goodies, we are also aiming to boost your immune strength." According to the Nov. 16, 2021, Harvard Medical School health

Continued on page 8





BLISS

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## Berkshire Hathaway from page 1

better serve customers and clients.

"Our top priorities through this transaction are to help our agents grow their businesses and continue providing an exceptional service experience for our customers and clients," said Domber. "Without question, we deliver on these priorities." Hudson Valley Properties counts among its ranks 13 offices and over 400 sales professionals. In 2021, its sales volume and transaction total \$1.5 billion and 3,500, respectively. Hudson Valley Properties is a perennial member of Berkshire Elite Circle, a group composed of Berkshire Hathaway HomeServices' top 50 brokerages. In 2022, Hudson Valley Properties marks 30 consecutive years as the leading broker in the Mid-Hudson Valley. The company's Rhinebeck office has earned the top position in its market for the past 11 years.

About Paul Hallenbeck Real

Estate

Paul Hallenbeck began his

Paul Hallenbeck began his real estate career in 1984 in Rhinebeck, opening Hallenbeck Real Estate in 1998 with his wife Sally. Prior to real estate, Paul worked in education as an English teacher and guidance counselor, holding a Bachelor of Science degree from SUNY Geneseo and a Master of Science degree from SUNY Brockport. Rhinebeck residents since 1974, Paul and Sally have raised their family here, enjoying the Hudson Valley and the great outdoors. They are avid travelers.

#### About Berkshire Hathaway HomeServices Hudson Valley Properties

Berkshire Hathaway HomeServices Hudson Valley Properties, with over 400 sales professionals in 13 offices throughout Dutchess and Ulster counties, has been the leading real estate broker in the Mid-Hudson Valley market for 30 consecutive years. Covering all corners of the Mid-Hudson Valley market and serving a full spectrum of consumers, the company has set the standard of professional service through trust, integrity and commitment to extraordinary customer service. For more information, visit www.bhhshudsonvalley.com

About Berkshire Hathaway

#### About Berkshire Hathaway HomeServices and

**HomeServices of America** Berkshire Hathaway

HomeServices, based in Irvine, CA, is a real estate brokerage franchise network built for a new era in residential real estate. The network, among the few organizations entrusted to use the world renowned Berkshire

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Hathaway name, brings to the real estate market a definitive mark of trust, integrity, stability and longevity. It's "FOREVER the Brand." Irvine, CA-based HSF Affiliates LLC operates the Berkshire Hathaway HomeServices and Real Living Real Estate franchise networks and

owned by HomeServices of America, Inc., the nation's largest, full-service residential brokerage firm for transactions. HomeServices of America, Inc. is an affiliate of world renowned Berkshire Hathaway Inc. Visit <a href="https://www.berkshirehathawayhs.com">www.berkshirehathawayhs.com</a> and <a href="https://www.berkshirehathawayhs.com">www.homeservices.com</a>.

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#### ACROSS

- 1. Thick cookie
- 4. Brief documentary
- 8. 1986 Ally Sheedy movie
- **9.** Additional
- **10.** CT's favorite spice
- 13. Cheat15. Not me, but ...
- **16.** Goldfish are said to have this
- **22.** Bond creator Fleming
- **23.** Deficiency
- **24.** Type of energy
- **29.** Imbibe **31.** A T-shirt, for example

- 32. Myopic
- 33. Play a trick on a roommate

#### **DOWN**

- 1. Breakfast meat
- 2. Leggy wading bird
- **3.** Two-spot
- 4. Location
- **5.** "See ya!"
- 6. Devoured7. Swap
- **11.** University of North Texas, for short
- 12. Banged Stooge
- **13.** Speak sweetly
- **14.** Attila the \_\_\_\_

- **15.** Yang partner
  - **16.** Video game parlors
  - **17.** Filling in
  - **18.** Author Anaïs
  - 19. Price place
  - **20.** \_\_\_\_ Paulo
  - **21.** Onassis who wed Jackie
  - **25.** Elm, cherry, and maple, for example
  - **26.** Flick
  - **27.** Military academy student
  - **28.** Secondhand
  - **30.** Caboodle sidekick?

Solution on page 4

#### 8 11 12 15 16 19 20 22 23 25 26 27 28 29 30 32 33

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Viewmont Land Service - Germantown.....(518) 965-4216 William's Lumber - Rhinebeck....(845) 876-9663

#### **Allegiance Trucks from** page 1

truck sales. I would see our parts and service increasing [in the coming months] due to low truck sales, because they don't have any vehicle product to put together right now. So, a lot of our customers are keeping all of their older equipment, and fixing it to keep it on the road, until the new products come in."

Given the uncertainties, it's reassuring for clients to know that Allegiance Trucks is working hard to stay on top of issues, and to be as resourceful as possible in assisting owners with keeping their vehicles operating. A Proven Line of Commercial-

Person at

a Time

Please

Class Trucks and Vehicles

Though in operation as a company for only a few years, Allegiance Trucks is making a name for itself as a quality provider of commercial class They serve the Northeastern United States as an authorized International Hino, Isuzu, and Ford dealer. Allegiance provides an

assortment of new and used vehicles. They tout that all connected sales, leasing, and service facilities use highly qualified and experienced personnel trained and ready to provide world-class customer care. They assure that clients can rely on Allegiance dealer locations to help choose a new truck, locate hard-to-find components, repair vehicles after an accident.

In short, the company is dedicated to assisting clients with all of their trucking requirements.

Pablo says the dealership focuses on providing several types of commercial class trucks and vehicles.

"We sell a mixed bag of vehicles. They're all Navistar. products. CVs, HX's, MVs and HVs. The CV and MV models are our medium range class units. The CVs are typically used for landscaping and municipalities. The MVs are more of a private industry. Same thing with the HX and the HVs. They're heavier class, and typically used by municipalities.

"Uses are a mixed bag as well. There's construction, you have snow removal, you have landscaping, on the larger side."

Snow removal is critical to every aspect of communities functioning during the winter months in the Northeast, and Allegiance offers a line of plows and sanders that help municipalities and private businesses keep roads cleared and businesses critical facilities like hospitals and grocery stores open.

