



# Hudson River View

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Postal Customer

## LOCAL BUSINESS TRIED TO OVERCOME IN 2021

By Joe Doran and Amy Byrne:

Local businesses looked to rebound in 2021, though the road has been tough for many. From finding workers to fill positions, to finding creative ways to reach and rebuild relationships with customers, the year has been another challenging one.

Supply lines and prices have also been on the minds of business owners. But as the New Year fast approaches, we can all hope that the Christmas shopping season continues to give a boost to the locally owned businesses that help make the mid-Hudson region so special.

Here's a rundown of some of the ones we profiled in 2021:

**Craig Austin Dermatology**

The convenience of a new Craig Austin Dermatology Rhinebeck office is good news for anyone looking for professional care for skin related problems or conditions. And when it comes to skin cancer screening and diagnosis, the news is even better. Craig is a board certified pathologist who contributes his

knowledge and experience in that area as an associate professor at Mount Sinai Hospital.

Painful conditions such as eczema, rosacea and acne can reach the point where they are debilitating, and can cause serious lasting damage. And in the case of screening for skin cancer, the stakes can be even higher. That's why seeking professional help and regular screenings is a smart idea.

Craig's practice also offers some of the latest technologies for cosmetic skin care. "We do a lot of ultherapy, which is a machine that tightens the skin. So it's like getting a plastic surgery without having to go through the surgery. It's like a facelift, so ultherapy is a nice procedure." Craig Austin Dermatology PC (845) 896-6669  
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## 2022 WILL BE A GREAT YEAR!

By Lisa Dudley

As we welcome the new year, we are hearing from local businesses who are expecting good things for our economy and for the future.

Many folks are wondering if this robust real estate market will continue into 2022. According to Barbara Robinson, Principal Broker of Red Apple Realty, Inc. and top broker for Columbia County (re: Columbia-Greene Northern Dutchess MLS statistics), "We are continuing to see healthy real estate activity into December and anticipate the market to remain strong in the upcoming year. Values are up, so this is a great time to think about selling." If you're a buyer, "There are still some excellent homes in each and every price range" from which to choose.

Red Apple Realty and Frank Starkes Insurance have officially re-opened their new location at 2 Charles Street in Hudson/Greenport, situated at the corner of Fairview Ave. (near the new McDonald's) where they have been celebrating 50 years of service with a continuing

tradition of delivering "a festive basket of red apples at Christmas to those who purchased a home from Red Apple Realty" -- over 2,000 baskets delivered to date. For more information call Barbara at 518-851-9601, email homes@RedAppleR.com or visit online: www.RedAppleR.com. Facebook: @redapple Realty.

Patrick Studley is another who has relocated. "Business is picking up," he states, "since our recent move to 1363 Route 9G in Hyde Park" -- and the new Hudson River Acupuncture road sign is expected to be up some time this month. "Acupuncture can effectively treat a wide variety of health problems and conditions, including muscle aches to musculoskeletal disorders to chronic issues such as high blood pressure, menstrual pains, or even anxiety, addiction or depression," he adds. But acupuncture is also good for relieving post-holiday stress. "This is a great time to make a New Year's resolution to take better care of yourself," he advises. To learn more about acupuncture and to set up an appointment,

**Continued on page 14**

## GERMANTOWN GARDEN CLUB MAKES HOLIDAY DONATION

The annual December activities of the Germantown Garden Club include sponsoring fresh wreaths to be hung along the village, and placing Christmas trees along the road in the village of Germantown. The club holds an annual 'Christmas Market' the first weekend of the month of December, selling member decorated fresh wreaths, fresh table arrangements, a bake sale and a boutique and member donated holiday houseplants sale. A final meeting for the year follows. Included is the installation of new officers. This year Maureen Lockwood was installed as Vice-President for 2022. On the agenda was a recap of the previous year with committee reports. The winners of the Annual Adorn-A-Door



Pictured on left Germantown Garden Club Garden Therapy chairman, Carolyn DiMauro, on right Danielle Holloway, recreational staff member of Livingston Hills Rehabilitation and Nursing Home.

competition held at the senior residence, Palatine Manor were announced. As part of these annual activities, the members donated gifts for the residents of the Livingston Hills Rehabilitation and Nursing Home. This year over 100 gifts were donated. The gifts are delivered by the Garden Therapy Committee Chairman, Carolyn DiMauro and co-chairman, Maureen Lockwood. Want to get more information and become a part of this club, call President Fran Bufi at 518-537-4868.

The Germantown Garden Club is a member of Third District, Federated Garden Clubs of New York State, Inc., Central Atlantic Region and National Garden Clubs.



## NEW YORK STATE PARKS WINTER GEOCACHE CHALLENGE

*Enjoy a hike combined with the fun of a good old-fashioned treasure hunt!*

Beginning January 1 and running through Mid-April, the Taconic Region of NYS Parks is excited to host its 2022 Winter Geocaching Challenge. Participating parks in this year's challenge; Lake Taghkanic State Park in Ancram, Clarence Fahnestock Memorial State Park in Cold Spring and Mills Norrie State Park in Staatsburg. All our caches will take you to an interesting area of our parks and give you a little taste of history or environmental education. While you are geocaching, take some time and enjoy all that these parks have to offer. You and your family will understand why New York's Hudson Valley is a great place to be. *Please, remember to take only pictures and leave only footprints.* Geocaching is an any day, every day all ages treasure hunt that happens in your favorite places and places you've never been. *New to Geocaching? Sign up and learn more about geocaching at [www.geocaching.com](http://www.geocaching.com)*

New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual parks, historic sites, recreational trails and boat launches, which were visited by a record 78 million people in

2020. A recent university study found that spending by State Parks and its visitors supports \$5 billion in output and sales, 54,000 private-sector jobs and more than \$2.8 billion in additional state GDP. For more information on any of these recreation areas, call 518-474-0456 or visit [parks.ny.gov](http://parks.ny.gov). Connect on [Facebook](https://www.facebook.com/nysparks) or follow us on [Twitter](https://twitter.com/nysparks). The free New York State Parks Explorer mobile app is available for iOS and Android devices. To download, visit: [Google Play Store](https://www.google.com/play/store), [NY State Parks Explorer App](https://www.apple.com/app-store/) or [Apple Store](https://www.apple.com/app-store/), [NY State Parks Explorer App](https://www.apple.com/app-store/).

*The February Edition Of The Hudson River View Will Be In Area Homes On February 2nd The Deadline For Advertising And Press Release Submission Is January 19th*

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# ACCORDING TO QUACKERS



Winter is likely to be many people's favorite time of the year. While it can get bitterly cold depending on where you are in the world, it is also the time of year in the northern hemisphere for Christmas and New Year celebrations. What's more, there's nothing quite like taking a stroll through snowy trails and wrapping up warm. Regardless of what you feel about winter as a

season, there may well be plenty you don't actually know about the months of December through to February. Here are a few fun facts about winter that will fascinate you as the cold snap approaches.

**1. We probably see more of the Sun during winter.**

Believe it or not, during the winter, the Earth is actually likely to be closer to the Sun. The drop in temperature during the season has nothing to do with our location in relation to the Sun, rather, it relates to the Earth's tilt. While one hemisphere witnesses warmer weather in the wintertime, the other will get colder weather. That's why Australia, for example, celebrates a warm winter compared to the UK and USA, where things really start to get bitterly cold.

**2. Now THAT'S a deep freeze.**

The coldest UK temperature ever recorded in winter was experienced in Braemar in 1895 and 1982, and in Altnaharra, Scotland, also in the same year. Both areas experienced lows of -16.9 F!

**3. Winter might not warm the heart.**

It's thought that winter is the worst time for many relationships.

Statistics and research shows that couples may double their chance of splitting up between December and February. Whether this is due to holiday pressure or seasonal depression is open to debate.

**4. Japan tends to get snow worse than many other countries.**

Snow falls hard in various locations during the winter, but Japan seems to be one of the worst-hit countries. In

fact, Aomori is perhaps the snowiest city in the world at wintertime, with around 36 feet of snowy downfall likely to hit the area during the cold snap.

