



# Hudson River View

hrview@yahoo.com

www.hudsonriverview.net

(518) 828-0333

Vol. VII Number 11 - Serving Northern Dutchess & Southern Columbia County January 2023

PRESORTED  
STANDARD US  
POSTAGE PAID  
NEWBURGH, NY  
PERMIT# 934  
ECR-WSS

Postal Customer

## RESILIENT AND RESOURCEFUL LOCAL BUSINESSES SET TO THRIVE IN 2023

By Amy Byrne

From surging inflation, to an ebbing pandemic, and important national and international events, 2022 was certainly one for the record books.

Local businesses and retailers proved resilient and resourceful in dealing with supply chain and other issues and obstacles, to continue to make the Northern Dutchess and Southern Columbia County areas a special and vibrant place to live, shop and work.

As the New Year rings in, let's celebrate some of the businesses we profiled over the last 12 months...

**Allegiance Trucks**, located at 3609 US 9, Hudson NY, went the extra mile to make sure clients could get what they needed to keep critical machines like snow removal trucks and other vehicles operating despite the difficulties.

Dealership General Manager Pablo Chardon said his team at Allegiance was crucial in helping clients with keeping their vehicles operating.

"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."

Allegiance Trucks is making a name for itself as a quality provider of commercial class vehicles. They serve the Northeastern United States as an authorized International Hino, Isuzu, and Ford dealer. Allegiance provides an assortment of new and used vehicles. "We sell a mixed bag of vehicles," says Pablo. "They're all Navistar products. CVs, HX's, MVs and HVs. The CV and MV models are our medium range class H units."

Allegiance Trucks is located at 3609 US 9, Hudson NY 12534. They can be reached by phone at 518-851-3581, or by visiting <https://www.allegiancetrucks.com>.

**Hudson Valley Estate Management, LLC** offered top tier services for average

Continued on page 3

## NEW YORK STATE POLICE LEND A HAND TO FEED ANIMALS

The New York State Police Troop F in Catskill hosted a food drive at their barracks to support the Food Bank for the Columbia-Greene Humane Society/SPCA (CGHS/SPCA). CGHS/SPCA offers a free pet Food Bank to help pet owners that are experiencing financial woes.

On average, CGHS/SPCA gives away more than forty thousand pounds of food each year.

"By proving free pet food, we ensure that no animal will go hungry and a family that



NYS BCI Investigator Dan Mitchell and NYS Trooper Adam Overbaugh

may be experiencing monetary hardships won't need to surrender a family pet to make ends meet. We're extremely grateful to the New York State Police for their support," said CGHS/SPCA President/CEO Ron Perez.

The shelter's Food Bank is open seven days a week, 11:30 a.m. to 4 p.m. All families are welcome to receive pet food, regardless of their place of residency. For more information, please call (518) 828-60444 or email [info@cghs.org](mailto:info@cghs.org).

If you wish to donate to the Food Bank, donations are accepted seven days a week. Donors may also order food from Chewy or Amazon and have it delivered to CGHS/SPCA.

## THE HUDSON RIVER VIEW ONLINE!

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

[Hudsonriverview.net](http://Hudsonriverview.net)

## COUNTING OUR BLESSINGS!

By Lisa Dudley

We always look forward to the new year with anticipation and purpose and we count our blessings that we live and work in the Hudson Valley. One positive development we are grateful for is this: Along with lower gas prices, some grocery items seem to be less expensive. Interest rates for home mortgages appear to have dropped a little and we are hoping this trend continues.

According to Angela Lanuto and Allison Morelle, Associate Real Estate Brokers with **The Angela Lanuto Team at Coldwell Banker Village Green Realty**, winter is still a great time to buy or sell. As a buyer, you may find less competition when it comes time to put an offer on that home you love. For sellers, winter tends to reduce the amount of properties listed for sale on the market. This gives your house the opportunity to be showcased to consumers looking to move to the area. "Not ready just yet? That's okay! Spring is right around the corner and these next few months will give you time to do research and prep your home so that it's

ready to shine when the snow melts. It's never too soon to clean out closets and get the place ready for a walk through." Call the Angela Lanuto Team at Coldwell Banker Village Green Realty at 845-658-0536 (cell), email at [TheTeam@AngelaLanuto.com](mailto:TheTeam@AngelaLanuto.com) or visit the team's website [www.AngelaLanuto.com](http://www.AngelaLanuto.com) to find out more about today's real estate market.

Even though the ground is still frozen, the excellent folks from **Quality Landscaping and Home Improvement Co., LLC** in Germantown, are scheduling spring clean-up and repairs to your home and properties. Call 518-537-3340 or visit their website: [QualityLandscapingNY.com](http://QualityLandscapingNY.com) for more information.

And speaking of scheduling ahead, if you are turning 65 this year you are probably already getting postcards in the mail reminding you to chose a Medicare plan. The professionals at **Palmiter Business Solutions** have answers to help you navigate all the confusing and often misleading ads you may be seeing on television. According to Aaron Palmiter,

Continued on page 6

## MUSEUM ANNOUNCES WINTER/SPRING LECTURE SERIES

The Hudson River Maritime Museum is pleased to announce upcoming Follow the River Lecture and Film Series for the Winter/Spring 2023 season.

April 12, 2023 – Indigenous historian Heather Bruegl (Onieda/Stockbridge Munsee Mohican) – "The Land Doesn't Forget"  
May 10, 2023 – Frank Beres shares



Come – or log in – to learn about tugboat stories, tragic fires, the work on the D&H canal, the Lenape experience in the 1700s, early Hudson River art and beautiful modern day photographs of local birds and insects. January 4, 2023 - D&H Canal Museum historian and curator Bill Merchant - "Stories of Marginalized Workers on the Delaware & Hudson Canal". February 8, 2023 – Author Daniel Levy discusses the destruction and rebuilding of New York City with highlights from his book "Manhattan Phoenix: The Great Fire of 1835 and the Emergence of Modern New York." March 8, 2023 – Scholar and ethnoecologist Justin Wexler presents the Lenape experience in the Hudson Valley in the 1700s.

his beautiful close-up photographs of local birds and insects. June 7, 2023 – Author and boatbuilder Hilary Russell presents "From Sail to Steam to Diesel" with stories of Russell tugboats & shipyard. Thad Kubis reads colorful "Captains Tales".

Continued on page 5

*The February Edition Of The Hudson River View Will Be In Area Homes On February 1st The Deadline For Advertising And Press Release Submission Is January 18th*





# ACCORDING TO QUACKERS



**New Year's** is a time to reflect on the previous year and celebrate the arrival of a new one. It's also a time to share hopeful Happy New Year wishes with everyone in your life, including friends, family, co-workers and neighbors. After all, these are the people you made incredible memories with in 2022 and will continue to make memories with in 2023.

*And with that in mind...  
the Hudson River View  
Wishes Everyone a Very  
Happy, Healthy and  
Prosperous New Year!*

## Computer Aid - Bruce Franck

On-Site Service for Homes and Small Businesses  
PCs and Macs in Northern Dutchess  
and Southern Columbia Counties

- Installation, Upgrade and Repair of Hardware & Software
- Instruction in Windows, MacOS, Internet & Application Software

845-757-5619 bfranckcomputer@gmail.com

**PROIMMUNE**  
BECAUSE HEALTH EMPOWERS YOU

**THE #1 IMMUNE SUPPORT SWEEPING THE WORLD!**

www.TheBestImmuneSupport.com

Twitter Facebook Instagram

*After the ball drops...  
don't drop the ball!*

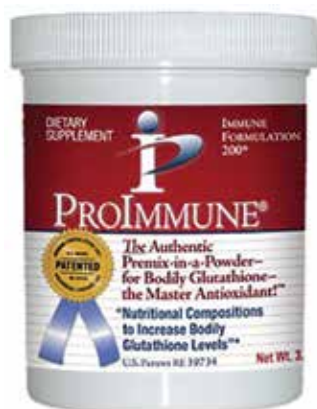
**2023**

*We're here to make tax season easier  
than ever for individuals & businesses.*

**FINANCIAL SERVICES CENTER, INC.**  
(845) 876-1919 www.FinSerCtr.com

## INNOVATIVE SCIENTIFIC BREAKTHROUGH REDUCES OXIDATIVE STRESS AND TOXINS INSIDE CELLS NATURALLY FOR OPTIMAL IMMUNE SUPPORT\* CONVENIENT ECOMMERCE PLATFORM LAUNCH ANNOUNCED

A patent pending innovative optimal health supplement scientifically studied to help with oxidative stress and toxins inside each cell is now available to the general public as a premier high quality dietary supplement.\* ProImmune® - Immune Formulation 200® was pioneered by Dr. Albert B. Crum, M.D., DSc (Hon), M.S., world-renowned physician, research scientist, psychiatrist, immunologist, international stress management expert, author, former clinical professor of behavioral sciences at NYU and Harvard Medical School graduate. ProImmune® - Immune Formulation 200® is a glutathione precursor unlike any other glutathione product on the market, given that ProImmune® - Immune Formulation 200® does not lose bioavailability in the digestive system.\* The revolution of ProImmune® - Immune Formulation 200® is its method of action that allows each cell in the body to manufacture glutathione intracellularly (the cell makes its own glutathione) and it is a natural care scientific formula that enriches every cell, tissue and organ in the body naturally and efficiently.\* ProImmune® - Immune Formulation 200® contains only the vital ingredients your cells need to manufacture their own glutathione without any fillers or additives.\* Additionally, ProImmune® - Immune Formulation 200® produces only as much glutathione as each cell needs to remove oxidative stress and toxins without wasteful over supplementing inside the cell.\* Glutathione is on the list of the most promising and beneficial molecules in the world and is scientifically researched to optimize health and support a long active life-style.\* Scientists refer to glutathione as master anti-oxidant an aging-supporting molecule.\* Read National Institutes of Health (NIH) article <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4684116/> to better understand the significance of glutathione and its importance your health.



There are no other glutathione products or glutathione precursors in the world that permit each cell in the body to manufacture its own glutathione the way nature intended and designed, millions of years ago. Dr. Crum made a miraculous discovery when he discovered the groundbreaking scientific formula to ProImmune® - Immune Formulation 200®.

ProImmune® - Immune Formulation 200® is a superior, free form bioavailable (the ability to be absorbed by the body) scientific breakthrough without negative effects. Glutathione is the most powerful, versatile and important of the self-generated antioxidants and is often referred to as The Master Antioxidant.

Continued on page 5

**Mrs. SEW 'N' SEW**  
REPAIRS & MINOR ALTERATIONS

Tues. 10 am-5 pm  
Wed. 10 am-6 pm • Thurs. 10 am-7 pm  
Sat By Appointment Only 10 am-1 pm

(MUST WEAR A MASK)

TEL: 518-537-3688  
4903 RTE 9G, GERMANTOWN, N.Y. 12526

Please...  
Clothing  
Must Be  
Clean

One  
Person at  
a Time  
Please

**Neighbors' Gun Club**  
PO Box 460  
Rhinebeck, NY 12572

Dedicated to the preservation, conservation and Appreciation of New York's natural resources!

**NOW ACCEPTING NEW MEMBERS!**  
Go to [neighborsgunclub.com](http://neighborsgunclub.com)  
For membership application.  
Or call John Iaccino at (845) 876-7309  
Visit our website  
for upcoming events

Archery Shoots, Beef BBQ, Club Meetings, Roadside Cleanup, Skeet Shoots, Turkey Shoot, Camps in the Catskills and Adirondacks.