Allegiance Trucks also happens to be New England's Leading Dealer of Pierce Fire Trucks, Vengeant Apparatus, and Road Rescue Emergency Vehicles.

According to the company,

845-943-0266

Rhinebeck, NY

they offer a complete medium and heavy-duty fire truck and emergency vehicle support center. They are a Pierce, Vengeant, and Road Rescue dealership for new and used vehicles, and have a complete Service Center staffed by Ford, Navistar, and Pierce trained technicians with ASE & EVT certifications.

Though the dealership

Continued on page 11

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We are Allegiance Trucks, the fastest growing commercial truck dealer in the Northeast with over 20 locations in 8 states, and we are changing the experience our customers have when it comes to buying, leasing, financing, servicing, and finding the right parts for your truck. Our mission is to work as one for our customers and make commercial trucking easier. We know that the key to our success lies with our people, and we want people who want more than just the next job. We could be the turning point in your career growth. We provide excellent opportunities to grow in knowledge, skills, and income. We believe in an engaged workforce with an active and hand-on leadership team. At Allegiance, everyone has a role in our success and we value everyone's contribution. Want to make a difference and be connected to an engaged group of people in a growing company? Come to Allegiance.

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- Must possess a full set of personal hand tools
- Must have, or be able to develop, detailed knowledge of International and/or Isuzu vehicles and all equipment.
- Must have successfully completed appropriate diesel/automotive certificate programs in repairs and service areas for /International and/or Isuzu
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- State Inspection License & DOT Certificate a Plus

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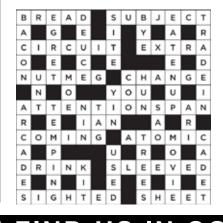
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#### WHERE YOU CA COUNT UMBIA

Germantown Gulf Station Bank of Green County - Germantown

Upstate Auto

Fully Loaded

Mrs. Sew & Sew Blue Stores Xtra-Mart Livingston Post Office Bell's Pond Xtra-Mart

Germantown Xtra-Mart

West Taghkanic Citgo Church Street Deli Copake Copake Front Porch Market Dad's Copake Diner O's Hillsdale Diner Hillsdale 4 Brother's Pizza Hillsdale Cobble Pond Farms Hillsdale IGA

Craryville Ameri-Stop

Craryville Xtra-Mart Philmont Pine Haven Philmont Cumberland Farms Claverack Xtra-Mart Claverack Post Office Red Kapp Route 9H & 66 Cobble Pond Farms Route 9H & 66 **Hudson Subway Mobil Station** Wash & Dry Fairview Ave

Plaza Diner Bank of Greene County - Hudson Fairview Wine & Spirits Wash Rite ShopRite 66 Food Mart 66 Fine Wine & Spirits

Mountain View Animal Hospital

Trustco Bank - Hudson

The Antique Warehouse Speedway Gas Station Hudson Polish Deli Salvation Army A Cut Beyond Hudson Red Barn Morabito's Restore



#### Sorry, No Vacancy at the Hospital

by Charlotte Michos, RN, MS, CNS, CLNC

If this virus was a visible enemy we would be at war with it, and we would be armed with vaccines to fight it. Instead we have the apathy of millions of adults, who refuse to be vaccinated, and they are crushing our healthcare system. In just a month's time from my last column; the situation has gotten worse. The number of people with COVID in the U.S. has skyrocketed. In one January day America had 1.35 million patients with COVID (more than any other nation during all of the pandemic). Out of those millions of people with COVID, the hospitals have seen an 83% increase in hospitalizations.

The situation has gotten so extreme with the unvaccinated population that even some of the top scientists are giving up. People assume that these scientists now think COVID does not require the strict guidelines as we originally thought; this is not accurate. It means we are at a point where, sadly, these scientists are surrendering to the fact that people will have to die or get very sick. Is that really the choice we want to make when we have other options that work?

If this is the path we choose as a nation – let people die and get sick, instead of wearing a mask and getting vaccinated, we still have other consequences to face. Due to the trauma of two years of COVID and the added disregard for hospital staff, we have pushed droves of healthcare workers out of the hospitals. If we continue to shun our healthcare system by refusing to follow guidelines and then expect our healthcare workers to take care of us (the numbers are massive) when we get COVID, the system will collapse. Why? 1. Hospitals are working in





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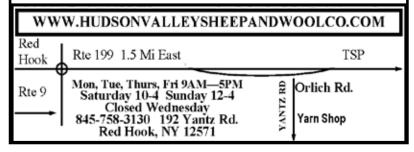
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# CRAIG AUSTIN DERMATOLOGY

Continued on page 12

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#### Cognitive **Dysfunction**

By Julianne Porter, DVM As we are making advancements in medicine and nutrition, we are seeing our pets live longer, and with aging come agerelated diseases. An ailment that often goes under-diagnosed, as it is often difficult to realize, is cognitive dysfunction. It turns out that some of the quirks our pets develop as they age may be related to a neurological degenerative disorder – very similar to

Alzheimer's in humans. This disease is relatively common in dogs with prevalence upwards of 35%. It causes amyloid plaque accumulation, atrophy, and neurotransmitter imbalances. It can also cause microhemorranges in the brain, which can sometimes be picked up on MRIs. These changes in the brain can cause disorientation (wandering, staring into space), (forgetting memory loss familiar faces, regression in housebreaking), altered sleepwake cycle (up at night, often restless) and increased anxiety.

It can sometimes be difficult differentiate cognitive dysfunction from concurrent age-related issues. For example, a dog may have trouble with stairs, and it could be that they either are painful, have trouble seeing, or have forgotten how to use the stairs. Diagnosis is based on clinical signs, ruling out other medical causes, and a positive response to therapy. As with other age-related

illnesses, this is not curable, but early diagnosis and intervention can slow progression. It is important to know that dogs as young as 6 years can begin to show changes in their brain associated with cognitive dysfunction. Diagnosis starts with a thorough history and physical evaluation with your veterinarian. They can discuss additional tests with you to rule out other diseases and recommend treatment options that are best for you and your pet. They may also suggest you try a Cognitive Dysfunction Syndrome Evaluation Tool known as DISHAA from the Purina Institute. This is a helpful tool that will objectively determine if your pet is at risk for this disease and track response to treatment.