**5. Britain has its fair share of frost, too!**

The coldest UK winter ever recorded fell in 1963. It's here where many cities and regions experienced temperature lows of -4 F.

Continued on page 3



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**Quackers from page 2**

**6. We have our own hibernation rituals!**

Winter is typically the time of year when animals will store food for hibernation. Humans, of course, don't take part in this, but we do tend to eat more over the winter period.

**7. What's the coldest country in the world in wintertime?**

Russia remains the coldest country in the world during winter, though Canada and believe it or not Mongolia are not far behind.

**8. The Arctic can struggle to see the Sun.**

The Arctic Circle descends into total darkness during winter

for a number of weeks. There are animals such as reindeer which live in the region who have adapted to such change, as their eyes allow them to navigate in the dark.

**9. The US has seen lots of snow in one heap!**

The most snowfall ever recorded in one winter took place in Mt Baker, Washington. This ski resort saw snow fall to a staggering 1,100 inches between 1998 and 1999.

**10. Snow comes in two main forms.**

There are actually two different types of snow phenomena. Some snow is dry, while other snow can

be wet! That's why you get some which is powdery and solid, or dry, and other snow which is softer and easier to play with.

**11. What's the world's biggest snowflake?**

The biggest snowflake ever recorded was found in Fort Keogh, Montana. The monster flake fell at around 15 inches wide, making it a true record-breaker. Speaking of snowflakes, they're not white – they're see-through.

**12. The Winter Games started around a century ago.**

The Winter Olympic Games first took place in 1924 and have been a regular fixture in the northern hemisphere every four years, running conversely to the Summer Games. As a result of the scheduling, no one from the southern hemisphere has ever bid for the Games. Winter Olympic Games, Pyeongchang-gun, South Korea

**13. Let's squash some myths about snowflakes.**

Snowflakes will differ from flake to flake, but they are all hexagonal. Actually – not all snowflakes are

completely unique. There have been very rare cases where two snowflakes found have matched up. We certainly wouldn't like to be the ones playing that intense a game of spot the difference!

**14. Snow isn't generally water-based.**  
You may assume that much of snow is water. However, while

this can vary, there is actually probably less water in snow than you might imagine. It's thought that only a twelfth of snow, on average, is H2O.

**15. Stonehenge is a winter calendar of sorts.**

Stonehenge, the ancient druid and pagan site in Wiltshire, England, lines up perfectly with the sunset as it falls around the winter solstice.

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**ACROSS**

- Beloved TV star
- Give approval
- Tic-tac-toe victory
- "See ya!"
- Fee, fi, \_\_\_\_, fum
- Part 1 of an observation by 1 Across (three words)
- Part 2 (three words)
- Baltimore's favorite bird
- Right away
- Part 3 (four words)
- Part 4 (two words)
- You and I
- Layer
- Presidential nickname
- Bygone love
- Part 5 (three words)

**DOWN**

- Bills home
- In the direction of
- Child's delight
- \_\_-hoo!
- Lady Byng Memorial Trophy sport
- Catch some rays
- Olive \_\_
- Shade of green
- Neuwirth of *Cheers*
- Hagar the Horrible's daughter
- Oklahoma's second-largest city
- Prize money
- Fragment
- "Go, team!"

**21.** Slangy denial

**22.** Healthy breakfast

**23.** Overexert oneself

**24.** Traditional church donation

**25.** Paradise

**27.** Bad spell

**28.** Seek political office

**29.** Clamor

**30.** Hit the slopes

**34.** *The Wizard of Oz* aunt

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**Local Business Tried to Overcome in 2021 from page 1**

**New Book "Stories to Nourish the Heart" by Elisabeth Seidel**

Long-time Red Hook resident Elisabeth Seidel shares a series of insights on a life spent learning to grow in love, often by seeming accident or

serendipity, in her new book. Though it imparts its wisdom via personal reflections, *Stories to Nourish the Heart* is more than a reminiscence. Rather it uses the personal to meditate on questions every person asks at one time or another. Told in loosely connected

sketches, Elisabeth's latest work is an easy read in one sense. But at the same time, it offers much spiritual food for thought. In a section comparing a parent's love for a child, and God's love, Elisabeth writes: "To be a parent, we learn to love unconditionally. This is why all of us should become a parent, to grow and feel God's heart, because He loves us as a parent. Parental heart makes us more complete, more whole. Then we can love others too, as a parent. "If for any reason we cannot have children, then we can adopt, or be a foster parent, or adopt a loving animal with whom we can share our abundant love." By its series of spare yet thoughtfully contemplated vignettes, *Stories to Nourish the Heart* will gratify anyone who is looking to be more open to the lessons available in life's sometimes perplexing, but more often mundane events. For more info, visit: <https://dietrichfseidel.com>

that make upgrading a reality. "We get them done. We're one of the few dealerships that can do that. We have a great relationship with New City Funding." And Upstate Auto is always on the lookout to buy quality, well-maintained used vehicles as well. With supply chain problems hitting practically every industry, used autos saw upward pressures on prices in 2021. Marty Sr. notes that the dealership mostly tries to buy vehicles that have had only one owner, and no accidents. Once they vett and purchase a vehicle, they perform basic maintenance and clean-up to ready it for sale. Upstate Auto 4895 Route 9G, Germantown NY 12526 518-537-CARS (2277) [www.UpstateAutoInc.com](http://www.UpstateAutoInc.com) Hours: Mon thru Fri 9-5pm; Sat 9-1pm. Or by appointment. **Mondello Opens New Real Estate Office in Pine Plains** Mondello Upstate Properties

LLC., trusted local experts in real estate since 1974, opened a new office in Pine Plains, at 2990 Church Street, Suite 3. The building is known to locals as The Baden House. Owner and Principal broker Catherine Mondello says the addition helps the agency expand offerings to clients looking for quality country homes in the region. In 2021, the mid-Hudson region continued to lead a nationwide sellers' market fueled by COVID moves out of urban areas. "The current real estate market is tough for buyers, especially first-time home buyers who make up a good portion of our clientele," says Catherine. We can help more people find affordable homes. There seems to be some easing of the hyperactivity that marked 2020." Having nearly 50 years of combined experience and local connections has helped Mondello

**Continued on page 5**



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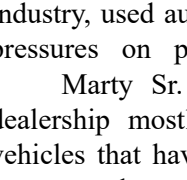
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Fully Loaded	Hillsdale 4 Brother's Pizza	Red Kapp Route 9H & 66	66 Food Mart	Hudson Red Barn
Blue Stores Xtra-Mart	Hillsdale Cobble Pond Farms	Cobble Pond Farms Route 9H & 66	66 Fine Wine & Spirits	Morabito's
Livingston Post Office	Hillsdale IGA	Hudson Subway Mobil Station	Mountain View Animal Hospital	Restore
Bell's Pond Xtra-Mart	Craryville Ameri-Stop	Wash & Dry Fairview Ave	Trustco Bank - Hudson	

**Local Business Tried to Overcome in 2021 from page 4**

in finding properties and serving clients looking to sell, and in helping clients from outside the region understand and negotiate a suitable entry into the area. MondelloUpstateProperties,LLC Offices:

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2990 Church Street, Suite 3  
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518-293-3033

info@mondello.com  
Website: mondello.com  
**Finding the Best Medicare Plan in 2022 with Palmiter Business Solutions**

There have been some major changes happening with healthcare providers and Medicare insurance plans that will affect many in the mid-Hudson region. But Palmiter Business Solutions can guide Medicare eligible clients in finding the best healthcare plan to suit their needs.

Though Medicare's Annual Enrollment Period ended in December, the so-called Open Enrollment period for people who have Medicare Advantage plans, is still active, through March 31 2022.

"It's a second opportunity only for those on Medicare Advantage Plans," Aaron explains. "For example, those that are on plans

where like say Caremount is going out of network, if someone forgets to make changes during the Annual Enrollment Period, well then they can actually meet with us, sit down with us in January or February or March, and we can switch them to something else within that time." Palmiter Business Solutions, Inc. 4354 Albany Post Road, Hyde Park NY 12538 1-845-773-9164

http://palmiterbusinessolutions.com

**Hudson River Maritime Museum**

The learning opportunities provided by Kingston's Hudson River Maritime Museum don't just encompass increasing knowledge of history. They also are geared to helping people gain real world skills in traditional crafts and endeavors.