**RLF TAX SERVICES**  
Robert L. Fowler, AFSP

Over 20 years of experience

**New Clients Are Always Welcome**

19 BIRCHWOOD DRIVE  
RHINEBECK, NY 12572

CELL 845-430-6760  
RLFTAX@YAHOO.COM

**POND DOCS**  
JRT AQUATIC

**New Strong Spas  
Now in Stock**

100% USA Made  
Ultra Strong Cover Lift  
Durashield Hardcover™

*Keeping you in hot water since 2004*

**THANK YOU FOR YOUR BUSINESS!**  
**Happy New Year**  
**- The Preussers -**

Cell (518) 821-0934 ~ 790 Route 23, Craryville  
[preu313@yahoo.com](mailto:preu313@yahoo.com) [www.jjrtaquatic.com](http://www.jjrtaquatic.com)

[Facebook](https://www.facebook.com/jjrtaquatic) @jjrtaquatic [Instagram](https://www.instagram.com/the_pond_docs) @the\_pond\_docs



Resilient and Resourceful from page 1

and larger homeowners. Routine maintenance including landscaping, snow removal, and managing and monitoring residences are all available. And advanced projects including home remodeling and repair jobs can also be handled by the Hudson Valley Estate Management team.

Catherine Ackert, who established her company in 2020 during the early upheavals of the Covid pandemic, noted that as a greater influx of NYC residents have continued to be drawn to the area, the demand for home management services has gotten stronger. Common seasonal services include landscaping, snow

removal, fall clean up, spring spruce ups, pool maintenance, power washing and more. Chores like housekeeping, grocery and supply shopping, organizing, laundry service and even car detailing are no problem.

And when it comes to special events, Catherine and her staff have it covered too. They can handle preparations and see to catering for large scale events or more intimate dinner parties.

“When someone buys a house here [in the area], 80 percent of our clients are part-time residents,” says Catherine. “These are their secondary country homes. So just keeping them maintained, renovating them, is a priority. They’re purchasing them with the notion in mind that they’re going

to make changes, expressing that right from the gate.” Hudson Valley Estate Management LLC can be contacted by phone at 845 834-8333, or by visiting www.hudsonvalleyestatemanagement.com

**CMH Broadway Family Care in Red Hook**, a long established practice affiliated with Columbia Memorial Health, has been accepting new adult patients, which was good news, given the strains on medical care.

Dr. Sheetal Jain, an experienced Internal Medicine physician who has been a part of this community since 2013, has taken the helm at the practice. CMH Broadway Family Care has also recently moved to a new location at 17 Glen Pond Drive.

Dr. Jain noted that it has been extremely difficult for individuals to get quality care due to the fact that many doctors have retired during the pandemic. In addition, this problem has been exacerbated because some of the major area providers have stopped accepting several insurance plans. As a Primary Care practice, CMH Broadway Family Care handles and manages routine and chronic care management for clients.

“Many of my patients are new to the practice who are establishing their care with me,” says Dr. Jain. “There are also patients who have been with this practice for a long time and we manage their chronic medical conditions, like diabetes, high blood pressure, heart disease in addition to providing preventive care. We are part of a broad medical health system including Albany Medical Center which gives us access to a large array of

specialty and subspecialty care.” CMH Broadway Family Care is located at 17 Glen Pond Drive, Red Hook, NY 12571; they can be contacted by calling 845-758-9118. From basic lawn care to advanced landscaping and property maintenance, **Blue Sky Landscapers** was ready to assist clients.

Nick Rooney and Greg Pinelli became partners and began Blue Sky Landscapers together in 2020 to help serve clients from southern Columbia County to Northern Dutchess. You may recognize both of them as Nick is a local and native of the area, and Greg spent over a decade working at Migliorelli Farm.

They both have extensive experience in all aspects of landscaping and lawn care, from mowing to mulching, to tree, bush, & brush removal, fall and spring cleanups, vegetable box building and garden planning. Need a fire pit installed? A custom garden design? Blue Sky Landscapers can do it for you. 2022 was busy for Blue Sky, but they’re ready to tackle new clients and new jobs in 2023.

“We’re trying to provide our clients with the best service we can,” says Greg. “We want to develop good and lasting relationships with our customers and make sure they feel taken care of.”

Continued on page 4

*Summer Stuff looking tired and worn?  
Be Ready for this Spring!  
Before you put it away for the winter,  
bring it in for a fresh, new look...*





**UPHOLSTER IT NOW!**

Boat Interiors • Auto Interiors • Boat Covers  
• Cushions & Outdoor Furniture • Awnings •

**SAUSBIER'S INC.**

*Quality Products At Affordable Prices!*

43 Eighth Street  
Hudson, NY 12534 **518-828-3748**



**Viewmont**

**Tree Service**

**FREE ESTIMATES • FULLY INSURED**

**Tree Removal**

**Pruning**

**Stump Grinding**

**Brush Chipping**

**Preventive Maintenance**

**Storm Damage**

**Land Clearing**

**Firewood**

**(518) 537-6780 • Cell: (518) 965-4216 J.R. Bates**

**ACROSS**

1) Catcher's protection

5) "Daniel Boone" star Parker

9) Had a yearning

14) "\_\_\_ go brag"

15) Words from a nonfolder

16) One brick shy of a load

17) Optimist's feature

20) Warning

21) Go one better than

22) Rounded church area

23) Chewed and swallowed

24) Triangular sail

26) Ripped

28) Prefix with dynamic and space

30) Philosophy of bare existence?

34) Some aliens

37) Bar bills

39) Disgraced hotelier Helmsley

40) Ignore intentionally

44) Game related to bingo

45) Damaged by drought

46) "Long \_\_\_ and far away ..."

47) Quakers with deep roots?

49) "Anna and the King of \_\_\_"

51) "\_\_\_ silly question ..."

53) Orange or lemon attachment

54) "What Kind of Fool \_\_\_"

57) Fun coaster

60) Fake ones get people bounced

62) Present decoration

64) Glance over once more

67) All possible

68) Diagonal cut

69) Billion extension

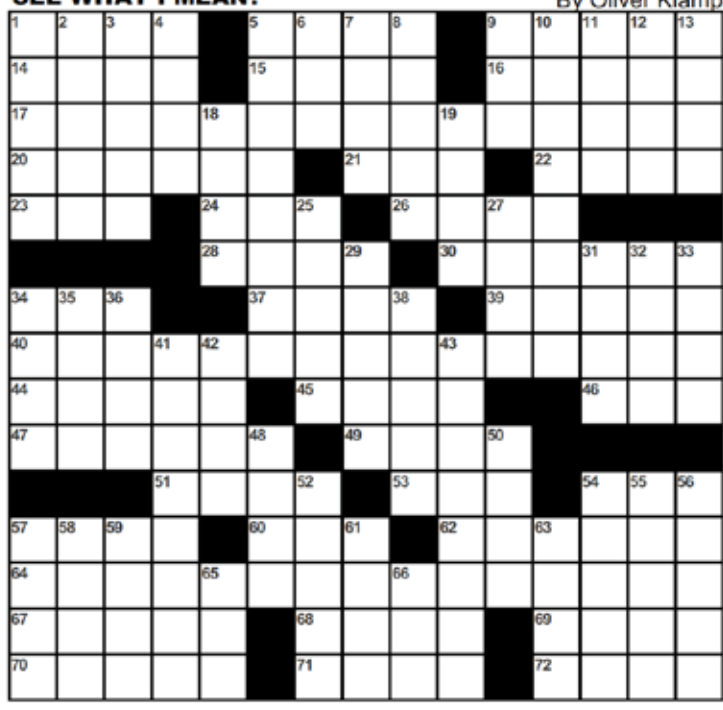
70) Like leisure suits and phonographs

71) While beginning?

72) Ran, as a color

**SEE WHAT I MEAN?**

By Oliver Klamp



**DOWN**

1) Where some pilgrims hope to land

2) Enlightened one, in Buddhism

3) Straining tool

4) Your largest joint

5) Adjective for Hawaii, say

6) Ostrich cousin

7) Delta filler

8) Condescending one

9) Certain keyboard key

10) Bowl-shaped strainer

11) Basketball rim

12) "Dukes of Hazzard" policeman

13) "The Dick Van \_\_\_ Show"

18) Malay prince

19) "Once \_\_\_ a time ..."

25) Hillsides in Scotland

27) Be sovereign

29) Double-reeded woodwinds

31) Corn-growing state

32) Entanglement

33) "... and hold the \_\_\_" (deli order)

34) Napoleon's place of exile

35) Foot digits

36) Afternoon drama

38) Narrow groove

41) Bread makers, at times

42) A great deal

43) Adjustable car part

48) Epidermis

50) Golda of Israel

52) Brick dried in the sun

54) Buzzing with excitement

55) "A Visit from St. Nicholas" poet

56) Like printing presses

57) Dance lesson

58) Etna spew

59) Barely achieves (with "out")

61) Use a spoon, in a way

63) Divulge a secret

65) Will do, at sea

66) Currently possesses

solution page 5



**Buy - Sell - Broker**

**Estates & Consignments Welcome**

*Specializing in the Legal Transfer of Firearms*

**J. SCOTT BUTLER, FFL**

**(845) 757-2552**

Tue, Wed, Fri, Sat - 10am to 4pm  
Thursday - 2pm to 7pm

174 Guski Road, Red Hook, NY 12571



**LOCAL BUSINESS DIRECTORY**

Advanced Aluminum - Rhinebeck.....(845) 901-9246

All About Travel .....(845) 758-1001

Anne's Electrolysis - Rhinebeck.....(845) 876-4878

ASAP Fuel - Rhinebeck.....(845) 876-6351

Bark Busters - Staatsburg.....(845) 889-4679

BHHS - Rhinbeck.....(845) 876-8600

CJ's Italian Restaurant - Rhinebeck .....(845) 876-7711

Computer Aid - Tivoli.....(845) 757-5619

Conway's Power Equipment - Red Hook .....(845) 758-8134

Cornerstone Real Property - Red Hook .....(845) 758-9483

Countryside Animal Hospital - Staatsburg .....(845) 876-2552

Craig Austin Dermatology - Rhinebeck .....(845) 516-6500

Crown Gas - Pleasant Valley.....(845) 635-2400

Dave's Tree Service - Kingston.....(845) 706-7211

Dowden Agency - Rhinebeck.....(845) 876-4831

Finance Services Center - Rhinebeck.....(845) 876-1919

Foster's Coach House Tavern - Rhinebeck .....(845) 876-8052

Fully Loaded - Germantown .....(518) 537-7430

Grady - Rhinebeck .....(845) 876-4911

Hallenbeck Realty - Rhinebeck .....(845) 876-1660

Hobson Appliance - Rhinebeck .....(845) 876-3102

Hobson Window - Red Hook .....(845) 758-0930

Hudson Valley Errand Service - Ancram.....(518) 567-5673

Hudson Valley Estate Management - Rhinebeck....(845) 834-8333

Hudson Valley Foot - Kingston.....(845) 339-4191

Hudson Valley Firewood - Red Hook.....(845) 546-9316

J. Scott Butler - Red Hook .....(845) 757-2552

J.D. von der Lieth & Sons - Rhinebeck .....(845) 876-4511

JFfive - Red Hook.....(845)758-6842

JJRT - Craryville.....(518) 821-0934

Kukon Brothers - Livingston .....(518) 537-6772

LeGrand Real Estate - Rhinebeck.....(845) 876-2630

Mac's Farm & Garden World - Red Hook.....(845) 758-3601

McCarthy & Sons Electrical - Red Hook .....(845) 758-6116

Mondello Upstate Properties - Red Hook.....(845) 758-5555

Mrs. Sew & Sew - Germantown .....(518) 537-3688

Neighbor's Gun Club - Rhinebeck .....(845) 876-7390

Northern Dutchess Archery - Red Hook .....(845) 758-3651

Northern Dutchess Hardwoods - Red Hook .....(845) 758-2005

Palmiter - Staatsburg.....(845) 773-9164

Patty's Pet Palace - Rhinebeck.....(845) 876-7211

Red Hook Curry - Red Hook.....(845) 758-2666

Red Hook Veterinary Hospital - Red Hook.....(845) 758-2691

Rhinebeck Animal Hospital - Rhinebeck .....(845) 876-6008

RLF Tax - Rhinebeck .....(845) 430-6760

Santamorenna, Peggy - Rhinebeck .....(845) 399-3999

Sausbier's Awning Shop - Hudson .....(518) 828-3748

Staley Real Estate - Rhinebeck .....(845) 876-3196

Sunny Paws - Red Hook .....(845) 597-6976

The Angela Lanuto Team - Catskill/Red Hook .....(845) 658-0536

Viewmont Land Service - Germantown .....(518) 965-4216

William's Lumber - Rhinebeck.....(845) 876-9663





Red Hook, NY (845) 546-9316

Fully Insured ~ Firewood ~ Logging ~Land Clearing

Resilient and Resourceful from page 3

Blue Sky also offers property management, making their services perfect for home owners in the region who can’t always be home. They can be reached by calling 845-418-1822 (Nick), or 215-989-0178 (Greg), or by visiting their website at [www.blueskylandscapers.com](http://www.blueskylandscapers.com).