Treatment is aimed at enrichment, environmental diet, and supplements. Regular exercise, especially during the daylight hours is important, as is engaging in play, offering new toys, puzzles, and teaching new tricks. Learning new things can replace damaged parts of the brain. The most helpful diet is one high in antioxidants, essential fatty acids, and medium chain triglycerides. There are several prescription diets available, and diets with whitefish, sweet potatoes, green leafy vegetables, and whole grains are often used. Supplements including S-adenosylmethionine (SAMe), melatonin, dog-appeasing pheromone (DAP) - or Feliway in cats – and Chinese supplements are useful in supporting brain health. Acupuncture has been considered, and there are experimental models, but no concrete recommendations at this time. There is an association between cognitive dysfunction and periodontal disease in dogs and treating the disease (with dental cleaning and antibiotics) often helps improve cognitive function. Likewise, there appears to be a connection between the gastrointestinal system breakdown in the intestinal barrier can allow microbes and toxins to cross the blood brain barrier leading to the amyloid plaque production as discussed above.

Unfortunately, there is not much data on cats and cognitive dysfunction. Most of the above information is from canine studies and is used to extrapolate information and treatment options in our feline friends. It's common for older cats to be more vocal at night, suggesting they also exhibit similar

and their minds become affected, and it is important to recognize the signs so that we can help to keep them as happy and comfortable

#### CRATE TRAINING **YOUR DOG** The Den Within a Den

Presented by Barbara Sweeney Fassett And Bark Busters Home Dog **Training Dutchess County** 

When I try to encourage my clients to consider crate training their dog, oftentimes they misunderstand what a crate represents to their dog. Owners will frequently tell me that they think the crate is the equivalent of a cage or maybe even a prison What people don't realize is that for most dogs, a properly introduced crate is the equivalent of a den that dogs naturally are drawn to and perceive it as a safe haven for them. It's the kind of environment that a dog would seek out if he/she were on their own in the wild to make them feel less vulnerable and safe. Understanding that your

dog's needs are often satisfied differently than human needs is how we develop a better understanding and a stronger bond with our dog.

Your dog thinks that the family is his pack and that your whole house or apartment is his den. For many dogs, however, the house is too large of a den, with many unwanted opportunities for stress and confusion. properly used crate can be the dog's sanctuary. It also serves as a valuable tool for owners to manage the dog's behavior during the training process, especially during the housebreaking process. Some important points about using crate:

- A crate should never be considered a substitute diligent training and supervision.
- The need for safety and shelter is but one of your

Continued on page 10



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## God's Corner

#### Focus Away from Fear

By Naomi Fata

The latest surge of the pandemic seems to have gripped the world with more fear. The fear and anxiety of the past two years almost seems like old news. It has changed people, changed the world and perhaps you wonder if it is possible to ever live unafraid again. If it isn't the sickness itself perhaps it is fear of the economy or the government.

A great deal of fear that we

feel has to do with the focus of our thoughts and attention. Staring at the problems saps our energy, makes us feel paralyzed by insecurity, and prevents us from doing the next right thing. Since focusing on the problems isn't helpful, we do need something to focus our attention on. The Bible says perfect love casts out fear. The only perfect love is God, far beyond all human love. To feel that love we also must

trust, believing that He is walking

with us through this journey. Fear also comes in when we lose perspective. Think of a movie with the plot, climax, and conclusion. In the middle of the movie, at the height of the conflict usually we get caught up in the action forgetting that every story has a conclusion. Right now, we are all in the middle of the story. If you have faith, you know the end of the story, that we will all die and that those who believe in Jesus will go to live with Him forever. The fear creeps in when we forget that this isn't our home, when we forget that

life has always been temporary. That doesn't mean the battle isn't hard, and that our hearts don't break from the losses we have experienced. But it does mean that His love will never fail us and that His promises will come to pass. It's this perfect love of God that is big enough to take away

the fear of the world around us.

When you feel afraid take a moment to refocus. Set your thoughts on God's perspective. Remind yourself of the end of the story. Acts 16 tells the account of a jailer who was afraid. He asked Paul and Silas how he could be saved. The response was simple: Believe on the Lord Jesus Christ and you will be saved (Acts 16:31) His response to your fear is the same.

God doesn't want you to live a life of fear, instead He is calling you to believe in His Son.

Join me in a simple prayer.

Dear God, thank You for Your
great love, so much that You
sent Your Son for me. I don't
want to live my life in fear.
Help me to believe in You.

#### LOVING GOD! LOVING ONE ANOTHER!

"Beloved, if God so loved us, we ought also to love one another." 1 John 4:11

Two Greek words translated love found frequently in the New Testament are Agape and Phileo. Agape is used to express God's Love, and Phileo is used to express brotherly love. Both of these words for love are to be found in the lives of those who truly believe on the Lord Jesus Christ as their Personal Savior and Lord.

The Epistle of First John Chapter 4 mentions love a number of times. We are to love God and to love one another. "Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God (1 John 4:7).

Love is an action word that is to be lived out in the lives of Believers. When a Believer is yielded to the Lordship of Jesus Christ (Romans 12:1,2) the Lord and His love will have first place in their life. The evidence of the yielded life will be the outflow of love and will be seen by others. It

is easy to talk about love, but the true evidence of genuine love will be realized when the Holy Spirit is ministering through the Believer's life. "And hope maketh not ashamed; because the love of God is shed abroad in our hearts be the Holy Ghost which is given unto us" (Romans 5:5).

Perfect love will cast out fear. "There is no fear in love; but perfect love casteth out fear: because fear hath torment.

He that feareth is not made perfect in love" (1 John 4:18). Believers are to fear God in the sense the they reverence and honor Him, but they shouldn't be afraid of Him because perfect love cast out fear. The Believer will have a loving and dynamic relationship with Him. Remember, God is our Heavenly Father and He loves His Children.