The museum, located in the popular Rondout waterfront district, offers an air-conditioned space with an array of interesting exhibits, lectures, as well as regular classes in woodworking and boating.

In the warmer months, the fun isn't limited to the shoreline. Thanks to Solaris, a traditional looking displacement hull touring boat with state of the art features, the HRMM can take a learning adventure onto the river. What's more, there are custom tours that

make it easy to choose something that captures the imagination. Hudson River Maritime Museum 50 Rondout Landing Kingston, NY 12401 845-338-0071 info@hrmm.org

**Country Home Handyman Helps With Repair and Improvement Projects**

Good news for anyone in need of home repair or painting projects, new decks and practically any other skilled workman service: Country Home Handyman Adam Johnson is back in the area.

After a pandemic related move, Adam, who grew up in Red Hook, is back along with his wife and young son. He says he's happy to be doing what he loves again, helping people improve and protect their properties.

Lots of routine repair jobs and home improvement projects have been put off by homeowners during COVID. Also, waves of new residents have come to the area, buying or renting homes, without always knowing exactly what they're getting into, as far as home maintenance and repair needs.

Country Home Handyman Adam Johnson (845) 594-9021

**Hudson Valley Estate Management LLC Offers Services For Any Home Project Or Need**

Whether it's routine home maintenance, or a major renovation project, Hudson Valley Estate Management, LLC can handle it. Catherine Ackert has 20 years of experience with the world's most demanding clientele, managing properties in NYC and across the country.

There are a lot of new local property owners in the region, and right now there's a demand for trusted services, so it's nice to know that Catherine and her staff can perform just about any routine home maintenance task reliably and efficiently.

"Some homeowners just require some care because they're weekenders," says Catherine. "So when they come up on the weekends, they would like their houses ready."

The full list of routine and seasonal services Hudson Valley Property Management can provide covers just about any need a homeowner might have. Common seasonal services include landscaping, snow removal, fall clean up, spring spruce ups, pool maintenance, power washing and more.

Common chores like housekeeping, grocery and supply shopping, organizing, laundry service and even car detailing are also no problem. Hudson Valley Estate Management LLC Catherine Ackert Phone 845-834-8333 hudsonvalleyestatemangement.com

**Home Improvements From Stefan's Painting**

Stefan's Painting is a trusted local provider for professional services, including interior and exterior painting, deck refinishing, light carpentry, plaster repair and more, that can protect and enhance the value of any home. Stefan Tybus has operated his own business since 2004, and has over 30 years' experience working with clients from Rhinebeck to Hudson.

He offers free estimates, and reasonable turn-around times.

Stefan's Painting also offers pressure washing, interior painting, and light carpentry including drywall installation and taping. And people who own older and historic residences will be glad to know that Stefan is a local expert in plaster, a lost art common to vintage buildings.

**Continued on page 13**



**A Happy New Year to All!**

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**Mushroom, Broccoli and Cheese Stuffed Chicken Breast**



**Ingredients**  
2 cups finely chopped broccoli florets  
2 tablespoons water  
½ cup shredded pepperjack cheese  
¼ cup mayonnaise  
4 small button mushrooms, sliced  
1 teaspoon garlic powder  
4 large chicken breasts  
1 teaspoon paprika  
salt and ground black pepper to taste

**Directions**  
Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.  
Combine broccoli and water in a microwave-safe bowl. Cook in the microwave on high power for 2 minutes. Drain.  
Combine cooked broccoli, pepperjack cheese, mayonnaise, mushrooms, and garlic powder in a large bowl.  
Season both sides of each chicken breast with paprika, salt, and pepper. Use a sharp knife to cut a slice through the middle of each breast to create a deep pocket, making sure not to cut all the way through. Evenly stuff each breast with broccoli mixture and place on the prepared baking sheet. Bake in the preheated oven until chicken is no longer pink in the center and juices run clear, about 35 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).



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• Marilyn  
• John R.  
• Maren  
• Jill W.  
• Ramon  
• Tom M.  
• Timmy-Pepsi  
• Ray Q.  
• Matt S.  
• Natalia

Happy Anniversary Ellie & Vinny

Happy Birthday Connor  
Happy Birthday Brenda  
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*We hope everyone had a safe, wonderful holiday season! As we begin 2022, our wish is for good health, peace on earth and to be able to get out and travel again! Everyone's bucket list has gotten longer and we hope to help you get where you dream of adventuring to this year! Cheers to the year ahead!*

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# God's Corner

## GOING ON TO HIGHER GROUND IN CHRIST IN 2022

"I press toward the mark for the prize of the high calling of God in Christ Jesus." - Philippians 3:14

We have just come through 2021 and look forward to 2022. Whatever happened in our lives in 2021 are past. I am sure we all can think of the blessings of 2021, as well as some of the difficulties and setbacks we have faced. In either case we need to move on to Higher Ground in Christ in 2022. The Apostle Paul wrote, "Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before" (Philippians 3:13).

The Lord has a purpose and plan for our lives. The key is to seek the Lord. Jesus said, "But seek ye first the kingdom of God, and his righteousness and all these things shall be added to you" (Matthew 6:33). It is important to seek the Lord, and when we lack wisdom about what we should do we need to go to the Lord in prayer (James 1:5).

King David wrote, "The steps of a good man are ordered by the LORD; and he delighteth in his way" (Psalm 27:23). It is imperative that we trust in the LORD, and look to Him in our lives every day. His desire is to lead and guide us through 2022. "I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye" (Psalm 32:8).  
SOME OF THE ESSENTIAL KEYS FOR GOING ON TO HIGHER GROUND IN CHRIST.

1. Make sure that you have trusted the Lord Jesus Christ

as your Personal Savior and Lord - 1 John 5:11-13.

2. Confess your sins to God, and turn from them. He will forgive you - 1 John 1:9.

3. Commit your life to the Lordship of Jesus Christ - Romans 12:1,2.

4. Be filled with the Holy Spirit, and walk in the Spirit each day (Ephesians 5:18).

5. Spend time with the Lord every day in Prayer and Bible Reading.

6. Spend time with your Family, and ensure that your Children and Teens are brought up in the Lord and His Word - Deuteronomy 6:4-9.

7. Join and support a good Solid Bible Believing Church - Hebrews 10:25.

8. Give cheerfully to the Lord and share the blessings that He has given to you with others. God loves a cheerful giver - 2 Corinthians 9:7.

9. Be thankful and content with the things you have - 1 Timothy 6:6.

10. Serve the Lord with gladness by using your talents and Spiritual Gifts to Glorify the Lord and to edify the Body of Christ - The Lord's Church.

11. Love and respect God, and love One Another - Matthew 22:36-40.

12. Share the Gospel and the Love of Christ with others - Matthew 28:18-20.

13. Look forward to coming of the Lord Jesus Christ - Titus 2:13.

14. Above all things always give God all the Glory - 1 Corinthians 10:31.

There are other essential keys to going on to Higher Ground in Christ that you may like to share with us. "Iron sharpeneth Iron; so a man sharpeneth the countenance of his friend" (Proverbs 27:17). Let's sharpen one another and encourage one another to go on to

Higher Ground in Christ in 2022.

Remember, in order to go on to Higher Ground in Christ in 2022, you need to depend on the Lord for every thing. It is only by His Grace and in the Power of the Holy Spirit that you can accomplish the things that God has given you to do.

If you would like to receive some literature on Spiritual Help for living the Christian Life and/or how to become a Christian, please contact us by Email at [fdcirone@aol.com](mailto: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, NY. Frank L. Cirone, Pastor.

## A Clean Slate

By Naomi Fata

As we enter a new year I am reminded of a quote from a favorite classic of mine, Anne of Green Gables. Anne was the red headed, orphan with a vivid imagination and she always seemed to find herself in some sort of trouble. One day in conversation with her adopted guardian Marilla, Anne asked, "Isn't it nice to think that tomorrow is a new day with no mistakes in it yet?"