From a professional painting, to complete home renovations, **Cesar Romero Full Service Painting** helped local clients in 2022.

Cesar has worked and resided in the Rhinebeck area for more than 20 years, helping clients realize their visions for improving and adding value to their homes. He takes pride in coming from a family of builders, and he recently was able to help several of his nephews join his family business.

Cesar and his crew have been busy with various projects, and with their calendar filling up, it’s a good time to book an appointment if you have a renovation in mind.

Cesar says people are especially interested right now in making homes more energy efficient, and in embarking on converting basements to extra rooms or apartments, among other things.

As far as the scale of renovations, “We can handle the whole entire house,” says Cesar. “Inside and outside, we can do the whole thing, whatever it is.”

Cesar has many years of experience in working with clients. and he and his crew were busy with kitchen renovations, window installations, fixing replacing roofs, finishing basements and more.

To contact Cesar Romero Full Service Painting call 845-876-2795, or 914-466-5712 (cell phone).

With a convenient location in Rhinebeck at 6565 Spring Brook Ave, Suite 11, clients found it easy to look their best, with the help of Cosmetic specialist Pat Sanders and other professionals at **Craig Austin Dermatology, PC**.

Advanced non-invasive anti-

aging cosmetic treatments, and more are available, and wait-times for appointments are reasonable. Treatment begins with a consultation, in order to tailor a plan to individual needs and expectations. And counseling clients on developing and maintaining an effective skincare regimen is always a part of the process.

“Our number one treatment typically is geared towards anti-aging of the facial area,” says Pat. “That’s using, first and foremost, a great skincare regimen. A home skincare regimen. Because that’s going to maintain what is done within any treatment.”

There are a number of innovative non-invasive facial treatments that can improve or mitigate signs and effects of aging. Facials of various types, including hydro facials and “Aqua Gold”, a micro-infusion with a special formula, can be used to reduce fine lines, improve texture tone, lessen jowling and so on. Services like those show

that getting older really can mean getting better, thanks to Craig Austin Dermatology. To inquire about services or schedule an appointment, call 845-516-6500, or visit <https://www.craigaustindermatology.com>.

Local Knowledge Made the Difference for **Cornerstone Real Property Services**, in providing certified residential appraisals and real estate consultations.

Michael Mondello’s residential appraisals include single family to four family units, vacant land, condominiums and cooperative (individual units), and farms (excluding the business operations).

Michael says many local towns and areas really proved to be micro-markets of their own in 2022. “Basically the overall market consists of a mix of what I call boutique towns, such as Rhinebeck, Woodstock, Stone Ridge, New Paltz, Hudson, all offer some kind of special experience. People generally want to be in that spot.”

“Towns like Red Hook are more like where a family would move to, that is maybe interested in the school district or being close to shopping or employment. Saugerties is

another one of those towns where you have more families moving in, because there’s larger subdivisions of more affordable housing with public utilities.”

Cornerstone Real Property Services, Inc. takes a savvy analytical approach to appraisals that envisions a property from a prospective buyer’s point of view.

“What you’re doing when you’re appraising a home is you’re recreating a hypothetical marketing experience for the house.”

Cornerstone Real Property Services, Inc. can be reached via 845-758-9483 (office) or 845-625-8613 (cell), or by visiting <http://www.cornerstonerealpropertyservices.com>.

A new location right in Rhinebeck, and cutting-edge equipment and experience helped **Dave’s Tree Service** continue to prove that there’s no one better to handle the toughest tree care and maintenance jobs.

Dave Hughes and his crews handle virtually every common—and some not so common—facets of tree care and maintenance, including Tree Removal, Stump Removal, Tree Surgery, Land Clearing,

Continued on page 5

April 15th is, essentially, TODAY.

Let’s Get You Ready for April, Right Now.

No need to freak out, our team of CPAs and staff of tax professionals are here to help! Schedule an appointment at our offices and we’ll get you ready.

There is still time to implement sensible tax strategies and planning. Let’s be sure you benefit from all the tax benefits you are legally entitled to receive.

For more than 25 years, we have provided critical tax planning, advice, and reassurance to individuals and businesses.

Call now for your **free consultation**, and navigate 2023 confidently, with a healthy financial outlook.



Accountable. Since 1995.

We’re Growing, and Hiring.  
Call 845.876.4911, Ext. 23

Tax Preparation, Bookkeeping,  
Individuals & Businesses  
Audits, Reviews & Compilations,  
Retirement & Estate Planning,  
Payroll & Sales Tax

47 West Market Street, Suite 3  
Rhinebeck, NY 12572  
T: 845.876.4911  
F: 845.876.6002  
[jgrady@gradycpas.com](mailto:jgrady@gradycpas.com)  
[www.gradycpas.com](http://www.gradycpas.com)

“Elevate Your Lifestyle While Protecting Your Home In Our Hands”



SNOW  
PLOWING  
AND  
REMOVAL

Hudson Valley Estate Management LLC

Property Management

Landscaping, Brush Hogging, Painting, Housekeeping, Power Washing, Snow Plowing & Removal, Project Management, Handyman, Weekly Home Check-Ins and Monitoring

845-834-8333  
[Hudsonvalleyestatemanagement.com](http://Hudsonvalleyestatemanagement.com)

WHERE YOU CAN FIND US IN COLUMBIA COUNTY

Germantown Xtra-Mart	West Taghkanic Citgo	Craryville Xtra-Mart	Bank of Greene County - Hudson	Speedway Gas Station
Germantown Gulf Station	Church Street Deli Copake	Philmont Pine Haven	Fairview Wine & Spirits	Hudson Polish Deli
Bank of Green County - Germantown	Copake Front Porch Market	Philmont Cumberland Farms	Wash Rite	Salvation Army
Upstate Auto	Dad’s Copake Diner	Claverack Xtra-Mart	ShopRite	A Cut Beyond
Mrs. Sew & Sew	O’s Hillsdale Diner	Claverack Post Office	66 Food Mart	Morabito’s
Fully Loaded	Hillsdale 4 Brother’s Pizza	Cobble Pond Farms Route 9H & 66	66 Fine Wine & Spirits	Restore
Blue Stores Xtra-Mart	Hillsdale Cobble Pond Farms	Hudson Subway Mobil Station	Mountain View Animal Hospital	
Livingston Post Office	Hillsdale IGA	Wash & Dry Fairview Ave	Trustco Bank - Hudson	
Bell’s Pond Xtra-Mart	Craryville Ameri-Stop	Plaza Diner	The Antique Warehouse	



## Resilient and Resourceful from page 4

Storm Damage cleanup, and Tree Bracing, Cabling and Feeding.

Dave offers free estimates on work to be done, and discounts for veterans with past and present service.

The new location in Rhinebeck, that's close to Red Hook as well, made servicing clients in Northern Dutchess more efficient for his business in 2022, says Dave.

"My wife Michele and I built an 8100 sq foot shop on 13 Arborist Way that includes an office. Being centrally located now, we're able to cover Rhinebeck and Red Hook more efficiently."

Dave also managed to score game-changing new equipment in 2022: a specialized tree cutting and grappling machine.

"It's an all-terrain material handler, with 4-wheel drive, four-way steering, which goes off-road as well as on-road," said Dave. "Instead of having numerous trucks and employees on a job, or going up and getting into a dead tree, or a dangerous situation over wires etc, we can now complete the take down from a safe location."

To inquire about Dave's Tree Service, call 845-706-7211 or visit <https://www.davestreeservice.us>.

2022 showed again that real estate market conditions may change, but **Staley Real Estate** continued to leverage long experience and local knowledge of the Northern Dutchess and Southern Columbia area, to make sure their clients stayed ahead of the trends.

Whether it's buying or selling a home or needing property management services from a firm that knows that specialty from the inside, Staley Real Estate can handle it.

Homer "Knick" Staley, Jr. and his son Dan Staley, Principal Broker, represent the second and third generation of the firm, which has served and helped shape the Rhinebeck community for almost three-quarters of a century.

This past year, the firm responded to the changing dynamic by expanding their own hands-on property management and landlord experience, to service clients seeking those kinds of services.

"It's the fastest growing part of our business, thanks to Danny," says Knick. "We're taking on more properties to maintain and manage for absentee landlords, or landlords who are investing and buying multi-families."

Staley Real Estate offers a full range of property management services, including handling tenant trouble calls 24/7, arranging for contractors to do repairs and other work, performing periodic property inspection visits, enforcing leases, collecting and adjusting rents, and more.

Community involvement has always been important to Knick and Dan. "We're established here, 73 years this year, and we'll be going into our 74th, which we're very proud of," says Dan. "My goal is to maintain the Staley Real Estate family business. And have no intention

of merging or anything like that in the future. I'd like to make it to 100 years in my lifetime."

Staley Real Estate LLC is located at 58 E Market St Rhinebeck NY, and on 400 Route 308 Rhinebeck NY. For more info, call 845-876-3196 or visit [www.staleyrealestate.com](http://www.staleyrealestate.com).

## Museum Announces Winter/Spring Lecture Series from page 1

Lectures will be held once a month on Wednesday at 7:00 p.m. both in-person at the museum's Wooden Boat School, and virtually via Zoom Link. All lectures are \$7 for the general public, and FREE for museum members. For more information and to register, visit [www.hrmm.org/lecture-series](http://www.hrmm.org/lecture-series).

## About the Follow the 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, visit [www.hrmm.org/lecture-series](http://www.hrmm.org/lecture-series). 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 documenting maritime transportation, industry, recreation, and natural science, the museum offers classes and programs at its Wooden Boat School, Sailing and Rowing School, and aboard its floating classroom, Solaris. The museum is located along the historic Rondout waterfront in downtown Kingston. Visit [www.hrmm.org](http://www.hrmm.org) for more information.



## Innovative Scientific Breakthrough from page 2

ProImmune® - Immune Formulation 200® is made up of a unique combination of amino acids and is a proprietary patented blend of Selenium, L-Cystine, L-Glutamine and Glycine. Intracellular Glutathione is critical to each cell in the body in order to increase immune response.\* Maintaining healthy glutathione levels utilizing ProImmune® - Immune Formulation 200® will

help your body naturally reduce toxins from processed foods, pesticides, air pollution, chemicals to dye fabrics, hair care products, tobacco, alcohol, plastics and other environmental stressors that leach into packaged foods, bottled drinks and your daily life-style activities.\* Visit [www.TheBestImmuneSupport.com](http://www.TheBestImmuneSupport.com) to learn more. Those flying in crowded

Continued on page 7

**Lowest Prices in the Area**  
No Contracts Necessary - Meet or Beat Competitors Prices  
**(845) 876 - 6351**  
C.O.D. We accept:  
Cash, Check, Visa, MasterCard, Discover

Call today to schedule your delivery!