Having a personal relationship with our Heavenly Father was made possible by the Atoning Sacrifice of the Lord Jesus Christ on the Cross. "In this was manifest the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him" (1 John 4:9).

The evidence of a Believer being indwelt by and filled with the Holy Spirit will result in the Fruit of the Spirit being realized in their life and will be seen through their life. The Fruit of the Spirit is love, joy, peace ..." (Galatians 5:22,23).

As a result of being filled with the Holy Spirit, the Believer will have an intense love for God, and will have a genuine love for others. Loving God! Loving One Another. The greatest act and expression of love is the Lord Jesus Christ giving His life for our sins on the Cross, and by His victorious Resurrection. Brethren, as Christian we are for His friends. "Greater love hath no man than this, that a man lay down his life for his friends" (John 15:13).

If you would like to know more about Loving God and Loving One Another and/or what it

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means to be a Christian, please contact us by Email at fdcirone@ aol.com or by Phone at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is located at the intersection of Route 9 & Route 9G, 1/4 Mile North on Route 9 in Rhinebeck, N.Y. Frank L. Cirone, Pastor.

#### **Zonta Club from page 1**

to 1,100 clubs in approximately 63 countries, Zontians volunteer their time, talents and support to local and international service projects focusing on achieving gender equality and empowering women and girls.

Zonta clubs also sponsor Z clubs for high school students to develop leadership skills, promote career exploration and encourage members to participate in school, community and international service projects. The Zonta Club of Upper Hudson Valley proudly supports the Columbia County Z Club.

The Zonta Club of Upper Hudson Valley meets monthly (currently via Zoom) conducts events and fundraisers throughout the year. Members work to improve the lives of women in its local communities as well as worldwide. Zonta welcomes members to support its mission. Celeste Alexander Contact cmonte303@aol.com about membership. inquire

#### On the Calendar for February at Clinton Community Library

Clinton Community Library invites patrons to enjoy this month's celebration of Beloved Books! We will also be featuring bird-related activities to support the Great Backyard Bird Count with the Audubon Society. The library has had to be flexible, moving some programs online

and putting others on, "standby," until we can meet in person again. Keep checking the calendar for updates! The website is <a href="https://www.clintoncommunitylibrary.org">www.clintoncommunitylibrary.org</a>. As always, all are welcome to participate in programs, book clubs, ongoing classes, and fun activities for kids. Adult Programming

- Indian Food Cooking Class will be Thursday, 2/3 at 6pm (virtual- register ahead of time to get your recipe and ingredient list)
- Alice's Ordinary People, a presentation based on the documentary of the same name, will be Monday,
   2/7 at 6pm (virtual)
- Tea Time Book Club meets Thursday, 2/10 at 2pm (virtual)
   Hudson River Lighthouses
- will be Thursday, 2/17 at 7pm (virtual)

   Global Literature Book
- Club meets Monday, 2/21 at 7pm (virtual)
  • QiGong with Vince: Ongoing Mondays &
- Wednesdays 9:30am (virtual)
   All-Level Yoga with Mia: Ongoing Wednesdays 6pm
   Saturdays 10am (virtual)
- Chair Yoga: Ongoing Fridays 11am (virtual)

## **Children and Teen Programming**

- Storytime-to-go: Register for a preK book to read aloud and take-home activity kit, sign up Tuesdays on the calendar
- Handcrafts Take & Makes available throughout the month as long as supplies last. Register on the Monday of the Take & Make, pick up anytime after.
   Most programs require

registration. You are welcome to call the library at 845-266-5530, check the website

Continued on page 8

# **Lutheran Parish of Northern Dutchess**

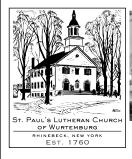
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#### Bliss Juice from page 2

blog, "Inside our bellies, we have an extensive intestinal lining covering more than 4,000 square feet of surface area. When working properly, it forms a tight barrier that controls what gets absorbed into the bloodstream.

An unhealthy gut lining may trigger inflammation -- and changes in gut flora (normal bacteria) could lead to problems within the digestive tract and beyond. The research world is booming today with studies that modifications showing



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#### Spaghetti Squash Meatball Casserole



#### **Ingredients**

1 medium spaghetti squash (about 4 pounds)

1/2 teaspoon salt, divided

1/2 teaspoon fennel seed 1/4 teaspoon ground coriander

1/4 teaspoon dried basil

1/4 teaspoon dried oregano 1 pound lean ground beef (90% lean)

2 teaspoons olive oil

1 medium onion, chopped 1 garlic clove, minced

2 cups chopped collard greens

1 cup chopped fresh spinach

1 cup reduced-fat ricotta cheese

2 plum tomatoes, chopped

1 cup pasta sauce

1 cup shredded part-skim mozzarella cheese

#### Directions

Cut the squash lengthwise in half; discard seeds. Place halves on a microwave-safe plate, cut side down. Microwave, uncovered, on high until tender, for 15-20 minutes. Cool slightly.

Preheat oven to 350°. Mix 1/4 teaspoon salt with remaining seasonings; add to beef, mixing lightly but thoroughly. Shape into 1-1/2-in. balls. In a large skillet, brown meatballs over medium heat; remove from pan.

In same pan, heat oil over medium heat; saute onion until tender, 3-4 minutes. Add garlic; cook and stir 1 minute. Stir in collard greens, spinach, ricotta and remaining salt; remove from heat.

Using a fork, separate strands of spaghetti squash; stir into greens mixture. Transfer to a greased 13x9-in. or 3-qt. baking dish. Top with the plum tomatoes, meatballs, sauce and cheese. Bake, uncovered, until meatballs are cooked through, 30-35 minutes.



in the intestinal bacteria and inflammation may play a role in the development of several common chronic diseases."

With that in mind, Annie and Michael also offer guidance around cleansing - something that many people do to springclean the body after winter isolation and rest. "Cleanses are an organic and natural way for our bodies to consume an abundance of raw, whole, live nutrients, vitamins, minerals and enzymes. Cleansing gives our digestion a break from the processed foods of a standard diet, while flooding the system with whole and organic nutrition.