We all tend to feel that way about a new year. It is a chance for a clean slate, a fresh start. Perhaps in 2021 there were mistakes, things you would do differently, poor choices, or overwhelming loss. That year is gone, we can't relive it or change the things that we regret.

Only in Christ do we truly have the opportunity to have this fresh slate on a daily basis. Before the time of Christ, the law required that a lamb be sacrificed to make sin right. But when Christ came, and died we now have the promise of Hebrews 10:17 "I'll forever wipe the slate clean

of their sins." (Message Bible)

All that is required of us to get our slate wiped clean is repentance, which is simply coming to God and telling Him we did it wrong, and next time we want to do it His way. Our repentance doesn't change the past, but it changes us as we move into the future. Even more importantly it gives a new slate. In Hebrews 8:12 God promises "I will be merciful to their iniquities, and I will remember their sins no more" (NASB) There is hope knowing that once we have asked for forgiveness God will forgive and no longer remember that sin.

As you move into this new year, if there are things that you regret doing last year, let go, ask God's forgiveness and move forward into a fresh new year with no mistakes in it yet. This is a new year. Let Him wash your heart to become a clean slate.

## Germantown Garden Club Announces Winners of Competition

Germantown Garden Club held it's annual Adorn-A-Door competition for the senior residents at Palatine Manor in Germantown. The door competition is one of the club's senior citizens outreach projects. Monetary prizes are awarded based on the following criteria; creative choice of decorations, creative use of decorations and creative use of space.

Manor residents are enthusiastic about the holiday competition. This year 34 apartment doors were judged. First Place winner was Geraldine Fulling, second place, Eugene and Pat Pielli, third place, Frances Lasher, fourth place, Mary Jane Clark. Judges were; chairman Elke Crane, committee members Joyce Vale and Marilyn Rein, The garden club is busy planning for the 2022 year. The new theme and yearbook will be available at the February meeting.

The Germantown Garden Club is a member of Third District, Federated Garden Clubs of New York State, Inc., Central Atlantic Region and National Garden Clubs.

For more information about the garden clubs activities and programs or how to join the club call President Fran Bufi at 518-537-4868. Meetings are free and the public is always welcome..



1st- Geraldine Fulling - Door 201



2nd- Eugene & Pat Pielli - Door 225



3rd- Frances Lasher - Door 117



4th- Mary Jane Clark - Door 122



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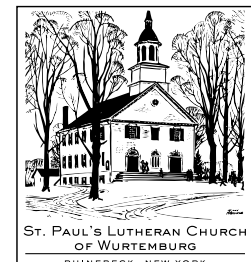
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Men's Bible Study: Saturdays at 7:00 AM

The Course offering for the Winter Term of Grace Bible Institute will be **CC 105: Overcoming Obstacles**  
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Colossians 2:2-3

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## New Pets

By Julianne Porter

A new pet is exciting and can bring joy and comfort to a household. However, it can be overwhelming, depending on your experience and their medical needs. If you are a first-time pet owner or if it's been a while, you may feel a little lost, especially with puppies and kittens. There are many aspects to caring for your new family member and your veterinarian can help you to understand what's important. Here are some areas to focus on when taking your pet for their check-up. Your veterinarian will want to know what food you are feeding to make sure it meets the requirements for your pet's individual age, breed, lifestyle and medical needs. You can discuss the ins and outs behind all of the diet-fads and find the right choice. A lot of owners ask about supplements and vitamins – most dogs and cats do not require these, but it does depend on the individual case. It is also important to know how to keep your pet from

becoming overweight – or, if you've adopted an overweight pet, your veterinarian can help figure out how to help them lose it. You can also find out what foods and plants might be toxic and what is safe to feed.

You'll discuss what vaccinations they've received and if any more are indicated. Often, puppies and kittens will require several more booster vaccines to be completed. There are also other vaccines beyond the "core" ones that may fit in with your pet's lifestyle.

Often, dogs and cats will have had some sort of deworming and/or flea, tick and heartworm preventatives prior to coming to you. You can talk with your veterinarian about why this is important, which ones are safe, effective and fit your pet's environment so that you can continue to keep them protected.

Many rescued pets will already have been spayed or neutered, but in other cases, your dog or cat may still be intact. You will want to discuss the benefits of spaying/neutering and when the best time is for your pet. There are many other preventative

health topics, such as dental care, microchipping, and nail trims. Some rescued pets may come with preexisting conditions that will require continued care after adoption. You will also want to discuss what to do if your pet is having an emergency and how to set up an action plan if your pet needs care while you are away. Some veterinary hospitals have their own emergency department, but you may have to travel to a different hospital.

Aside from the medical aspect, you might need to work on housebreaking, obedience, and behavioral modification. Naturally, a lot of young pets need help to know what acceptable behaviors are, and in some older adopted pets, you may need to work on undesirable behaviors or help them with preexisting anxieties. Depending on the breed of dog or cat, you may need to groom them. You will also need to make sure you have the proper collars, leashes, crates, etc. and that you've effectively puppy- or kitten-proofed your house.

Checking in with your veterinarian will allow your pet to establish a relationship with their doctor and will allow you to go over the questions you have. Be sure to bring any records you have of your new pet's previous medical history so your veterinarian has as much information as possible to help you move forward.

Some rescues, breeders, and veterinarians will provide information packets on all of the above questions before your visit. You can also refer to these links: <https://www.avma.org/resources-tools/pet-owners> <https://www.aaha.org/your-pet/pet-owner-education/pet-owner-resources/>

Bringing a new pet into your life can be immensely fulfilling and provide much delight, but it can be overwhelming, especially if you haven't had a pet in a long time. And even if you have, puppies and kittens can require a tremendous amount of care when they first come into your home. Thankfully, your veterinarian is there to help and there are many great resources available to assist you.

## WINTER-PROOFING YOUR DOG

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

The holiday season has come and gone and now we look forward to the slower pace and tranquility of the winter months. It is also that time of year when I try to encourage dog owners to consider how the winter weather effects our dogs. During this colder season, we need to take special precautions to protect our canine friends from the cold. While it's easy to think that dogs are immune to cold because of their fur, the fact is that more dogs perish due to stress in the winter than at any other time of year. The following are some basic safety tips that will help ensure your dog remains healthy throughout the winter.

## WATCH FOR SIGNS OF FROSTBITE OR HYPOTHERMIA

Puppies, smaller dogs, older dogs and those with short coats should not be left out doors below 40°F. With proper shelter, other dogs can be safe down to 20°. However, be alert to signs

of frostbite or hypothermia. Dogs' ears, paws and tail are especially susceptible. If you suspect frostbite, bring your dog into a warm location and soak the affected area with warm water for about 20 minutes. In the meantime, contact your

Continued on page 11

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**Robin was an early June baby**, bringing her inky, mottled-tortoiseshell short-haired loveliness to the world with a dainty white chin & golden-eyed gaze that took in her surroundings & instantly deemed herself to be monarch of all she purr-er, surveyed. Regal air aside, like any self respecting queen-to-be, this little princess has her quirks. Does she prefer sipping her water from a goblet (or any drinking glass) on the counter? Sure, but who wouldn't! Does she believe a shower curtain's sole purpose in life is to offer prime peekaboo terrain? Yes, & she wins every time. Dogs? She's got no use for them. Other kittens? Yes, please. Her personal favorites, which she of course has, are young male whiskered friends. She bonded fast with her young foster brother, & tried her best to win over the other mature cats in the house. This little lady is not a lover of change, but shows remarkable promise for those with the patience to let her adjust slowly to her surroundings. In fact, she's extremely affectionate & lovable. She is a master at cuddling (and co-sleep snoozing at night if allowed) & is an excellent "coworker" or homework companion, in particular for female humans. She'll while away entire zoom meetings & lengthy report writing sessions cozing up on a warm lap, purring away, or sitting watch alongside the computer or from a sunny patch of floor in sight of her person. Sweet little Robin is all about girl power. She'll show her unease, most often around male human energy, by being uncharacteristically skittish or aloof. But give her a happy kingdom full of felines & females and she will rule the land with a fuzzy soft paw & find her much-deserved happily ever after. She is fully vetted. Spayed, negative for feline leukemia and aids, vaccines are up to date, and dewormed. **Complete an online application at [www.pant.org](http://www.pant.org) under "Adoption Center."** If you would like more information, you can send an email to [info@PANT.org](mailto:info@PANT.org) or call (845) 486-7075.