**FULLY LOADED PERFORMANCE**  
**518-537-7430**

**Auto Repairs, Performance Upgrades, and Towing**  
**10% Student Discount**

**CONWAYS**  
[WWW.CONWAYSUSA.COM](http://WWW.CONWAYSUSA.COM) Celebrating 44 Years!

**Toro Power Max® 828 OAE Snowthrower**

**TORO**

**Blow through winter's worst!**

- 252cc Toro® Premium 4-cycle OHV electric start engine
- Exclusive Anti-Clogging System
- LED headlights - work day or night
- Heavy Duty Handles, steel chute and 15" tires
- Triggerless Steering
- Self-Propelled - 6 speeds forward, 2 speeds reverse

**ONLY \$1699.00**  
Model: 38838  
**FINANCING AVAILABLE**

**CONWAY'S LAWN & POWER EQUIPMENT, Inc.**  
Visit us at [www.conwaysusa.com](http://www.conwaysusa.com)  
Route 9 • 7235 South Broadway  
Red Hook, NY 12571  
**845-758-8134**

**2021 BEST OF THE MID-HUDSON**  
**FINALIST**

We are proud to honor The FAVOR Program\*

\*Veteran Discount Program

**We want to be your power equipment dealer!**

**845.773.9164**

**"Medicare unclear? Palmiter is here!"**

Medicare Supplement Plans  
Medicare Advantage Plans  
Prescription Drug Plans

Looking to change your Medicare Advantage plan?  
Schedule now for the Open Enrollment Period  
**01/01/23 - 03/31/23**

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

**Northern Dutchess Hardwoods & Floor Coverings**

**"EVERY STEP OF THE WAY"**

**SPECIALIZING IN HARDWOOD FLOORING**  
Wide Plank  
~ Prefinished Solid & Engineered  
~ Carpet ~ Vinyl ~ Laminate ~ Cork  
~ Marmoleum ~ Ceramic Tile  
~ Specialty Flooring  
~ Porcelain Tile & Stone

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

**"Serving Dutchess, Ulster and Columbia County since 2004"**

**(845) 758-2005**

**19 East Market Street  
Red Hook, NY 12571**



Count Our Blessings from page 1

“So often you see them flashing catchy benefits on screen - like \$0 copays, ‘free this and free that’ - but these may or may not actually exist in your area.” Also, even though the annual Medicare enrollment period has ended you can still make plan changes. Many people aren’t aware there is a second opportunity to switch your plan. It’s called “OEP,” which stands for the open enrollment period. This window goes from January 1st to March 31st and it only applies to those with Medicare Advantage plans (Part C) to switch to another Medicare Advantage plan. Plus, “Anyone that receives extra prescription drug assistance through the NYS Epic program is allowed one plan change anytime of the year. “We like to call it a ‘get out of jail free card,’ for anyone needing to switch, but call us first. We take the time

to check all of your providers and medications to make sure you are on the best plan for you.” 845.773.9164 or online at [PalmiterBusinessSolutions.com](http://PalmiterBusinessSolutions.com). If you’re making a new year’s resolution to eat healthy we are blessed to have the **BLISS Juice Bar** in Red Hook. “As the new year comes upon us, it is a season for setting new intentions, imagining our goals, and feeling a sense of renewal. A juice cleanse is an amazing way to kick off 2023 and start your year feeling better than ever,” declares Annie Sullivan. “Flooding your body with cold-pressed, raw juice made with fresh, organic produce is a perfect method to feel the beauty of a new beginning and begin the journey to accomplishing your goals.” While many think of a juice cleanse as a deprivation, “BLISS cleanses are designed to feel abundant and charged with energy.” A juice cleanse allows

you to cut out caffeine and energy drinks (and perhaps kick start a dry January) and “you will feel both naturally awake and at peace with your body. We offer a variety of cleanses customizable to goals and desires. From detox or weight loss to hormone balancing and general well being, we can help you on your way to an incredible new year.” Because staying warm is a theme this time of year, BLISS also has a warm-drink menu that includes superfood lattes made with plant based “mylk” for “a cozy pick-me-up anytime of day.” Calling ahead is recommended: 845-835-8337. As many local parents know, the BLISS Juice Bar is a popular spot for high school seniors who are already counting the days before graduation and hoping to look their best at their Senior Prom. The Red Hook **Post-Prom Party Committee** is already gearing up for the big night. “Please help us continue to provide this safe and enjoyable event for the youth of our community,” says Maria Scibelli, co-chairperson. Call Lisa A. Murray at 845-389-6175 or Maria Scibelli at 845-758-4321 to donate goods and services.

Since we’re on the topic of donating, we heard from Elijah Bender at **Foster’s Coach House Tavern** who says, “We are counting our blessings at Foster’s this year. We were lucky enough to operate a successful food truck at Sinterklaas with proceeds donated to Cookies for Kids Cancer.” Additionally, Fosters, “had an excellent turnout of friends and neighbors to celebrate

completion of the work at the Evangelical Lutheran Church of St. Peter (Stone Church).” Foster’s is, “proud to participate in restoring this monumental building and to contributing to the historical significance of the Rhinebeck community. As always, he adds, “Come see us at the Dutchess County Fairgrounds -- at our second location -- Foster’s at the Fair!” Call 845-876-8052 for reservations. Meanwhile, it’s still very frosty here in the Hudson Valley and **Dermatologist, Dr. Cindy Hoffman**, reminds us, “heated rooms can cause dry, red and irritated skin. When you are outside in colder weather, you need to protect your skin from harsh winds and colder temperatures.” Remember to:

- Wear a thicker moisturizing cream on exposed skin.
- Avoid products with alcohol that can dry your skin.
- Cover as much of your skin as possible with face masks, hats, gloves, and other warm clothing.
- Wear sunscreen with

SPF 15 or higher for everyday protection. Sun exposure can be damaging to your skin in the cold.

- Use sunscreen with SPF 30 or higher if you are outdoors in the weather for a long period of time.
- Avoid taking long, hot showers because they can dry your skin.
- Take shorter showers with lukewarm water.
- Use gentle soaps and washes to clean your skin and avoid exfoliating.
- Wear lip balm to protect your lips when you are outside.
- Consider installing a humidifier in your home to help moisten the air. It will soothe your skin, and your sinuses, and nasal passages.

If you suffer from any skin conditions, they can get worse in the winter. Dr. Hoffman invites you to visit her Dermatology office in Hyde Park at 7 Pine Woods Rd. She recently hired Family Nurse Practitioner, Paul Fiumara, and they are creating

Continued on page 7

We treat all types of **FOOT PROBLEMS!**



- Bunions
- Warts
- Corns
- Calluses
- Tendonitis
- Foot Fractures
- Heel Pain
- Neuromas
- Flat Feet
- Hammertoes
- Fungal & Ingrown Nails
- Advanced Diabetic Foot Management & Limb Salvage

**HV HUDSON VALLEY  
FA FOOT ASSOCIATES**

<b>Red Hook</b> 52 Old Farm Rd. 1-877-339-HVFA	<b>Hudson</b> 23 Fish & Game Rd. 1-877-339-HVFA	<b>Wappingers</b> 1323 Rt 9, Ste. 106 845-297-4055	<b>W. Coxsackie</b> 28 Hope Plaza 518-731-5444	<b>Kingston</b> 103 Hurley Ave. 845-339-4191
--	---	--	--	--

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

**ANN’S ELECTROLYSIS**

*Computerized Procedure*

- Medically Approved • Board Certified
- Disposable Needles Used • Sterile Equipment • Gender Friendly • 30+ Years

Anne Lombardozi  
Michelle Lombardozi-Strollo  
[www.AnnsElectrolysis.com](http://www.AnnsElectrolysis.com)

**FREE  
Consultation &  
Demonstration**

Permanent  
Hair Removal

**Gift Certificates Available!**

22 E. Market St., # 201 Rhinebeck, NY  
(845) 876-4878

**CRAIG AUSTIN DERMATOLOGY**

GENERAL & MEDICAL DERMATOLOGY  
COSMETIC DERMATOLOGY

**(845) 516-6500**

Castle Connelly Top Doctor



***Happy New Year!***

**For Holiday Aesthetics Specials  
Check Out The Website!**

**CRAIG AUSTIN, M.D.**

ASSOCIATE CLINICAL PROFESSOR / Mount Sinai Medical School / Dermatology

**RHINEBECK LOCATION**

**(845) 516-6500 / 6565 Spring Brook Ave / Suite 11 / Rhinebeck NY 12572**

**FISHKILL LOCATION**

**(845) 896-6669 / 200 Westage Business Center Dr. / Suite 231 / Fishkill NY 12524**

<http://www.craigaundermatology.com>





Count Our Blessings from  
page 6

a new Wellness Center.  
Phone: 845.229.2990;  
DrHoffmanDermatology.  
com

**Dr. Danielle St. Pierre,**  
**DVM,CVA of Sunny Paws**  
**Veterinary Services** is also  
concerned about plummeting  
temperatures and the effect it has  
on animals who are kept outdoors.  
“If it’s too cold for you it’s usually  
too cold for a pet,” she insists.  
If you suspect an animal is being  
neglected or is in danger due to  
freezing conditions, you should  
document as many details as you  
can about the situation, including  
date, time, location, and type of  
animal(s) involved. Photographs  
or video can also be helpful  
before contacting local law  
enforcement as they might have  
prior complaints on record and  
already be familiar with the  
owner and animal involved.  
Dr. St. Pierre makes house calls  
and offers in-home euthanasia,  
pet hospice care, acupuncture  
and Chinese herbal medicine  
to cats and dogs. “With cold  
weather, it may be easier to keep

your beloved pets at home rather  
than trying to move them. “It’s  
often easier for all concerned  
to be warm and comfortable.”  
For more information call  
(845) 597-6976 or email  
sunnypawsvet@gmail.com.  
Like them on Facebook @  
SunnyPawsVet or visit their  
website [www.SunnyPawsVet.com](http://www.SunnyPawsVet.com)  
for a list of options, prices  
and links to pet loss support  
groups. Note: If you know  
someone who has recently  
lost a pet, please reach out to  
them. Make sure they are ok.  
Grief for a lost pet is very real.

**Innovative Scientific Break-**  
**through from page 5**

airports and taking cruises  
would especially benefit  
by supplementing with  
ProImmune® - Immune  
Formulation 200® as an extra  
precautionary method of super-  
boosting the right nutrition  
for their immune system.\*  
Additionally, those working in  
congested offices or buildings  
will also benefit by maintaining  
their immune system as will  
teachers who are surrounded

by students. Glutathione is also  
shown to help with oxidative  
stress, healthy inflammation  
responses and irritants caused  
by water damage in dwellings  
containing unseen mold and  
mycotoxins.\* Read the National  
Institutes Of Health (NIH)  
link directly below to better  
understand how glutathione  
is depleted when mold and  
mycotoxins enter the body  
and how supplementing with  
glutathione supports the body’s  
natural detoxification.\* [https://  
www.ncbi.nlm.nih.gov/  
pmc/articles/PMC3654247/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3654247/)  
Our bodies are absorbing toxins  
continuously in modern times  
and causing many to become  
inflamed. Today, more than  
ever it is important to maintain  
proper glutathione levels to help  
counter toxins and oxidative  
stress. ProImmune® - Immune  
Formulation 200® produces  
glutathione in the exact manner  
nature intended, inside the cells.  
Limited research reports men  
experiencing sexual challenges  
may tend to have low levels of  
glutathione. Raising glutathione  
levels can increase the production  
of nitric oxide and support blood  
flow, which can help with sexual  
function.\* Additionally, many  
people suffer from depleted  
glutathione levels and require  
glutathione replenishment.  
Please speak to your medical  
provider about the benefits of  
incorporating ProImmune® -  
Immune Formulation 200® into  
your glutathione replenishment  
protocol and how raising  
glutathione intracellularly can  
support health.\* A Google

search of glutathione on the  
Pub-Med or NIH website with  
more than 155,465 entries for  
glutathione will better describe  
the significance glutathione  
plays in supporting health.\*  
Suddenly, even babies and young  
children are being reported  
in these concerning studies.  
Therefore, it may benefit parents  
to research and discuss the role  
glutathione may play on helping  
to maintain wellness for their  
babies and children. Glutathione  
supplementation can improve  
skin complexion and is known  
scientifically for its healthy aging  
support properties.\* Military  
members and veterans can also  
benefit from ProImmune® -  
Immune Formulation 200®.