"BLISS cleansing uses entirely raw, organic produce and vegan ingredients to provide a program which can address the daily stress on our bodies -and can even pinpoint chronic allergies or illness. Cleansing with raw fruit and vegetable juice, as well as raw plantbased food and superfood, is an easy, effective and convenient way to reduce inflammation, remove toxins, boost immune health, ease digestive stress, improve gut health, fight freeradicals and energize your entire body from the inside out.

"Here at BLISS, we believe the journey to wellness is one we can and should walk together. You know your body and we will work with you to find the cleansing and nourishment routine that is perfect for you." FYI, the popular BLISS Immunity Beverage consisting of fresh pressed carrot, pineapple, apple, ginger, turmeric, and lemon is sometimes in low supply by endof-day so it's best to call ahead for availability. Subscriptions are highly recommended. It's a good idea to visit their web site for a full menu of their offerings including BLISS Bowls -- which are thicker and more like eating sorbet or soft-serve ice cream and BLISS Bars which are easily transportable in a pocket or backpack. It's very clear Annie and Michael are passionate about educating their devoted clientele in optimum health.

For more information call 845-835-8337. Descriptions of current blends and seasonal specials can be found on their website BlissRedHook.com. out their Instagram account @ BlissRedHook to find colorful photos as well as tips and ideas. Gift certificates are available.

Hours are Tuesday through Friday 10 AM - 4 PM. Saturday 10:30 AM-2:30 PM. Closed Sunday and Monday. Note: Pick-ups should be ordered by 3:30pm for 4pm pick up. Counter orders require 15 minutes to prepare and are limited to what is still in stock. Calling ahead is recommended. BLISS offers walk-in take-out orders, online ordering, as well as subscription services custom-made cleanses. All cleanses

require 24 hrs notice. All specialty combinations require pre-ordering. "Ask us about creating your own perfect blend!"

#### Clinton Library from page 7

calendar www. clintoncommunitylibrary.org, clintonlib1215@ email gmail.com to sign up, or more information. **About Clinton Community** 

Library

Clinton Community Library was established in 1965. It is located at 1215 Centre Rd. in Rhinebeck, NY, adjacent to Hall. Clinton Town The library is open Mondays, Thursdays Tuesdays, and from 9-5, Fridays from 10:30-

6:30, and Saturdays from 9-1. Community The Clinton Library is a recipient of Joseph the Shubert Library Award for The Excellence. Library is the cornerstone of our community, enriching lives through free resources for learning, fun, and opportunity. For more information, call (845) 266-5530 www. visit clintoncommunitylibrary.org.

#### Claverack Free Library

The Claverack Free Library is pleased to announce an exhibition in the Marilyn and Bob Laurie Gallery from January 29 through March 12. Nellie and Matthew Meier, with fellow artists (and friends) Cynthia Tassinary and Samuel Reilly, present works on paper in a show titled *Meier*<sup>2</sup> + Friends. This group of young artists presents works in pencil, watercolor, and more, with subjects ranging from playful miniatures and landscapes to vignettes and Western depictions. Select works are available for purchase. An artists' reception will be announced at a later date. The Claverack Library is located at the intersection of routes 9H and 23B. Hours are posted at www.claveracklibrary. org, or call 518.851.7120



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#### Barkbusters from page 6

dog's needs. If all his needs are not appropriately addressed, crating may only create new problems.

in a crate unsupervised for long periods of time. Buy a crate that is appropriate for the dog's size. It should only be large enough for the dog to stand up and turn around. While



the puppy is still small, you might have to create a barrier to reduce the size of the crate and encourage the puppy to start controlling his bladder/ bowels understanding that the puppy is less likely to soil the area that he considers his living space. Some crates come with a divider for this purpose. Never

- your dog's punishment. crate as "Time outs" are not an effective training strategy. Teaching your dog to use a crate:
- Place an old sweatshirt or blanket on the floor of the crate as bedding. The "pack" smell of your old things will help comfort your dog, so be sure to handle or wear the item first.
- Create a cozy, dark and comforting environment for your dog by placing a cover over three sides of the crate leaving only the entrance open. Just keep the temperature in mind; vou don't want it too hot in his den. In warmer weather, a dark sheet will suffice.
  - Start the introduction with no pressure. Allow you dog to investigate the crate by placing toys, treats, even food and water inside, leaving the gate open and creating a positive association. Dogs learn by association. you force your dog into a crate and slam the gate behind him he is bound to associate negative memories to the crate the next time you want him to go in it. Start closing the gate when

he is occupied and let him

be. Many dogs will take

- a nap. However, do not be surprised if it takes your dog three or four days to become comfortable and relaxed. Start crating your dog for short intervals while you are still in view. Don't give the dog the idea that crating him means you are leaving.
- Do not release your dog from the crate because he whines. Wait until he is quiet. That might require you to sit beside the crate for a while and comfort your dog through the bars of the crate. Reacting to his demands will teach him that whining works to get what he wants. Once he has had pleasurable exposure to the crate, you

may gently guide him to it

on leash, if necessary. If he

resists, stay calm but firm, try feeding the leash through the back of the crate to provide better direction while giving encouragement lots of all that is often is needed. And the results? Happy Dogs = Happy Families Bark Busters is the World's Largest and Most Trusted Dog Training Company. Our techniques have been used to train more than 1.1 million dogs

worldwide without the use of treats or physical force and we provide Guaranteed Support for the Life of the Dog. We teach our clients how to view the world through the eyes of the dog and to "Speak Dog". By learning how to effectively communicate with a dog and tapping into what the dog already instinctively understands, you build a relationship with the dog based on trust, respect and bonding. Barbara Sweeney Fassett is the Owner of Bark Busters Home Dog Training, Dutchess County. As such, she has done business in the mid-Hudson Valley for the past 15+ years. On the eastern side of the Hudson River, her territory includes all of Dutchess County and on the western side of the Hudson her territory extends from Saugerties on the north to Newburgh on the south and Kerhonkson on the west.