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### Our Hospitals Are Sick

By Charlotte Michos, RN, MS, CNS, CLNC

“The level of care that we have gotten used to in our hospitals no longer exists” (The Atlantic 12/16/21). As outsiders (of the hospitals), our lifestyle with the COVID pandemic has somewhat improved, but the crisis still exists inside our hospitals. We were not

prepared when the pandemic started, and we are not prepared for the future. Like any living creature, viruses want to survive. So despite what we – as humans – feel, believe or think, the virus continues to mutate, adapt and live on. Hospitalizations due to COVID infections are rising in 42 states; hospitals are once again overwhelmed, and there has been a mass exit of healthcare providers leaving hospitals, due to the burdens of caring for COVID patients and the risks they impose. Patients with ruptured appendixes, broken bones, heart conditions, cancer and more are waiting for hours in emergency departments – often only to be transferred elsewhere because there are no beds. Elective surgeries for countless others are being postponed, and patients are dangerously delaying their surgeries. Our hospitals are very sick, the health care workers are living in constant crisis, and our society is not paying attention (Medscape, Dec. 2021). What happened to calling them “our heroes” as we did at the beginning of the pandemic?

We still have people refusing vaccinations and others not enforcing the wearing of masks indoors when we are in public places where the vaccination status is unknown. These two measures prevent the spread of infection, protect others, improve our quality of life including economics, and they are simple to do. We know what measures control the spread of variants –

Continued on page 10

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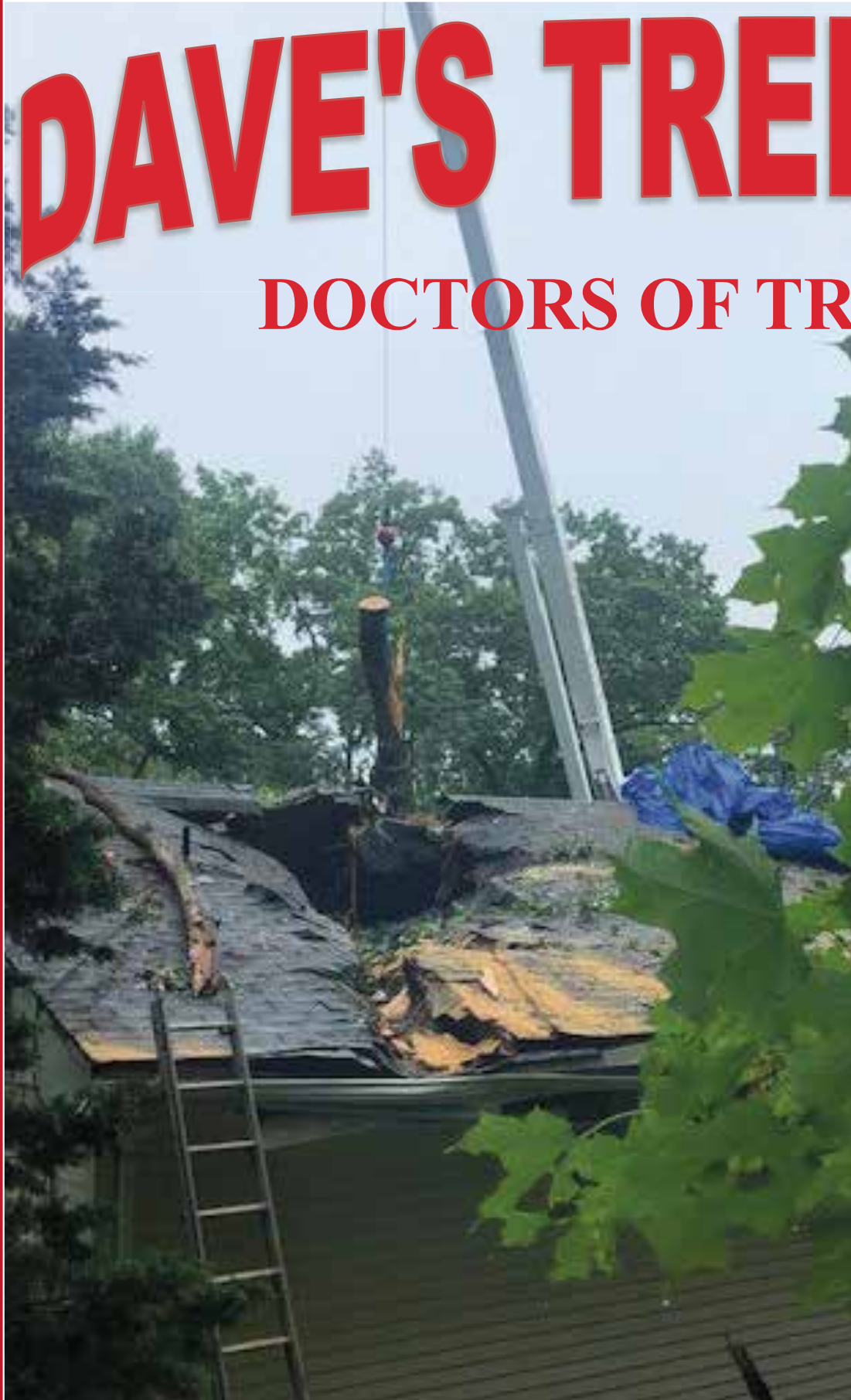


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### Hospitals from page 8

masks, better ventilation, testing, contact tracing, quarantine, and restrictions on gathering, but the U.S. has failed to invest in these tools and approaches. We will feel the pain, just like our hospitals are feeling it now.

As of December 13, 2021, Medscape (and other sources – see below) report the following statistics:

- 1 out of 100 seniors

in our country has died from COVID

- Indiana, Maine, and New York have requested aid from the National Guard,
- The Great Lakes region and the Northeast are seeing some of the most severe increases
- COVID cases are expected to double throughout December in NYC, Philly, Boston, and Baltimore
- Most of the U.S. will see significant growth in

COVID-19 cases during the next four weeks, according to PolicyLab at Children's Hospital of Philadelphia.

- Michigan has the country's highest hospitalization rate, and federal medical teams have been sent to the state to help with the surge in patients. The surge is described by healthcare professionals as "critical" and "deeply concerning." They requested 200 more

ventilators from the Strategic National Stockpile.

- Americans are still dying of COVID every day, and more have died this year than last.
- According to the virologist John Lowe: "The University of Nebraska Medical Center in Omaha, which entered the pandemic as arguably 'the best prepared hospital in the country' recently went from 70 COVID patients to 110 in four days, leaving its staff grasping for resolve."
- People who are getting milder cases and are unlikely to be hospitalized can still spread the virus to those who are more vulnerable. And yes the case might be mild, but what about the long-term COVID effects? What will this do to society? "The collective threat is substantially greater than the individual one" (The Atlantic 12/16/21).
- Two years of trauma have pushed droves of healthcare workers, including many of the most experienced and

committed, to quit their jobs. The remaining staff is ever more exhausted and demoralized, and "exceptionally high numbers" cannot

work because they got breakthrough infections and had to be separated from vulnerable patients.

- Vaccines are not the only solution to decreasing the spreading of the virus. What are the other strategies to help end the pandemic?