The scientific discovery  
of ProImmune® - Immune  
Formulation 200® by Dr. Crum  
allows each of the trillions of  
cells in the body to safely increase  
glutathione levels intracellularly,  
thereby mitigating glutathione  
from not being absorbed in the  
cells which often happens with  
synthetic glutathione otherwise  
known as NAC. In a limited  
inconclusive scientific study has  
shown that ProImmune® - Immune  
Formulation 200® activates the  
Nrf2 gene to reduce oxidative  
stress and is superior to NAC.\*  
The study which associated  
ProImmune® - Immune  
Formulation 200® with the  
activation of Nrf2 was supported

Continued on page 8



## HOBSON APPLIANCE SERVICE LLC

Continuing The Family Tradition

**Owner/Technician**  
**Dale Hobson**  
**(845) 876-3102**

[hobsonapplianceservice@gmail.com](mailto:hobsonapplianceservice@gmail.com)  
[www.hobsonapplianceservice.com](http://www.hobsonapplianceservice.com)  
PO Box 978 Port Ewen, NY 12466

## Frameless Shower Doors

845.758.0930



Mirrors/Tabletops  
**HobsonWindow.com**  
**HOBSON**  
WINDOW, INC.

■ WINDOWS ■ DOORS ■ GLASS

**SHOWROOM AT**  
**7387 SOUTH BROADWAY, RED HOOK**

# WILLIAMS

Lumber &  
Home Centers

## Red Hot Buys Valid Dec. 26–Jan. 31



### 8<sup>99</sup> each

4 Pk. Assorted Feit Electric White  
Filament LED Decorative Bulbs  
OR Select Intellibulbs  
3005592, 3008698, 3005600, 3004019, 3002220





### 9<sup>99</sup> each

3 Pk. Assorted Feit Electric Enhance  
Filament LED Globe Bulbs  
3911948, 3912011, 3925617, 3911369, 3911914,  
3911963, 3912086, 3912144, 3911906



### 15<sup>99</sup> each

3 Pk. Feit Electric Smart  
Wi-Fi LED Bulb OR Shop  
Light  
3004002, 3004001, 3901204  
Smart Wi-Fi LED Bulb 3914363  
\$8.99



### 5<sup>99</sup> -1 WITH CARD\*

### 4<sup>99</sup> each

3 Pk. Victor Fast-Kill  
Refillable Mouse Bait Station  
OR Quick-Kill Mouse Trap  
7004370, 7007824 Limit 2.

## BE READY FOR WHAT WINTER THROWS AT YOU





### 749<sup>00</sup>

EGO POWER+ 56 Volt  
21" Single-Stage Snow  
Thrower With Two  
5 Amp Batteries  
7024673  
Single-Stage Snow  
Thrower With Two  
7.5 Amp Batteries  
7009696 **\*\$849.00**



### 999<sup>00</sup>

EGO POWER+ 56 Volt  
21" Single-Stage Snow  
Thrower  
7012132



### 1499<sup>00</sup>

EGO POWER+ 56 Volt  
24" Self-Propelled  
Two-Stage Snow Thrower  
7008474



### 1<sup>39</sup> each

11.75 Oz. Bird Suet  
80795, 80799, 8003592,  
8003584, 9084351  
Hot Pepper Delight OR  
Woodpecker Treat Suet  
8061640, 8196255 \$1.89



### 8<sup>99</sup> each

10 Pk. Ace High  
Energy Suet, 5 Lb.  
Black Oil Sunflower  
Seed OR WoodLink  
Double Suet Feeder  
8039381, 8914772, 8041806



### 12<sup>99</sup> each

20 Lb. Ace Wild  
Bird Food OR  
10 Lb. Black Oil  
Sunflower Seed  
81995, 8914699



## Innovative Scientific Break-through from page 7

by NIH-NCCR Accelerating Excellence in Translation Science Grant (U54 RR026138) and NIH-NIMHDP20MD00182. ProImmune® - Immune Formulation 200® manufactured in the USA for The ProImmune Co., LLC is available for immediate, direct to consumer purchase globally in powder form, in a 100 g canister at [www.TheBestImmuneSupport.com](http://www.TheBestImmuneSupport.com) Rhinebeck, NY and will soon be available on Amazon about February 2023. One serving / scoop (1.6 g) up to

twice per day of the semi-sweet tasting, ProImmune® - Immune Formulation 200® powder daily can naturally lower oxidative stress in the body, support the body's ability to reduce toxins and free radicals and support the immune system.\* One canister lasts about two months per adult. For a limited time until December 31<sup>st</sup>, 2022 customers of ProImmune® - Immune Formulation 200® who purchase online in the continental U.S. at [www.TheBestImmuneSupport.com](http://www.TheBestImmuneSupport.com) receive free shipping. Health Food Markets and Medical Centers seeking to

offer ProImmune® - Immune Formulation 200® please email [info@TheBestImmuneSupport.com](mailto:info@TheBestImmuneSupport.com) Commercial licensing opportunities also available to select corporate candidates who desire to include ProImmune® - Immune Formulation 200® in a commercial application. ProImmune® - Immune Formulation 200® would also provide employees and workforces of large corporations the ability to maintain a superior immune system\*, thereby reducing employee sick time and interruption of company production time. Strong immunity is like a shield that mitigates illness, helps with recovery and protects your body from toxic substances. With so many forces working against you in these times, now more than ever it is important to take care of your immune system. Please contact global distributor: Joseph V Cassarino via email [info@TheBestImmuneSupport.com](mailto:info@TheBestImmuneSupport.com)



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Below is what a few of our consumers had to say about their product experience.

## Germantown Garden Club Plans for 2023

The Germantown Garden Club is once again planning their programs and activities for a new year. The first scheduled meeting for 2023 is in late February and it is often a challenge to line up speakers and plan field trips so that the club year book can be printed and delivered by this deadline. Planning begins in November to set a

calendar and theme for the upcoming year. In December the committee meets to set the programs for each of the meetings with possible speakers. The theme for 2023 is 'Birds, Bees, Flowers and Trees...' A sample of the possible scheduled programs is a program on exercising for gardeners, a book author about birds, a representative from a local CSA flower farm, local landscaper (trees), master gardener focusing on pollinators, a visit to the Berkshire Botanical Garden. Also included in the program is the club's annual plant sale and annual flower show. Founded in 1928 this is the Germantown Garden Club's 95th year. Club meetings are free and the public is always welcome. For more information about the club call Fran Bufi at 518-537-4868. The Germantown Garden Club is a member of the Third District, Federated Garden Club of New York State, Inc., Central Atlantic Region and National Garden Clubs.

# Conway's

Your Local Professional Lawn & Power Equipment Dealer.

Sales, Service, Parts and Accessories

SNAPPER, TORO, STIHL, BRIGGS & STRATTON, KOHLER, KAWASAKI

- Air Filters
- Axle Bolts
- Ball Joints
- Batteries
- Bearings
- Belts
- Blades
- Cables
- Carburetor Kits
- Clutches
- Chain
- Control Cables
- Drive Disc
- Engines
- Floats
- Flywheel Keys
- Fuel Caps
- Fuel Filters
- Fuel Shut-offs
- Gas line
- Gaskets
- Goggles
- Handles
- Hitch Pins
- Idler Pulleys
- Ignition Keys
- In-Line Filters
- Mufflers
- Mulching Blades
- Nylon Rope
- Oil
- Oil Filters
- Oil Seats
- Piston Rings
- Pulleys
- Regulators
- Rewind Springs
- Short Blocks
- Spark Plugs
- Stop Switches
- Tires
- Trimmer line
- Tubes

OVERHEARD OFTEN AT CONWAY'S  
"Yeah, we've got that..."



We are Proud to Honor the FAVOR Program!

## CONWAY'S

LAWN & POWER EQUIP., inc.

Rte 9, 7235 South Broadway, Red Hook, NY 12571 • 758-8134

Monday-Friday 7:30 am-5:00 pm  
Saturday til 3pm

Visit us at: [www.conwayusa.com](http://www.conwayusa.com)



The *Hudson River View* is published monthly and distributed on the 1st Wednesday of the month. The View is a Privately owned, independent, Partnership publishing business. The View is mailed at the Newburgh, NY Post Office to homes in the Northwest part of Dutchess County. Doreen Baretsky, Publisher John Vogt, Publisher. (518) 828-0333 or (518) 929-9579 [hrrview@yahoo.com](mailto:hrrview@yahoo.com) The Hudson River View accepts no financial responsibility for errors that occur in advertisements beyond the cost of the space occupied by the error. The publishers reserve the right to reject any advertising. The total editorial content of this newspaper does not necessarily reflect the views/opinions of the owners. The advertising and editorial content of this paper, in whole or in part, may not be reproduced without the explicit permission of the publishers.

## Kukon Brothers LLC.

**Farm** Located At  
2329 Route 9  
Livingston, NY



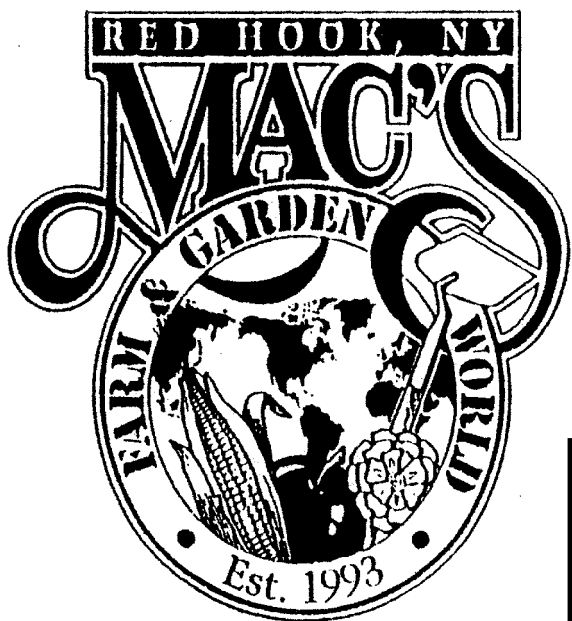
**Growers of Grains:**  
(Bag or Bulk)  
Corn, Soy, Oats, Wheat...

- \* Rye, Cracked Corn
- \* Custom Feed, Mixes
- \* Hay, Straw & Shavings  
(YEAR ROUND SUPPLY)

**POULIN GRAIN DISTRIBUTOR**

(518) **537-6772** (518) **965-8269**  
**KukonBrothersLLC@gmail.com**

Fertilizers  
Feed  
Fencing  
Lawn & Garden  
Supplies  
Shavings  
Pet Food & Supplies  
Lime  
Bedding - Straw  
Blue Buffalo  
Taste of the Wild  
Wellness  
Nutro  
Natural Balance  
Science Diet



**AGWAY**

*Nutrena - Purina - Triple Crown - Blue Seal - Cavalor*

Fax: 758-8002  
876-1559 or 758-3601  
68 Firehouse Lane, Red Hook, NY 12571

## WOOD STOVE PELLETS IN STOCK!

# ALLEGHENY PELLETS

# WARM FRONT PELLETS

AVAILABLE FOR PICKUP AND DELIVERY

## RICE, PEA AND NUT COAL

ALSO AVAILABLE FOR PICKUP AND DELIVERY

*Best Wishes  
in the  
New Year!*

Check our Website  
or Facebook  
for Upcoming Specials!!!