For more information about Bark Busters, please visit our website at www.BarkBusters. com where you can take a free 20 question quiz to rate your dog's behavior. You can also contact Barbara directly by phone at 845-489-0764 and join in the fun by "liking" us on Facebook

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## Allegiance Trucks from page 4

focuses on certain municipal applications and lines of vehicles, as an Allegiance rep he can point clients, if needed, in the right direction for products and services that may be available elsewhere throughout

the dealership network.

Truck rentals are also part of Allegiance's business, and they offer inventory that includes CDL and non-CDL box trucks, cab tractors and reefer units – Not offered in Hudson NY yet.

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Pablo says he's happy to have the opportunity to operate the Allegiance dealership in the Hudson Valley region. "We actually got into this location through an acquisition, that used to be the old Ben Funk International location."

With a tough road still ahead for local towns and businesses looking to keep communities functioning using the commercial vehicles that help make it happen, it's good to know that Allegiance Trucks here locally, partnering provide a bridge to hopefully brighter times, current as economic and supply issues chain improve. Allegiance Trucks 3609 US 9, Hudson NY 12534 518-851-3581 https://www.allegiancetrucks.

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On January 1, 2022, the Village of Rhinebeck announced a municipal compost pilot program.

The program, entitled Village Compost, will initially serve 100 households. Village-based businesses are also invited with a commercial rate; so far Samuel's Sweet Shop and Sunflower Market have agreed to participate. If a handful of businesses join the 100 households, an estimated 1.7 tons of food scraps will be composted, rather than sent to

Continued on page 12



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12 - Hudson River View - February 2022

#### No Vacancy from page 5 crisis mode; you cannot

keep up this pace forever When there are shortages this degree, there compromises with are the delivery of care Too many patients results no bed availability; patients wait for hours to get care; or they are shipped other hospitals,

**Dale Hobson** 

- while others get sent back home with their illness, need for surgery and pain When you call for an
- ambulance, expect to wait If you think health care costs are high now, this is "little league stuff" What is the solution to prevent healthcare collapse and once again provide vacancies at

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- wear a mask and encourage and educate others to do so.
  - Simply put, the vaccine is safe. Look around and take note of the hundreds of millions of people vaccinated. Not only are they not dead, they are functioning quite well. For example, Donald Trump says that he is doing just fine being vaccinated and boostered.
  - Do you know someone afraid or anxious? Encourage them to talk to a healthcare professional about their fears; the fears are not based on reality. What is real is that we are facing the denial of medical care because of the lack of bed availability and there is not enough staff to care for us. 3. Do you know people who are stuck... a product of inertia?

Help get them motivated with information - such

as what is presented here. being misguided? Public health measures have been in place for years; this is nothing new. This particular vaccine for COVID has been researched for years and wearing a mask is a simple preventative measure (our surgeons and operating room staff do it all the time). We want safe water to drink; we want uncontaminated food; and we do not want toxins in our medicine. Public health measures keep us safe.

Not wearing a mask and not getting vaccinated because of one's feelings, denial or selfishness will backfire on us. We are in a pandemic and not recognizing what needs to be done to fix it can really result in our health being compromised. The virus has no emotions; it only knows survival and how to march on.

Charlotte Michos is a clinical nurse specialist who serves as a Healthcare Consultant in helping others make informed decisions about their health. For more information, products and to view previous articles visit www. besthealthconsultant.comoremail

- our hospitals? Get vaccinated,
- - 4. Do you know of people

charlottemichos@icloud.com

#### **Rhinebeck Launches Village** Compost from page 11

the landfill. Mayor Bassett and the Village Board of Trustees voted unanimously in favor of the pilot at the December 14 Village Board Meeting.

Village-based households

can apply for one of the 100 spots via an application: https:// www.climatesmartrhinebeck. org/village-compost-pilot The deadline to apply is February 4, 2022, with food scrap drop off starting March 1st and running for six months through August. Village Compost is organized by

Climate Smart Rhinebeck, a task force of volunteers working with Village Trustee Vanessa Bertozzi. With residents and members of the task force showing longstanding enthusiasm for the topic, they organized a Compost Subcommittee and got to work.

Trustee Bertozzi and the Subcommittee designed the pilot to focus on getting into the habit of food waste collection and building a waitlist to gauge demand. The Village will partner with The O Zone, an independently owned sustainability center based in Red Hook. 100 households will pay a small monthly fee, subsidized through the municipality. Participating households will receive a small lidded bucket, and will be responsible for dumping their food scraps into larger bins at the center of the Village. The O Zone will then haul the scraps on a weekly basis to Ulster County Resource Recovery Agency (UCRRA). Finished compost will be available to participants at the end of the pilot.

"It's about cutting down on Continued on page 13

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#### Rhinebeck Launches Village Compost from page 12

waste. The average American household's garbage contains about 30% compostable material," notes Mary Burns, member of the Compost Subcommittee, citing a feasibility study the team did with RIT's Pollution Prevention (P2i) 2021. Institute in

Composting is important because it builds healthy soil eco-systems—enhancing the landscape's ability to absorb stormwater and promoting biodiversity at a microscopic level. Food waste, when trapped in rotting piles in landfills, produces methane, a potent greenhouse gas that contributes to climate change. Composting—a different chemical process with oxygensequesters carbon in humus.

Village Compost will work with community groups to spread the word, such as the Rotary Club, Interact Club, and Dirty Gaia. "We'd love to get youth involved, direct impact on where they live and their future on this planet. There are opportunities for youth leaders to then share this model with other communities," said Dorna Schroeter, member of Compost Subcommittee.

#### 6:30 pm, 3rd Thursdays in 2022, **Red Hook Public** Library

WHAT: Red Hook Public Library Board of Trustees general meetings are scheduled to take place on the 3rd Thursday of each month in 2022 at 6:30pm. All Library Board meetings are open to the public. Meetings are in person, or virtual as law allows during the pandemic. Locations each month, as well as interim and committee meeting dates and times can be obtained on the library's website. Virtual meeting links can be obtained by emailing director@redhooklibrary.org. Red Hook Public Library has as this is a project that can have a been serving the community of Red Hook and its need for lifelong learning since 1898. It has been designated a fivestar library by Library Journal each 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, email director@redhooklibrary.org, or www.redhooklibrary.org.