- better masks
- improved ventilation
- rapid tests
- places where sick people can easily isolate
- paid sick leave and other policies that protect essential workers
- social distancing
- a stronger public-health system
- retaining the frayed healthcare workforce

Instead of trying to beat the coronavirus one booster at a time, the country needs to

Continued on page 12

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**Barkbusters from page 7**  
 veterinarian. Always wipe your dogs' feet after a walk in the snow to remove ice balls and salt deposits from the road. Signs of hypothermia are shivering, lethargy, low heart rate and unresponsiveness. If you notice any of these signs, bring your dog into a warm area, place a light blanket over him, and call your veterinarian. Short hair dogs such as Chihuahuas, greyhounds and even Pit Bulls might need a sweater or other protective gear. Leaving the warm temperature of the house to go outside can result in immediate chilling for these dogs.  
**PROVIDE A PROTECTIVE SHELTER**

If your dog stays outside much of the time in the winter, make absolutely certain that the doghouse meets certain minimum criteria. First, it needs to be raised a couple of inches off the frozen ground or concrete. The inside needs to have a blanket, cedar shavings or straw. Add a flap to the door and face the dog house away from the wind and weather. Place the dog house under an overhang or other shelter to keep snow off its roof. The size of the dog house should be large enough so your dog can sit and stand, but small enough so his body heat will be retained in the house. Provide water frequently and in plastic dishes to ensure the dog's tongue

does not get stuck to cold metal.  
**KEEP OLDER, ARTHRITIC DOGS INSIDE**  
 Older, possibly infirm or arthritic dogs should not be left outside under any circumstances! Escort the older dog outside for toileting and use a leash if the ground is covered with ice or snow. Older dogs can easily fall and seriously injured himself. Keep your dog safe!  
**YOUR DOG MAY NEED SOME ADDED NUTRITION**  
 Dogs will use more calories in the winter if they remain active. This will require the amount of food to be increased by approximately 10%. However, many dogs become less active in the winter because their owners don't walk them as frequently or they are not outside as often. If that is the case, do not increase the amount of food. Like many of us who are less active during the winter, less active dogs may be inclined to add on a few extra pounds during winter months, which should, of course, be avoided. The bottom line is, pay attention to your dog's appetite. If he seems hungrier, give him a little more food. If he is a couch potato in the winter, cut back a bit or give him healthier treats.  
**ELIMINATE THE POSSIBILITY OF POISONING**  
 After a walk, be sure to clean your dog's paws. Salt that is spread on roads and sidewalks can be toxic to pets. Please don't use any products unless the packaging specifies that it is "pet friendly" and be sure to wipe your dog's feet if he has been walking in areas where you don't know what may be on the ground. Many dogs become very sick or even lose their life from drinking antifreeze. Dogs like the sweet taste of antifreeze. When left in the garage, dogs may seek out a plastic antifreeze container that was inadvertently left on the floor and may try to open it. Make certain that all antifreeze containers are well out of reach of your dog.  
**TRAIN YOUR DOG DURING**

**THE WINTER MONTHS**  
 Dogs that spend less time outside during the winter can become lethargic or, in some cases, may become hyperactive. The best way to keep your dog active or to use his excess energy is to engage him in activities that require him to use his brain and to think. Providing 10 to 15 minutes of

daily training on basics such as sit, stay, come, and walking on leash energize the lethargic dog and cause a hyper dog to be more tired out. Providing a few minutes of activity twice a day is even better. Engaging your dog, keeping him active and getting him to use his brain is a  
**Continued on page 12**

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### Barkbusters from page 11

great way to strengthen the bond between you and your dog too. When you play something as simple as a game of fetch (using lots of commands), the activity becomes a reminder to the dog that you are in charge and telling him what to do which easily puts you in the leadership role. Winter months can be just as hazardous as the "dog days" of summer. By taking the right precautions and using good ole common sense, you can help protect your dog from the dangers of the harsh winter

climate. 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 12+ 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](http://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 at <https://www.facebook.com/>

to all of us. "Self-interest is self-defeating, and as long as its hosts ignore that lesson, the virus will keep teaching it." (The Atlantic 12/16/21).

Sources  
[https://www.theatlantic.com/health/archive/2021/12/america-omicron-variant-surge-booster/621027/?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=atlantic-daily-newsletter&utm\\_content=20211216&utm\\_term=The%20Atlantic%20Daily](https://www.theatlantic.com/health/archive/2021/12/america-omicron-variant-surge-booster/621027/?utm_source=newsletter&utm_medium=email&utm_campaign=atlantic-daily-newsletter&utm_content=20211216&utm_term=The%20Atlantic%20Daily)  
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 Medscape December 2021  
 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.com](http://www.besthealthconsultant.com) or email [charlottemichos@icloud.com](mailto:charlottemichos@icloud.com)

### Save the Date

The Board of Directors of Arts Mid-Hudson cordially invites all to attend the 2022 Annual Meeting on **Monday, January 31, 2022 at 5:00 p.m.** Join us as we present our 2021 Annual Report and the 2022 Board of Directors. *This event is free and open to the public.* Questions? Contact: [info@artsmidhudson.org](mailto:info@artsmidhudson.org) or 845.454.3222



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### Hospitals from page 10

do what it has always needed to do—build systems and enact policies that protect the health of entire communities (The Atlantic 12/16/21).

The future behavior of the virus is unknown. We could experience endemics – with the holding of the virus in a tenuous stalemate. But there are other unknowns: If two variants or more end up co-circulating, then what we are seeing now is little league action compared to the major league action of what can happen with multiple variants at the same time. Like the previous variants, Omicron requires individuals to think and act for the collective good, and we have failed at this. We are witnessing defiance (like two-year olds having their temper tantrums) with too many people acting irrationally and stubbornly. We know the measures that work and even our public leaders are in denial. Yet our doctors and nurses are begging us to listen because they have the knowledge. We might want to believe that it will only impact the healthcare workers (and that in itself is a disgrace that many don't care), but this crisis will trickle down

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**Local Business Tried to Overcome in 2021 from page 5**

His interest goes back to his personal family story. "I'm a local, born here in 1962, and my parents owned the Rhinecliff Hotel for 57 years. I developed an early fond appreciation for the older buildings in this area. I learned how to plaster, and the old styles of doing things."

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**One Cut Better Expands Styling Services Thanks To Merger**

Two Red Hook mainstays, One Cut Better, and Creative Hair by Valarie, came together in one location, at 7508 North Broadway. The merger has created an expansion in the hairstyling services available to clients of both businesses.

Lester and Valarie, the respective owners, noted that the move has been a way of overcoming the challenges presented to their businesses.

"We're positive that the merge will be a productive thing," says Lester. "With the pandemic and everything else, a lot of people have lost their businesses, and we didn't want to be there. We merged so we can both stay open, be here for our customers, and remain in Red Hook. We just want to say to our clients, that we're still here for you, and whenever you feel comfortable, come on in."

One Cut Better  
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**Homespun Gifts and More At Hudson Valley Sheep and Wool Company**

Mary Godesky keeps her Red Hook farm and store stocked with some great crafting items like locally made yarn, felt and roving, as well as finished items that make great gifts for spring, or any time of the year.

"I'm doing everything, all day every day," says Godesky, who owns and oversees the 132 acre property located at 192 Yantz Rd. "I continue to make our handmade gifts. We do knitting, we do weaving, we do crocheting. And that has not stopped. Mostly it's handmade gift-type articles. I've concentrated during this pandemic on using fabric, rather than knitting as much, but that's just a personal preference. I've been making handmade tote bags, aprons and other kitchen items. Also baby blankets, and things like that."

In addition to a great selection of crafted fabric items, the store also carries supplies for crafters, and products from local farms. There are beeswax candles, honey, and maple syrup. Unfortunately, some items have been harder to stock during the pandemic. But there are usually farm fresh eggs available at the store. Hudson Valley Sheep and Wool Company

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**Shophe Girl Sets A Positive Vibe with Sustainable Fashion and Salon Services**

Shophe Girl in Red Hook was on a mission in 2021 to help

women get their groove back. Located on 14 East Market Street in Red Hook, the boutique offers second-hand "pre-loved" and new clothing, and regularly features fashion pieces by sought after brands, at prices that will please just about anyone in current cost-conscious times.

But Shoppe Girl is more than a clothing store. It's a comfortable space with a nail salon, eclectic self-care products, and attentive service and advice from a mother-daughter team that knows how to help women look and feel their best.