# DAVE'S TREE SERVICE

## DOCTORS OF TREE SURGERY

**24hr emergency storm  
damage specialists!**

**Please have your trees inspected  
for structural integrity prior to  
the next storm! Call to set  
up a free evaluation.**



**A Certified Arborist who protects the homeowner with 5 Million Dollars  
Liability Insurance and Workers Compensation Insurance certificates!**

# 845-706-7211

**· SURGERY · REMOVAL · FEEDING · CABLING · CLEARING  
· STUMP GRINDING · BRACING · TRIMMING · CAVITY WORK**

**RESIDENTIAL  
LICENSED  
INSURED**



**COMMERCIAL  
FREE  
ESTIMATES**

**[www.davestreeservice.us](http://www.davestreeservice.us)**

**One Of The Only Doctors That Still Makes House Calls  
*HAVE YOU HUGGED YOUR TREE TODAY?***



## January Events at Clinton Community Library

Get ready for the new year and see what's happening at Clinton Community Library in January! For more specific information about any library programs, or to register, please call (845) 266-5530 or email [larnold@clintoncommunitylibrary.org](mailto:larnold@clintoncommunitylibrary.org)

### Ongoing Programs:

**Qi Gong with Vince** (online)  
**(Optimistic Aging)**

Mon. 01/02, Mon. 01/09,  
Mon. 01/16, Mon. 01/23,  
Mon. 01/30 at 9:30 AM  
Wed. 01/04, Wed. 01/11, Wed. 01/17, Tue. 01/24, Tue.

01/18, Wed. 01/25 at 9:30 AM  
Vince Sauter will teach you how to lower stress and keep calm with Tai Chi. Class will focus on breathing in the calm and breathing out the tension. Register to receive the Zoom meeting link.  
**Story time on the Dot** (in-person)  
Tue. 01/03, Tue. 01/10, Tue. 01/17, Tue. 01/24, Tue. 01/31 at 10:30 AM  
Join us every Tuesday at 10:30 for Story time! Listen to fun stories, sing songs, and have fun, all centered around a different theme every week.

**Mah Jongg** (in-person)  
**(Optimistic Aging)**  
Tue. 01/03, Tue. 01/10, Tue. 01/17, Tue. 01/24, Tue.

01/31 at 2:00-4:00 PM  
Fri. 01/06, Fri. 01/13, Fri. 01/20, Fri. 01/27 at 2:00-4:00 PM  
If you're looking for a game to keep your mind sharp, or if you enjoy games that make you think strategically, you'll want to give Mah Jongg a try! Players of all levels welcome  
**AllLevelYoga**(inperson&online)  
Wed. 01/04, Wed. 01/11, Wed. 01/18, Wed. 01/25 at 6:00 PM (ONLINE)  
Sat. 01/07, Sat. 01/14 at 10:00 AM (ONLINE)  
Sun. 01/22, Sun. 01/29, at 10:00 AM (IN-PERSON)  
Join Mia Tomic and explore classical seated, standing and supine yoga poses linked with breath in a creative way to stretch, strengthen, and rejuvenate your body, breath, and mind. Contact CCL for registration information.

**Chair Yoga**, (in-person or online)  
**(Optimistic Aging)**  
Fri. 01/06, Fri. 01/13, Fri. 01/20, Fri. 01/27 at 11:00 AM  
Join Samantha Free on zoom for Chair Yoga for ALL. Learn the basics of breath, meditation, and movement. This class will help you stretch and strengthen. Registration required so that you can get the link. Please register online or call the library at (845)-266-5530.  
**Zumba**, (in-person)  
Sat. 01/07, Sat. 01/14, Sat. 01/21, Sat. 01/28 at 9:00 AM  
Join Ginny Morrow for a fun fitness routine every Saturday at 9 AM. Pre-registration is not required. You may sign in at the door.

**Free Tech Help** (in-person)  
**No Saturday Tech Help until 1/21/2023**  
Sat. 01/21 and Sat. 01/28 from 9:00 AM- 1:00 PM  
Do you need help with your Kindle, tablet, smart phone or computer? Drop-in anytime on Saturdays between 9AM-1PM or call the library at (845)-266-5530 to book an appointment.

**Monthly Meetings:**  
**Monday 01/01 – Board of Trustees Meeting** (in person)  
The next Board of Trustees meeting will be held on Monday October 10<sup>th</sup> at 6:30 PM in the library. The public is always welcome to attend. You may view the current board packet on our website.

**Book Club Meetings:**  
**Tea Time Book Club** (in-person)  
*January Selection: The Candy House* By Jennifer Egan  
Thu. 01/12 at 2:00 PM  
Join Tea Time Book Club the second Thursday of every month. Come talk about the monthly selection and enjoy tea and a snack with members of the club.

**Global Literature Book Club** (in-person)  
*January Selection: The Summer Book* by Tove Jansson.  
Mon. 01/23 at 7:00 PM  
The Global Literature Book Club discusses novels from around the world, often in translation, selected by members of the club. These works are challenging, but gratifying, and provide insights into a wide variety of nations, cultures, and styles of writing. We will meet via Zoom. Please register online to receive the meeting link.

### SPECIAL PROGRAMS & EVENTS

**Monday January 9 at 1:30 PM** (in-person)

#### Crafts & Coffee

Join us for a lovely afternoon of coffee, crafts (and conversation!) For January we will meet the *SECOND* Monday of the month at 1:30, Diane will guide you as you create a project covering a wide range of techniques, from card making to book crafts to stitchery and more.  
**Space is limited. Register Online.**  
**Saturday January 21 at 11:00 AM-12:30 PM** (in-person)  
**Beginner Yoga Workshop with Mia**

Join Mia on for a great way to start the New Year if you are new to Yoga, resuming practice after a break or injury, or just as a refresher! In this Workshop we will learn about the fundamental basic yoga postures, how to use yoga props, breath work & meditation. Please bring a yoga mat (& any other Yoga props you have)  
**Space is limited. See our online calendar for registration details**  
**Wednesday January 25 at 6:00 PM** (online)  
**The Why's and When's of Car Maintenance**  
The Why's and When's of Car Maintenance helps you get an

overview of car maintenance from Chaya Milchtein of Mechanic Shop Femme. Learn when to perform specific maintenance tasks, and of course, why, including changing oil and filters, tire pressure, coolant, and much more. This class helps you be a more educated consumer so you can protect your investment. Questions are encouraged, so come prepared to learn maintenance in a way you never have before.  
**Space is limited. Register Online.**  
**In collaboration with Millbrook, Catham, Stanford, Tivoli, Stone Ridge & Kingston Libraries**  
About Clinton Community Library  
Clinton Community Library was established in 1965. It is located at 1215 Centre Rd. in Rhinebeck, NY, adjacent to the Clinton Town Hall. The library is open Mondays, Tuesdays, and Thursdays from 9AM-5PM, Fridays from 10:30AM-6:30PM, and Saturdays from 9AM-1PM. The Clinton Community is the recipient of the Joseph F. Shubert Award for Library Excellence. The Library is the cornerstone of our community, enriching lives through free resources for learning, fun, and opportunity. For more information, call (845) 266-5530 or visit [www.clintoncommunitylibrary.org](http://www.clintoncommunitylibrary.org)



## Have A Happy, Healthy New Year!

# Foster's Coach House Tavern

*Celebrating nearly 80 Years of Family Dining*

**Foster's Wishes You a Healthy & Safe 2023!**


OWNED & OPERATED BY NEIL & ELIJAH BENDER

**6411 MONTGOMERY ST., RHINEBECK, NY**

**TEL. 845-876-8052**

Hours: Tues-Thurs 11-9; Fri & Sat 11-10; Sun 11-9; Closed Mon

**WE ARE OPEN!**



**Happy Birthday To:**

- William-Bossman
- Alexa
- Big Jim
- Jackie
- Jim W.
- John R.
- Ramon
- Ray Q.
- Ron T.
- Gina
- Gary D.
- Becky
- Maren
- Tom M.
- Rich W.
- Jack
- Miles
- Marilyn
- Jill W.
- Timmy-Pepsi
- Natalia
- Tom
- Travis



**ITALIAN RISTORANTE**

*Happy Anniversary Ellie & Vinny*

**CALL FOR RESERVATIONS**

**WE HAVE DELIVERY, PICKUP, CURBSIDE!**

**NOW HIRING!**





Happy Birthday Connor

Happy Birthday Brenda


Happy Birthday Christine

**(845) 876-7711**

**353 Old Post Rd. (at Route 9G), Rhinebeck, NY**

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

## Melt-In-Your-Mouth Pot Roast



**Ingredients**

- 1 pound medium red potatoes, quartered
- 1 cup fresh baby carrots
- 1 boneless beef chuck roast (3 to 4 pounds)
- 1/4 cup Dijon mustard
- 2 teaspoons dried rosemary, crushed
- 1 teaspoon garlic salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1/3 cup chopped onion
- 1-1/2 cups beef broth
- Minced fresh thyme, optional

**Directions**

Place potatoes and carrots in a 5-qt. slow cooker. Cut roast in half. Combine the mustard, rosemary, garlic salt, thyme and pepper; rub over roast. Place in slow cooker; top with onion and broth. Cover and cook on low until meat and vegetables are tender, 6-8 hours. If desired, top with minced thyme.

**Voted Best of Hudson Valley & Zagat Rated**



**RED HOOK CURRY HOUSE**

**Tandoori Restaurant**

\*\*\*\* Dining Daily Freeman & Poughkeepsie Journal

**Now open for take-out and inside dining!**

**Monday - Wednesday: 11:30 - 3:00, 5:00-9:00**

**Friday: 3:00pm - 9:00pm (Closed for Lunch)**

**Sat & Sun: 11:30 - 3:00, 5:00-9:00**

**Closed Thursday**


**HELP WANTED - APPLY WITHIN**

**Best Indian Food In The Hudson Valley!**

**Catering for Parties & Weddings • Take out order cordially welcome**

**28 E. Market St., Red Hook • (845) 758-2666 • Open 6 Days**

See our Full Menu at [www.Redhookcurryhouse.com](http://www.Redhookcurryhouse.com)



**Kim Koehler**

## All About Travel

**Professional Travel Planning**

[allabouttravel@citlink.net](mailto:allabouttravel@citlink.net)

**Call Today:**

**(845) 758-1001**

**Like us on Facebook!**

*Happy New Year! Happy New Year!*

**Happy New Year! We would like to take a moment and thank all of our loyal and trusting customers after a challenging time in the tourism industry! We are looking forward to the year ahead and are excited to help plan and make amazing memories for our clients! As we have closed out 2022 and welcome 2023, we wanted to share this quote.**

**"Travel is the only thing you buy that makes you richer" Cheers!**

## All About Travel

**(845) 758-1001**



# God's Corner

## LOOKING FORWARD TO SERVING THE LORD IN 2023

Please note what the Lord Jesus Christ said: "And he called his ten servants, and delivered them ten pounds, and said unto them, Occupy til I come" (Luke 19:13)

As we begin a New Year - 2023, I trust that you are looking forward to the Coming of the Lord Jesus Christ. Before He left the Earth to Return to Heaven He gave His Disciples their Marching Orders. He gave them the Great Commission to go into all the World and Preach the Gospel (Matthew 28:16-20). He also Commissioned the Apostle Peter and all of us that are called to Minister the Word of God to Feed and Care for His Sheep and Lambs (John 21:15-17).

Therefore, as Christians we are to Occupy until He comes back for His Church and to Establish His Kingdom on Earth. By Occupying until He comes, Jesus meant to put to use what has been given to you. He will come for those who are True Believers at the Rapture (1 Thessalonians 4:13-18), At that time all True Believers will meet the Lord in the air. After the Rapture the World will enter into a seven year Tribulation. At the end of the Tribulation the Lord Jesus Christ will come back in power and great Glory as King of kings and Lord of lords. "And then shall appear the sign of the Son of man in heaven: and then shall all the tribes of the earth mourn, and they shall see the Son of man coming in the clouds of heaven with power and great glory" (Matthew 24:30). You may also look at Revelation 19:11-16. I trust that you are ready for the Coming of the Lord Jesus Christ.