#### **Museum Hosts** Lecture on Lost Amusement Parks

Parks "Lost Amusement of the Hudson Valley" The Hudson River Maritime Museum is pleased to announce the upcoming lecture "Lost Amusement Parks of Valley," by Wes and Barbara Gottlock, held on Wednesday, February 9, 2022 at 7:00 PM. Did you know? Amusement

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parks of all sizes once dotted the shores of the Hudson River, many at or near major Hudson landings. River steamboat Carousels, Ferris wheels, roller coasters, and rides stood alongside swimming pools, boat rentals, and bandstands. With its population growth and its close proximity to New York City, the Hudson Valley was a natural setting for these popular

#### Continued on page 15



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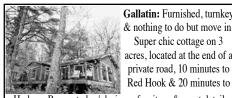


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& village center. This home boasts an open & bright floor plan, a lovely country Kit & a lower finished level that is ideal for guests. Walkout to

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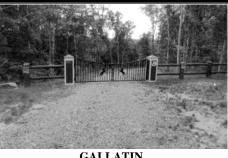
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#### **Museum Hosts Lecture** from page 13

parks, which lined both sides of the Hudson before the turn of the 20th century. Tourists and locals alike were transported to the parks first by Hudson River steamboat or trolley car, and later by automobile.

In this virtual lecture, local historians Wes & Barbara Gottlock, authors of the book *Lost* Amusement Parks of the Hudson Valley, will highlight some of the impactful parks that reigned as recreation meccas for millions of people for over 50 years.

Wes & Barbara Gottlock are retired educators who developed an avid interest in local history. They have co-written six books on Hudson Valley and New York City history, including Lost Amusement Parks of the Hudson Valley. Wes is just now finishing a solo book about Manhattan's East Village. Their website is gottlockbooks.com.

Tickets are \$7 for the general public and free for Hudson Maritime Museum River members. To register, visit

www.hrmm.org/lecture-series. River Lecture Series For more than a decade the Hudson River Maritime Museum's "Follow the River Lecture Series" has hosted historians, authors, and maritime experts for engaging illustrated talks on a variety of regional history and maritime subjects. In recent years, many of the lectures have also been recorded and are available on YouTube. For more information about upcoming lectures and to access recordings of past lectures, www.hrmm.org/lectureseries. The series is sponsored by Rondout Savings Bank. The Hudson River Maritime Museum is dedicated to the preservation and interpretation of the maritime history of the Hudson River, its tributaries

and related communities. In

addition to extensive collections

recreation, and natural science,

the museum offers classes and

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School, Sailing and Rowing School, and aboard its floating classroom, Solaris. The museum is located along the historic Rondout waterfront in downtown Kingston. Visit <u>www.hrmm.</u> org for more information.

#### Murder Café presents the 24th anniversary edition of its Valentine's themed, mystery dinner.

In celebration of its 24th year in operation, and its return to live and safe performances, Murder Café will be offering the a new version of its popular Valentine themed whodunit: "Death by Chocolate."

This dinner theater performance, which offers music, mystery and comedy, will be presented on Wednesday, February 9th at 7:00 pm at the Venue Uptown, 503

The **Hudson River View** 

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Washington Avenue, Kingston, NY 12401. Tickets are \$59 per person, and can be purchased by visiting www.murdercafe.net. For information call 845-475-7973. The entertainment is suitable

for all ages, costumes are encouraged but not required and guests will be encouraged to follow CDC regulations. Murder Café owner Frank *Marquette wrote Death by* Chocolate. Actor Lauren Roberts of Kingston directs the 2022 edition, and she explains the plot as follows: "Danny Crunkle, owner of Dan-Dee-Can-Dee,

Continued on page 16



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#### LIVE-WORK IN PINE PLAINS

OWNER FINANCING AVAILABLE

On main st. (Church Ave./Rt. 199) this is zoned commerical and/or residential. C1865, 2556 s.f. and rear 500 s.f. casita on .49 acres. Main level has foyer, EIK, 2 parlors, office, and BA. Upper level has 5BRs/2BAs. Vintage details and 3 fpls. Rear 1BR/1BA rental or studio/ workshop. Min. Millerton and CT. \$375,000.





Assoc. broker and long-time Rhinebeck resident Harry 'Huck' Hill's family has lived in the Hudson Valley for over 200 years. He has an intimate knowledge of the region and its evolving real estate trends – estates, farms, weekend and full-time residential, commerical and land.



HARRY HILL, ASSOCIATE REAL ESTATE BROKER Rhinebeck Brokerage • 845.876.4443(o) • 914.489.7143(c) houlihanlawrence.com • hhhill@citlink.net

#### Repairs & Replacements • Field Mowing - (Bush Hog Mowing) • Water Lines & Repairs Site Work for New Homes • Land Improvements • Driveways Fixed & Installed • Deliveries Of Sand / Stone / Topsoil **Electronic WELL Locating Service** • Rock Removal • Bulldozer & Backhoe Work Lawn Service - Large & Small Jobs 845-876-2630 Emergency 845-417-1670 HOULIHAN LAWRENCE

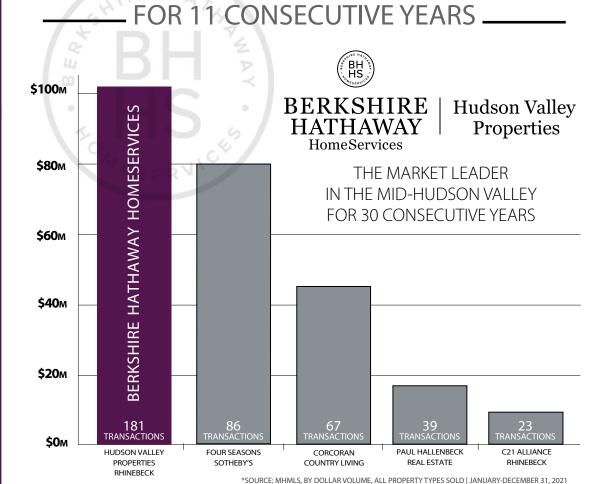
LeGrand Excavating, Inc.