Sarah Jayne says the idea to open Shoppe Girl with her mom Rebecca in the spring of 2020 was a natural synergy of their skill sets. She says their concept isn't about aggressively pushing trends. It's about creating an inviting space, and paying attention to things like sustainability and body positivity. Shoppe Girl

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**Gerald Celente of Kingston Forecasts Top Trends of 2022**

One of the nation's top trend forecasters, Gerald Celente, who happens to reside in Kingston, once again gave the Hudson River View a peek at some of his top trends for the new year.

Back in December 2020, Celente predicted that what he calls the "COVID War" would be far from over. With endless variants, new mandates from the Governor, and temporary effectiveness and other problems with vaccines, the forecasting expert was right on that one.

In 2022, Gerald predicts a resurgence of labor unions, as well as persistent economic challenges which he has termed "dragflation."

Long before others, the *Trends Journal* was predicting high inflation that would turn out to be anything but temporary.

Opportunities for entrepreneurs will exist in creating "low-tech"

technology that has modular and/or simpler repair options.

Hi-tech innovations in cryptocurrencies and the metaverse will offer investors and workers new horizons, and may help spur an economic turnaround, though Gerald mostly remains pessimistic about the general outlook.

Gerald says central bank monetary policies and a continued tragic overreaction to COVID is keeping the U.S. and

the rest of the world pinned down.

The well known forecaster has published the *Trends Journal* since 1991. He and his research team (which includes contributions from this writer) synthesize a wide array of information in order to discern emerging opportunities, no matter what the times.

Those wishing to check out or subscribe to the *Trends Journal* can visit <http://www.trendsresearch.com>.

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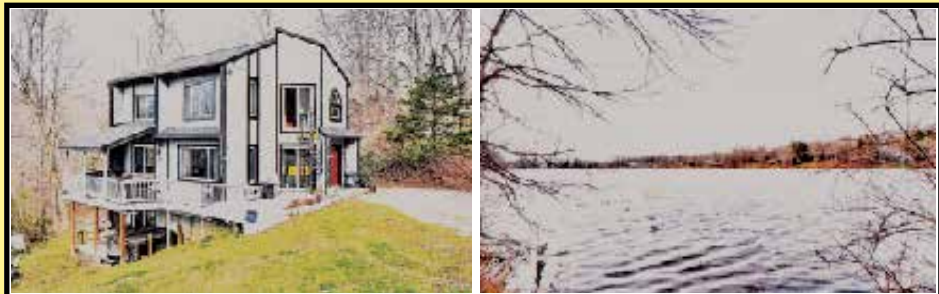


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**JUST LISTED.** Sited back on a dead-end street, this 4 BR, 1.5 bath, 1950 SF Contemporary has walls of glass & glorious views of Upton Lake. Lake rights allow lake access for swimming, boating & fishing. There are 4 splits for AC, a DR, FR, porch, deck, & the TSP is close. **WOW! \$439,900.**



**IN NORTHERN DUTCHESS**, close to the TSP, this 3BR, 1.5 bath 1830s colonial has wonderful light, WB floors, vintage charm, & modern amenities. There are 2 rolling acres, low taxes & utilities, & a 700 SF lower level that is walk out. Easy access to Hudson, Red Hook & Rhinebeck. **\$249,900.**



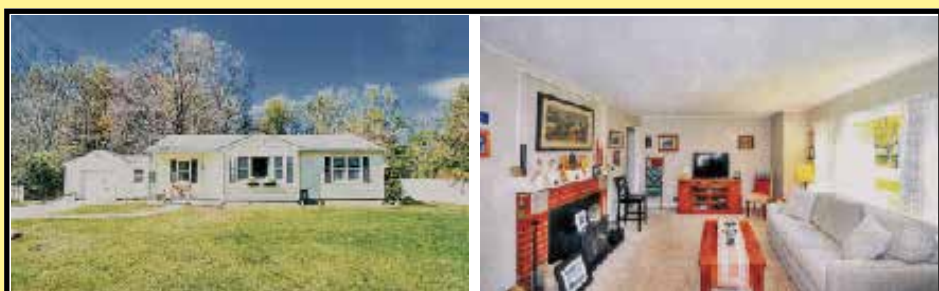
**HUGE WINDOWS** fill this 3024 SF, 8 room, Rhinebeck home with light. Here there are oak floors up & down, a 16 x 29 FR, & an absolutely gigantic MBR suite with a separate office & private screened porch. There's a 2-level deck, oversized garage, & Rhinebeck V is 5 minutes away. **\$649,900.**



**THIS 12 ROOM RHINEBECK** Contemporary, redone in 2010, has 4 BRs, 3 baths, a 22 ft vaulted LR, 3 FPLs, 5 splits for AC, a DR, FR, 2 offices, & a superb kitchen. 2.8 acres is very private & beautiful & multi-level decks & the inground pool are the center of outdoor living. Just perfect! **\$795,000.**



**4.24 ACRES IN RHINEBECK**, high, rolling, open & wooded, is the perfect place to build your dream home. This beautiful lot, 5 minutes from the village, is in a quiet country area, is BOHA, has a survey, well, even home plans you can use. Come take a look. You will not be disappointed. **\$275,000.**



**ONE STORY LIVING** means you might never have to move. This 3 BR, 1 bath home is so perfect you will never want to leave. There's a FPL, oak floors open K & DR, heated breezeway, garage, & a fully fenced yard safe for children & pets. Relax on the deck or walk to the V for dining or shopping. **\$329,000.**

**2022 Will Be A Great Year from page 1**

give Patrick a call at (845) 233-5445 or visit his website at [HudsonRiverAcupuncture.com](http://HudsonRiverAcupuncture.com).

And speaking of taking better care of yourself, Kajsa Ceder, from InLightning Healings says, "The new year is a time to reflect on our wellbeing and how we want to improve. Giving yourself the gift of Pilates to strengthen your core and body -- in the convenience of your home -- and/or a Remote Energy Healing to tune in and nourish your nervous system and immune response is a lovely way to improve your health." For more information call 310-738-3381, email [Kajsa@inlightninghealings.com](mailto:Kajsa@inlightninghealings.com) or visit her website: [inlightninghealings.com](http://inlightninghealings.com). Instagram: [@inlightninghealings](https://www.instagram.com/inlightninghealings).

Ronnie Cagliostro at Fully Loaded Performance, 3541 Rt 9G in Germantown is busy taking care of our cars as we travel over the river and through the woods. Looking forward, he wants us to save-the-date for their big annual car show to benefit Vet2Vet. "We will definitely be doing it again this year" he promises, "on Saturday July 16." Vet2Vet is an organization that works to eliminate the stigma and labels given to returning veterans by advocating, supporting, and providing a connection that empowers and helps" our revered Veteran Community. Updates about the Vet2Vet fundraiser can be found on Facebook [@FullyLoadedPerformance](https://www.facebook.com/FullyLoadedPerformance) or call (518) 537-7430. Website: [FullyLoadedPerformance.com](http://FullyLoadedPerformance.com).

Sarah Grundman, from Financial Services Center, Inc. at 3944 Rt 9G in Red Hook reminds us to take care of ourselves by taking care of our taxes. She recommends we watch our mail carefully to safeguard any tax papers and W2 forms as they arrive. "We are ready for tax season," she declares. "We're here to make it as easy as possible to get your tax return completed and turned in on time." Sarah is a pro and she has all the answers about unemployment benefits, Covid grant money and how to file an extension if you need it. For more information call FSC at 845-876-1919, email [info@FinSerCtr.com](mailto:info@FinSerCtr.com) or visit their website: [FinSerCtr.com](http://FinSerCtr.com).

The real estate team of Angela Lanuto and Allison Morelle, both Associate Real Estate Brokers associated with Coldwell Banker Village Green Realty (a globally connected and internationally recognized real estate company) has won multitudes of industry awards.