The way to be ready is for you to turn your life over to the Lord Jesus Christ, which means believing on Him and receiving Him as your Lord and Savior. Believing that He died for your sins on the Cross, and that He Rose the Third Day from death and the grave. Salvation is for all that call upon Him to be Saved. "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation" Romans 10:9,10). Salvation is in Christ and in Him alone. "For whosoever shall call upon the name of the Lord shall be saved" (Romans 10:13).

While we wait for the Return of Christ we are to Occupy until He Comes. The Lord Jesus has a purpose and plan for all of our lives. As Christians we are to be about our Heavenly Father's business. The Lord has blessed every Christian with Talents (natural given abilities) and with Spiritual Gifts. The Talents and Spiritual Gifts are to be used to Glorify the Lord, and to Edify (Build up) His Church. They are given to help in the Ministry of the Lord's Church. Believers are to put them to use! To whom much is given, much is required!

The question and challenge I want to leave with everyone that knows the Lord Jesus Christ as Personal Savior and Lord: Are you using what God has given you to be a blessing and help to others? If you don't know the Lord Jesus Christ as your Personal Savior and Lord, I urge you receive Him as your Lord and Savior now. Please read the following passages of Scripture from the Word of God: John 3:16-21, Ephesians 2:8-10, Titus 3:4-7, Revelation 22:17. "... behold, now is the accepted time.." (2 Corinthians 6:2b).

If you would like to know more about Serving the Lord, and/or how to become a Christian, please email us at [fdcirone@aol.com](mailto:fdcirone@aol.com) or call us at (845) 876-2122 or (845) 876-6923. Grace Bible Fellowship Church is located at the intersection of Route 9 and Route 9G, 1/4 Mile North on Route 9 in Rhinebeck, N.Y. Frank L. Cirone, Pastor.

## Facing the Doubts of the New Year Welcome to another year! 2023!

By Naomi Fata

Does the new year bring hope or discouragement? Do you really think that this year will be better than last?

The Bible tells the account of Abraham. God told him to leave the land he lived in and to go to the promised land. God also told him that he would be the father to many nations, yet at the time he had no children. One year followed another, and another. Still no child. As the years added up, I wonder how Abraham felt every time another year rolled around. I know myself; I remember waiting to get pregnant with my first child. It felt like eternity when in actuality it was only about a year.

What if Abraham questioned God asking, "When God, when?"

Would you try to sooth him over with platitudes saying, "God has promised, don't you believe?" Or would you tell him that he misunderstood God's promise, or that he must have sinned and messed up God's plan.

If we try, we can come up with all sorts of excuses for why God's promise has not come to pass. Eventually Abraham did have a son, named Isaac. But guess what?! 25 years later! 25 new years came and went before Abraham saw God's promise fulfilled. Every new year he must have had some doubt of whether God would ever keep His promise.

My dad used to talk to me about how God is in the past, present, and future. God promised and it would happen because God's promise is always true. At the time of He made the promise, God already saw and had planned out its fulfillment. In fact, from God's vantage point in the future the promise was already fulfilled. But in the waiting season, during the time when the promise of God has not yet taken place on earth, we can tend to lose hope.

In our minds doubts will form, which can begin to infiltrate our thoughts, belief, and actions. Doubts will come, but we do not have to stay in doubt. There is a way in which to train our thoughts to believe God. One of the ways to do this is through Thanksgiving. Whether it be out loud or in your thoughts saying, "Thank you for \_\_\_\_\_ (whatever it is that God has promised), I believe that you will do what you promised. Help me with my unbelief."

To struggle with unbelief, doubt and discouragement is human. God is not angry with you about your struggles to believe. Thanksgiving, confession of our belief, and a petition for His help in our unbelief is a way to transform our doubts into gratitude, a deeper relationship with God, and a true spirit of rejoicing those bubbles from the heart, not just the head.

As you begin to live in the new year, don't let the doubts win. Commit to practicing the habit of taking charge of

those doubts using this pattern of thanksgiving, confession of belief in God and petition for His help in your unbelief.

## God Bless us Everyone....

While the season of celebrating is behind us, we can relax and reminisce. Some of the reflections of members of the Old Dutch Village Garden Club are mostly of enjoyable meetings, luncheons, "team" decorating throughout the village and all the digging!

The year was a good one with an outstanding plant sale that broke all records, a 60-year Anniversary Luncheon and a vibrant autumn display for Hardscrabble Day in Red Hook. Never let it be said that we don't have a good time! In between were various lectures on gardening and information on environmental concerns like the spotted lantern fly.

In the fall members lovingly put the garden to bed. While it was sleeping elves arrived with numerous wreaths, evergreen garland and lights all punctuated with bright red bows. With that beautiful blanket of snow, it does look festive as you arrive in the village.

We ended the year with a delicious Christmas luncheon at Savona's in Red Hook. Not surprisingly, there was a plethora of red sweaters! And getting into the swing of things, and I would not be surprised if there were a variety of Christmas

earrings. The hosts were Barbara Maleonskie, Nola Weit and Mona Matthies. There were poinsettias in Christmas-themed planters decorating the tables and, of course, that required a raffle which delighted everyone. A candle lighting installation ceremony for the 2023 ODVGC officers was also held. The new officers are Kayla Bell, President; Vera Tsumagari, Vice President; Carol Annas, Corresponding Secretary; Janet Del Rosario, Recording Secretary, and Cathy Michael, Treasurer.

Among other things on tap for next year are a presentation on Backyard Birding by Cathy Michael and Felice Gelman will speak about bees. I particularly will love that one. Planting the most especial flowers for bees and butterflies should be foremost in a gardener's mind. Not only are they beautiful but they are most beneficial to our world.

We will meet again in January with a business meeting as we are wont to do. We will catch up on what's scheduled and, as always, sup on homemade delicious soups. We would love for you to join us. Please consider visiting to see what we are all about. I am sure you will not be disappointed. We meet at St. John's Reformed Church in Upper Red Hook at 12:30 on the second Thursday of each month, except for August. New members and visitors are always welcome. Please contact Linda Lawson at 845-758-5653 for additional information.




### FIRST BAPTIST CHURCH OF RHINEBECK

*"Experience Peace and Hope in an Atmosphere of Faith Love and Worship"*

**Join us for our children's Bible club and Youth Group on Friday nights at 6:30pm! Call or email us for more details!**

**Christ Centered Bible Teaching, Fellowship and Worship**

Located at 9 Astor Drive, Rhinebeck  
Phone: 845-876-4300 [www.firstbcrhinebeck.org](http://www.firstbcrhinebeck.org)  
Sunday Morning Service 10:30am  
Wednesday Night Prayer Service 7pm  
Youth Nights on Fridays at 6:30pm



## Hudson Valley Errand Service

**Don't Have Time to Do Extra Tasks?**

# I Can Help

*Your Personal Assistant*

*Reasonable Rates*

**TODOLIST**

- ☐ Take the dog to the vet
- ☐ Pick up the dry cleaning
- ☐ Run to the pharmacy
- ☐ Run to the post office
- ☐ Grocery shopping
- ☐ Everything else
- ☒ Call Hudson Valley Errand Service
- ☒ Relax
- ☒ Take a nap

**Call Mark at: (518) 567-5673**

**Email: [mtvogt78@gmail.com](mailto:mtvogt78@gmail.com)**

## Lutheran Parish of Northern Dutchess

Three congregations of the ELCA

Join us for Sunday Worship services:

8:30 am – Memorial, 1232 Rte. 308, Rhinebeck

9:45 am – Third, 31 Livingston St., Rhinebeck

11:00 am – St. Paul's, 7412 So. Broadway, Red Hook

Visit our Facebook page or [www.lutheranparishnortherndutchess.org](http://www.lutheranparishnortherndutchess.org)

Rev. James Miller, Pastor  
Parish Office: 845-876-4471

**Was your new year resolution to look for a church family?**

**Worship with us this Sunday!**

**ARE YOU READY?**

**JESUS IS COMING!**

## Grace Bible Fellowship Church

**Located at the intersection of Rte 9 & Rte 9G, Rhinebeck, NY (1/4 mile north on Route 9 in the town of Rhinebeck)**

**845-876-2122**

**Sunday Services 10:45 am and 6:00 pm**

Sunday School 9:30 am  
Prayer Meeting Wednesdays at 7:00 pm  
Children and Teen Ministries Fridays at 6:45 pm  
Women's Bible Study begins Monday, Jan 9 at 7:00 pm

Grace Bible Institute will be offering the Cours CS 301: The Apostles for the Winter Term. The Course will begin Mon., Jan. 9 at 7:00pm. If you are interested in attending or would like more information, please Email us at [fdcirone@aol.com](mailto:fdcirone@aol.com) or Call us by phone at (845) 876-2122 or (845) 876-6923

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



## Raw Food

By: Julianne Porter, DVM

Raw diets are becoming increasingly popular within the pet community. There are both homemade and commercially manufactured options available for consumers. These diets typically include some combination of muscle meat,

organ meat, eggs, seafood, bones, and vegetables. Some of the benefits that raw food diets claim to provide include: longevity and overall good health, improved oral health, and resolution of gastrointestinal and dermatological diseases. Another reason people choose raw food diets for their pet(s) is to fall more

in line with an ancestral diet.

There are some studies that have shown that raw diets are more digestible than standard commercial options. However, there is no scientific evidence for any of the other proposed benefits of raw diets, including long term health benefits.

On the other hand, there are multiple documented risks of feeding raw diets to our pets. The primary concern is in regards to nutritional adequacy. Many raw diets are found to have either excessive or deficient amounts of essential nutrients. There are very few commercially available raw diets that have undergone feeding tests for nutritional adequacy. Many raw diets have been found to be incomplete or unbalanced, mainly in regards to calcium/phosphorus ratios as well as vitamins and minerals such as copper, zinc and Vitamin A. Many of the raw diets studied were found to be too high in fat, leading to an increased risk in obesity and are contraindicated for some individual pets. In cats, if raw food is not supplemented with taurine, there is a high risk for heart disease. Another major concern with raw diets is the risk for pathogenic contamination (bacteria and parasites). In diets that include bones, there is risk of fractured teeth and gastrointestinal perforation. There have been many recalls of raw foods due to contamination, despite the use of high-pressure pasteurization. The main pathogens of concern found within these diets are Salmonella, E. coli and Campylobacter. While pets can often be more resistant to becoming sick from these pathogens, there are many documented cases where pets are affected negatively by these bacteria. Additionally, a high risk of infection is introduced to the humans who are preparing the raw food who are also further exposed by living with the pets that will shed the pathogens in their feces for weeks after.

Many raw diets are marketed as "Ancestral diets," – or feeding what wolves and big cats would eat in the wild. While dogs and cats rely heavily on animal-derived nutrients, their non-domesticated relatives have a very different life compared to our house pets. A recent study<sup>1</sup> investigating differences in the genome of dogs and wolves found several dissimilarities related to genes involved in starch digestion and fat metabolism. This study found that domesticated dogs have metabolically evolved to a more omnivorous/carnivorous combination diet compared to their carnivorous wild relatives. Diets that may be suitable to support our pets' wild relatives who have relatively shorter life spans and more intensive reproductive activity may not be optimal for supporting longevity and health in domesticated animals and pets.

Most, but not all, healthy adult animals will tolerate a raw food diet. However, since these diets are not always nutritionally sufficient and can cause infections in pets (and more so in humans), these diets are not recommended by the veterinary community in most situations. 1. Axelsson E, Ratnakumar A, Arendt M-L, et al. The genomic signature of dog domestication reveals adaptation to a starch-rich diet. *Nature*. 2013;495(7441):360–364.