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## **#1 REAL ESTATE OFFICE IN RHINEBECK**



#1 REAL ESTATE OFFICE | IN THE HEART OF THE VILLAGE | BHHSHUDSONVALLEY.COM 6384 MILL STREET I **845.876.8600** I RHINEBECK NY 12572

COLDWELL BANKER VILLAGE GREEN

397 Main St, Catskill 7484 S Broadway, Red Hook



## BERKSHIRE HATHAWAY **HomeServices Hudson Valley Properties**

## PROUDLY WELCOMES

## PAUL HALLENBECK **REAL ESTATE**



STEVEN DOMBER President Berkshire Hathaway HomeServices **Hudson Valley Properties** 



PAUL HALLENBECK Associate Real Estate Broker Paul Hallenbeck Real Estate

**PAUL HALLENBECK AND HIS TEAM JOIN** THE BERKSHIRE HATHAWAY **HOMESERVICES HUDSON VALLEY PROPERTIES** RHINEBECK OFFICE

> **#1 REAL ESTATE OFFICE** IN RHINEBECK

FOR 11 CONSECUTIVE YEARS

6384 MILL STREET IN THE HEART OF THE VILLAGE 845.876.8600

THE LEADING REAL ESTATE COMPANY IN THE MID-HUDSON VALLEY FOR 30 CONSECUTIVE YEARS

**BHHSHUDSONVALLEY**.COM

#### Murder Cafe from page 15

is merging with Hershel Crackleberry his biggest competitor. Danny's dinner guests include his soft son Goobar, nutty ex-wife Sister Godiva, creamy girlfriend Coco, crunchy attorney Fanny Farmer and brittle chocolatier Russell Stover. Before your salad is served someone will poison Danny's sweet deal and you're either a suspect or a

witness to murder."

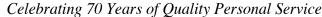
Chocolate Death by interactive and four guests will be cast as witnesses. Those who guess "whodunit" will be eligible for prizes.

The cast features the talents of Tom Roberts, Lauren Roberts, Jessica Boyd, Frank Marquette, Ellen Pavloff and Jim Keenen. The ticket price will

include a three-course dinner with entrée choice. About Murder Café: Founded in Las Vegas in 1998, Murder Café

is the creation of actor, writer and director Frank Marquette, along with wife and producing partner, Kristen Marquette. Since returning to their native New York in 2009, they have been serving quality entertainment for both public and private events. Primarily known for comedies, musicals and murder mysteries, Murder Café provides entertainment for company parties, fundraising events, schools and colleges, casinos and a number of choice public venues.







400 Rte 308 Rhinebeck, NY P (845) 876-3196

REAL ESTATE uc (845) 876-3196

WWW.StaleyRealEstate.Com



P (845) 876-3197

#### TRADITION & EXPERIENCE COME **TOGETHER**

#### **RBK Village 14 Acre Parcel**



Located on the East side of the Rhinebeck Village is this 14 acre vacant parcel that offers many opportunities. Some possible uses are: Private Estate, Minor/Major Residential

Subdivision, Agricultural Use, Home Occupation and/or a Bed & Breakfast, just to name a few. Owner financing with terms...Asking \$1.9 Million

#### **Upstate Christmas Tree Farm**



the Town of Rhinebeck, 3 miles east of the village is this 90 acre christmas

w/a classic turn of the century 3 BR colonial. The property also boasts a historic hand hewn barn, 2nd barn w/electric & plumbing, run in shed. Meandering stream. This is a great opportunity for anyone looking to farm or horse property.

#### \$1,150,000

#### Located in the Rhinebeck Village



within walking distance to Schools. Parks and Restaurants

single level, 2 bedroom, 1 bath, 1064 sqft ranch on 0.21 acres. This home boasts a den/office and the window and heating system have been updated. wood floors, galley kitchen, full bath with tub and 2 nice sized bedrooms all compliment the property. The house sits far back off the road and is also home to a 1 car detached garage and storage shed....Asking \$459,000

#### Red Hook Village Mixed Use



investors!! Don't miss this rare opportunity to acquire this 2200 SQFT

located in the Village of Red Hooks Neighborhood Mixed Use district. Built in 2009 some possible uses are Multifamily, Live/Work Unit, Bed & Breakfast, Professional Offices, Day Care Center and Retail just to name a few. Call today for more information...Asking \$429,000

#### 18000 SOFT Commercial Building



Located in the Town of Red Hook close to the Kingston/Rhinecliff Bridge in a high traffic count area is this 18000 SQFT Building constructed of 12 inch block on 4.9 Acres. At current it is home to a bowling alley but other uses are possible with a variance. Call today for more info...Asking \$1,490,000

#### 29.83 Vacant Parcel



Centrally located in between The TSP and Red Hook in the Elizaville NY area is this large sprawling 29.83 acre parcel with seasonal Catskill Mountain views. This property is mostly cleared and offers 5 different meadows sectioned off by hedge rows. This

would make a great farm, estate or horse property and offers ample opportunity to qualify for an agricultural tax exemption. Restaurants, activities and shopping are all close by in Hudson and the Red Hook & Rhinebeck Villages...Asking \$410,000



3192 sqft, 4 bedroom 3.5 bath colonial with mountain views, private pond and a peaceful stream in beautiful Lagrangeville. This property was built by a true craftsman and has a 3+ acres and an additional 1+ acre parcel. The home boasts a custom eat-in kitchen that flows into the open concept family room with fireplace. The first floor also includes a formal living room, home office with cherry flooring. The second floor main bedroom is home to solid butternut flooring, en suite bathroom with custom cabinets. There is also a mother-daughter suite with its own private entrance and laundry area. The property also consists of a 2 story barn that is home to a 1 bedroom apartment and workshop. There are 4 additional structures on the property, all currently used for lumber and machinery storage...Asking \$995,000