**Continued on page 15**

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**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**

**Rhinebeck 90 Acre Farm**

Located just a short drive from the Historic Rhinebeck Village is this 91 Acre Farm with Barn Complex and 3 BR, 2 bath Colonial. Property currently a Christmas Tree Farm and CrossFit Gym. Proudly offered at **\$1,150,000**

**Located in the Rhinebeck Village**

within walking distance to Schools, Parks and Restaurants is this 1930 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**

**Rhinebeck Ranch**

2 bedroom 1 bath Rustic Single Level Ranch with a nice size custom kitchen located just minutes from the Rhinebeck Village. This home boast living room-dinning room combo, wide board pine wood floors, 2 car detached garage with 2nd floor studio...Asking **\$329,000**

*We Wish Everyone A Very Happy, Safe and Healthy New Year! May All The Best of 2022 Be Yours!*

**2022 Will Be A Great Year from page 1**

They focus on matching homes to their clients' unique lifestyle and educating them on how to navigate the market.

To that end, they created the "Keeping It Real" YouTube

series to share tips, tricks, and strategies about selling and buying homes in the Hudson Valley. To find that series online do a search for YouTube The Angela Lanuto Team and all their videos pop up. They are fun, informative and easy to

watch. Hit the subscribe button to be notified of future episodes.

For more information on how you can list or purchase your next residential, luxury, or commercial property, contact The Angela Lanuto Team cell phone at 845-658-0536, email [TheTeam@AngelaLanuto.com](mailto:TheTeam@AngelaLanuto.com) or visit them online at [AngelaLanuto.com](http://AngelaLanuto.com). Facebook: [@TheAngelaLanutoTeam](https://www.facebook.com/TheAngelaLanutoTeam). Instagram: [@TheAngelaLanutoTeam](https://www.instagram.com/TheAngelaLanutoTeam).

If you plan to travel this year, contact Kim Koehler at All About Travel at 845-758-1001. She knows most everything about travel, covid restrictions and airline/cruise ship requirements. She can usually beat any price you can get online and will help you set up itineraries with fun things to do, wherever your destination. If you're looking for fun things to do in Dutchess County, Jennifer Lawson's Yogamat is a "boutique training studio" in Tivoli that offers many forms of yoga, including aerial yoga, which is always enjoyable. Aerial yoga is a safe and easy way to benefit from yoga while not having to get down on the floor - especially if you have trouble getting back up again. "We founded Yogamat for children and adults to build community through fitness and movement," Jennifer explains. Check out the Yogamat Face Book page and Instagram page [@yogamattivoli](https://www.instagram.com/yogamattivoli) for photos and schedules or call (518) 701-3717. As we go bravely and joyfully into this new year, let us dance as if no one is watching! And have fun doing it. If you don't know how to dance or even if you don't know how to have fun, be sure to check out the Garage Dance Co-Operative (GDC) at 7345 S. Broadway in Red Hook across from the Town Hall. While dance has been shown to help mental, emotional, physical and

cognitive health, almost anyone can find and appreciate an enjoyable dance form that speaks to them. "From kids through adults, we have something for everyone," says John Doty, spokesperson for GDC. "We

are all doing the best we can to stay safe in this time of concern so don't be afraid to ask for a safe place to get involved." For more information call 845-471-4362 or visit [gdcdanceco.com](http://gdcdanceco.com). Gift Certificates are available.



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- 82 West Market St
- 7437 South Broadway
- 7329 South Broadway
- 22 Smith St
- 65 Garden St
- 25 Fisk St
- 10 Park Ave
- 26 Cherry St
- 26 Elizabeth St
- 26 Spring Lake Rd
- 81 Mill Rd
- 8 Southview Ln
- 178 Linden Ave
- 9 Pin Oak Dr
- 28 Maple Hill Ridge Rd
- 2 Kent Rd
- 19 Adams Rd
- 45 Rokeby Rd
- Rokeby Rd
- 101 Manor Rd
- 2 Knox Rd
- 2 Beech St
- 71 Carriage Dr
- 9 Bard Ave
- 4 Vassar Dr
- 9 Thayer Ln
- 24 Cornell Ave
- 21 Glenn Pond Rd
- 1430 Annadale Rd

**Hudson:**

- 291 County Route 14
- 430 Orchard Rd

**Tivoli:**

- 91 Montgomery St.
- 13 Lisa Ln
- 6 Pine St
- 6 Lothrop Ln
- 5171 Route 9G
- 285-287 Lasher Rd
- Langridge Dr
- 411 East Kerley Corners Rd

**Pine Plains:**

- 34 Pioneer Dr
- 2938 Church St

**Elizaville:**

- 10 Henry St
- 53 Loyola
- 22 Pine Rd
- 24 Mountain View Dr
- 19 Fairview Dr

- 271 Camp Rd
- 241 Snyderville Rd
- 138 Weaver Rd
- 988 Jackson Corners Rd
- 1699 Jackson Corners Rd
- 56 Bathrick Farm Rd
- 24 Taghanic Rd

**Germantown:**

- 172 Maple Ave
- 210 Moores Rd
- 1526 County Route 8
- 116 Hover Ave
- 4690 Route 9G

**Hyde Park:**

- 129 Roosevelt Rd
- 17 Quaker Farm Trl
- 17 Stoutenburgh Dr
- 1139 Honeywell Ln

**Rhinebeck:**

- 384 Mountain View Rd
- 1 Hook Rd
- 18 Appletree Dr

**Milan:**

- 419 Fitzsimmons Rd
- 532 Fitzsimmons Rd
- 46 Webster Coons Rd
- Webster Coons Rd
- Salisbury Tpk

**Clinton Corners:**

- 471 Jameson Hill Rd
- 52 Woods Rd

**Ancram:**

- 1370 County Route 7

**Livingston:**

- 33 Bingham Mills Rd
- 28 Lasher Dr

**Pleasant Valley:**

- 27 Teal Ln

**Coxsackie:**

- 53 Nodine Mountain Rd

**Stanfordville:**

- 872 South Anson Rd

**Chatham:**

- 1 Cemetery Rd

**2021-2022 Sale Pendings:**

- 34 Starr Dr, Rhinebeck
- 34 Cottonwood Dr, Elizaville
- 3334 Route 9G, Tivoli
- 31 Church St, Red Hook
- County Route 19



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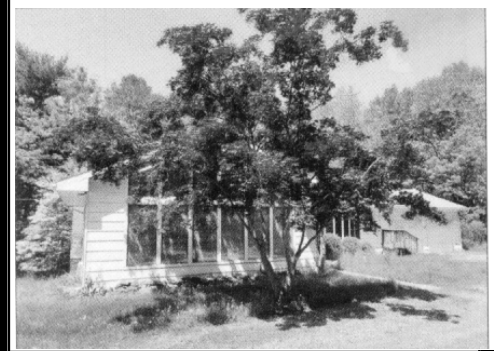
**RED HOOK**

New to Market. 4700 SF, 4 BR, 4 Bath modified Cape totally renovated. A dream home with large pond. Unattached workshop/studio w/home office area all situated on 49 Private Acres, all redone w/great finished and location is private yet minutes to village. Red Hook schools. Trails throughout the 49 acres, great for hunting or hiking or motor sports. Offered at **\$1,795,000.**



**RHINEBECK**

3 Bedroom modified ranch on 5 wooded acres, private setting in a great area. Garage converted to a legal apartment. Home needs work but has great potential. First time on market in 25 years. A wonderful property on a quiet country road with only local traffic, 5 minutes from downtown Rhinebeck. **MUST BE SOLD. \$508,000**



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**ALBANY POST RD., RED HOOK**

A wonderful ready to build 4.8 Acre lot with panoramic Catskill views, full BOHA and a small septic requirement to maximize view clearing will be required, but the view is world class of both the Catskills and the farm across the street. A great buy for a view lot. Red Hook Schools Driveway and septic area is mostly clear. The view pictures were taken with a drone as the trees are high septic design is for 3 or 4 bedroom.



**GALLATIN**

NEW TO MARKET - 62 Acre Parcel. A wonderful property with a beautiful cleared home site overlooking a large pond. Wooded trails, great for hunting, nature or motor sports. Property is in parcels so 2 homes could be built as of right now. 15 minutes to Red Hook, 20 minutes to Hudson. Driveway in. A very picturesque setting. Offered at **\$375,000.**



**RED HOOK**

39 acres parcel approval is for a 5 bedroom home. Views from the top. Located on Norton Road, half way between the 2 villages. Privacy plus on the grand estate parcel. Priced to sell at **\$335,000.**

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