## 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. 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 are worth repeating and 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 contact your veterinarian. Always wipe your dog's 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 should have a floor covered with 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

Continued on page 13



## Sunny Paws Veterinary Services

Dr. Danielle St. Pierre

Home Euthanasia Service  
Hospice Care  
Acupuncture/Chinese Medicine

Sunnypawsvet@gmail.com  
Sunnypawsvet.com

**845-597-6976**

## Patty's Pet Palace

"Your Pet's Home Away From Home"



57 Old Albany Post Road Rhinebeck, NY 12572  
(845) 876-7211

**Dog Socialization Boarding  
Boarding Accommodations for Cats**

Open Mon-Fri: 8-10am & 4-6pm

Sat & Sun: 8-10am



It is the mission of P.A.N.T. to reduce the feral and abandoned cat population in Dutchess County, focusing in the Rhinebeck area, through education, prevention and adoption programs. We will achieve this by advocating the

humane and proven method of Trap/Neuter/Return (TNR) and by forming an alliance of veterinarians, the general public, local governments and volunteer groups.

Kitten Season will be on its way and the P.A.N.T. organization is in great need of foster families to provide a warm home, love and care to the abandoned cats and kittens we rescue. **Please fill out a Foster Parent Application on our website [www.pant.org](http://www.pant.org) under "How you can help" or contact us at (845) 486-7075.**

## RED HOOK VETERINARY HOSPITAL

7686 Route 9 North • (845) 758-2691

*Quality, Compassionate Care  
For Your Pet*

JAMES A. MACDONALD DVM



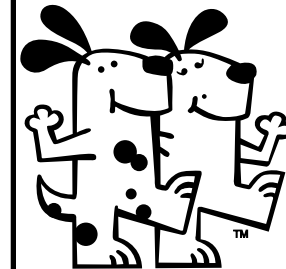
OFFICE HOURS BY APPOINTMENT



## World's Largest Dog Training Company

### CALL BARK BUSTERS

Any Problem, Any Age!



- 🐾 Lifetime guarantee
- 🐾 Results in hours
- 🐾 Simple, natural methods
- 🐾 Vet recommended



**www.barkbusters.com**  
**1.877.500.BARK (2275)**



*Wishing you & your loved ones  
health, safety and happiness!*



**(845) 876-6008**

[info@rhinebeckanimalhospital.com](mailto:info@rhinebeckanimalhospital.com)

6450 Montgomery St.  
Rhinebeck, NY 12572



Since 1979  
**AAHA**  
ACCREDITED  
The Standard of  
Veterinary Excellence

## COUNTRYSIDE ANIMAL HOSPITAL



*"The Care They Deserve"*



GRAB THIS AD

For **\$6.00 Off**

**Your Furry Pals' January Groom!  
HAPPY NEW YEAR!**

- Open All Day Saturday • Closed Sunday
- Boarding Available • Grooming Services

2485 Route 9G Staatsburg, NY 12580  
(5.7 miles south of the Rt. 9/9G traffic light)

Phone: (845) 876-2552

Fax: (845) 876-3079

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



**Barkbusters from page 12**

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. Fresh fruit and raw vegetables are good choices. Experiment to determine what you dog likes. Apple slices (with skin and core removed), carrots and sweet potato slices are popular favorites.

**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 15 to 20 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 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 old 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/>

## BEFORE YOU FALL...CALL Advanced Aluminum Railings

Installation and Sales of Aluminum, Wrought Iron,  
Glass, Wood and Cable Railings  
Other Services Available such as  
Fence Work and Welding



Rhinebeck, NY

**(845) 901-9246**

[aarailings@gmail.com](mailto:aarailings@gmail.com)

## McCarthy & Sons Inc.

COMPLETE ELECTRICAL SERVICE  
SINCE 1969

RESIDENTIAL • COMMERCIAL

**GENERAC®**

Standby Generators  
New Constructions  
Rewiring - Remodeling

Service Upgrades  
Swimming Pool Wiring

FREE ESTIMATES • FULLY INSURED

**(845) 758-6116 • [mccarthyandsonselectric.com](http://mccarthyandsonselectric.com)**

### J.D. von der Lieth & Sons, Inc.

*Excavating contractors Since 1946*

Sand ♦ Stone ♦ Gravel ♦ Screened Topsoil ♦ Mulch  
Landscape Rocks - Large and Small

Septic Systems & Dry Wells, Drainage

Underground Utilities, Driveways

New Home Excavation, Rock Hammering

Demolition, Ponds



Stump, Wood, Brush, Yard Waste Recycling

*Preferred Seed Dealer  
Grass Seeds Available For  
Hayfields, Pastures, Lawns or Food Plots*

410 White School House Road, Rhinebeck, NY  
**(845) 876-4511**



#### SERVICES:

Propane • Heating Oil  
Diesel Fuel • Gasoline  
Kerosene • Heating Systems  
Service • Installations  
24 Hour Service

**MILLERTON BRANCH**  
(518) 789 3014

**PLEASANT VALLEY BRANCH**  
(845) 635 2400

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

## Northern Dutchess Archery & Sportsman Supply

*"Where Experience Makes The Difference"*

**ALL 2022 COMPOUND BOWS  
ON SALE NOW!**

**2023 BOWS ARRIVING SOON!**

Ice Fishing Supplies: Tackle, Angers, Jigs, Tip-Ups

Ammunition, Tree Stands, Scents, Decoys, Targets,  
Blinds, Camouflage, Bows, Arrows

Our Indoor Range Featuring 30/3D Targets Is Open! Video Archery Range!

STORE HOURS: TUES-FRI 10-6, SAT. 9-5, SUN & MON CLOSED

**(845) 758-3651**

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

**7375 S. Broadway Route 9**  
1/2 mile south of the traffic light in Red Hook



## Pre-Season Mower Tune-Up Special!

**CALL  
TODAY!**



Pick Up & Delivery Available

**Now is the best time to have  
your equipment serviced!**

**FREE PICK UP & DELIVERY**

On your PRE-SEASON MOWER TUNE-UP (with this coupon)  
Not to be combined with any other offer, one coupon per customer  
Can not be used on previous service. Limit to 20 mile radius  
OFFER EXPIRES: 1/31/2023



**CONWAY'S** LAWN & POWER  
EQUIPMENT

Route 9, 7235 South Broadway, Red Hook, NY

Store Hours: M-F 7:30-5, Sat 7:30-1, Sun Closed **845-758-8134**

Visit us at [www.ConwaysUSA.com](http://www.ConwaysUSA.com)

Serving the Hudson Valley  
since 1978—"We want to be  
your power equipment dealer!"







# Mondello

Upstate Properties, LLC

7 West Market St., Red Hook, NY 12571  
Phone: (845) 758-5555



www.mondellore.com

## 2022 SOLD!

Consistently in the Top 15 in Real Estate Transactions in Mid-Hudson MLS, selling over \$25,274,750 in Hudson Valley Real Estate in 2022!

Catherine, Margaret, Terese, Miranda, Chelsea & Angelina would like to extend our gratitude to all our clients who trusted us with their real estate needs this past year, we couldn't have done it without you!

### Red Hook:

7366 South Broadway  
7380 South Broadway  
7432 South Broadway  
37 West Market Street  
31 Church Street  
31 Phillips Street  
9 Moul Drive  
144 Linden Avenue  
157 Linden Avenue  
174 Linden Avenue  
185 Linden Avenue  
14 Cambridge Drive  
18 Rokeby Road  
19 Firehouse Lane  
155 Metzger Road #29  
155 Metzger Road #36  
155 Metzger Road #46  
75 Manor Road  
2 Beech Street  
65 Carriage Drive  
10 Sunrise Drive  
137 Country Club Drive  
14 Whalesback Road  
Budd's Corner Road  
179 Fraleigh Lane  
4143 Route 9G  
8083 Albany Post Road  
56 Bathrick Farm Road  
395 Bathrick Farm Road  
102 Indian Road

### Elizaville/Livingston:

21 Henry Street  
34 Cottonwood Drive  
19 Pine Road  
371 Twin Drive  
CR 19  
59 Creekside Road  
16 Marty Road

### Rhinebeck:

34 Starr Drive  
40-42 Lorraine Drive  
99 Burger Road

### Milan:

30 Rock City Road  
468 Fitzsimmons Road

### Germantown:

201 Northern Boulevard  
1210 County Route 6

### Chatham:

273 Mercer Mountain Road  
1976 Route 203

### Hyde Park:

4 Thurston Lane  
21 White Oaks

### Tivoli:

57 Tivoli Gardens  
3334 Route 9G  
5091 Route 9G  
423 Lasher Road  
574 Lasher Road

### Clinton Corners:

1502 Bulls Head Road  
24 Briarcliff Lane

### Pine Plains:

53 Poplar Avenue  
44 Pine Street

### Hudson:

224 Scudderhook Road

### Highland:

335 Gregory Court

### West Coxsackie:

1377 River Road West

### Port Ewen:

135 Riverview Point

### Wappingers Falls:

3 Granger Place

### Staatsburg:

6 Golden Way

### 2022-2023

#### Sale Pendings:

103 Deer Run, Red Hook  
5 Elm Street, Red Hook  
173 Echo Valley Road,  
Red Hook  
8 Memorial Drive, Tivoli  
20 Fabrello Lane, Pine Plains  
308 Hall Hill Road, Ancram  
116 Andrew Street, Kingston



# LeGrand Real Estate, Inc.

4 Enterprise Drive  
Rhinebeck, NY 12572  
Phone: 845-876-2630 • Cell: 845-471-1670  
email: legrandinc@aol.com

### TIVOLI

A charming farm house just north of Tivoli Village has all the charm and detail from original 3 BR, 2 bath and has a large room on first floor that has been used as a BR in the past. The house has had



many updates and is very charming and cozy. Also has an attached 1 BR apartment with separate entrance and deck. The sale includes the commercial building Ralph's Service a 3000 foot clear span building that is easily adaptable for many uses. Has 5 overhead doors and heavy concrete floor. High visibility location on busy 9G, has a large yard for outside storage or display zoned commercial and on a separate tax parcel sale includes parcels 765074 & 769091. Has Catskill Views and great view of Tivoli Water tower! The commercial building would be great studio or collectors space or any use that could use outside display or high traffic. An easily adaptable building.

### 2 COMMERCIAL OFFICES WALKING DISTANCE TO VILLAGE

1. LARGE 850 FOOT SECOND FLOOR

1. GROUND FLOOR 750 FEET 1 ROOM,  
FULL BASEMENT  
WOOD FLOORS, PARKING  
\$1250 INCLUDES UTILITIES

### Residential Rentals

1 BR Mobile Home, private location, not in park. Like New. \$1350 per month. No pets.

1 BR Apartment in Village. Modern w/AC and wood floors. \$1250 per month + utilities.

**LeGrand Real Estate Inc.**  
**IS a Full Service**  
**Property Management**  
**Company**  
**Offering Leasing**  
**Full Service Provider**  
**Compliance Issues**  
**Winter Checks**  
**Call Tom**



### GREEN PASTURES FARM HISTORIC NEW YORK

196 ROLLING ACRES 50% CLEARED, AMPLE ROAD FRONTAGE ON A COUNTRY ROAD 5 MILES FROM THE TACONIC PARKWAY HALFWAY BETWEEN HUDSON AND RHINEBECK, NY.

HAS POND AND CATSKILL VIEWS GREAT FOR AG, HORSES OR DEVELOPMENT. OFFERED AT \$1,799,000. CALL TOM, HAVE ALL INFO IN AN ELECTRONIC FORMAT.

Visit Us On The Web:  
[www.LEGRANDREALTY.com](http://www.LEGRANDREALTY.com)



### MILAN

New to Market. 3 BR, 2 bath, split 2 car garage, quiet country location, close to Taconic Parkway. New painted and new flooring. Peaceful setting. Offered at \$389,000. Easy to show.



### 6961 RT 9, RHINEBECK

A wonderful 10+ acre approved building lot. A country setting all in field grass & pasture, a wonderful property to build your country retreat. The 10+ acres offers room for horses or cattle as well. None nicer, minutes to downtown Rhinebeck. Septic design is a NO fill system.

## LeGrand Services DUMP TRAILER SERVICE & CLEANOUTS TRASH REMOVAL

We Load Or We Can Leave Trailer and You Load



Rhinebeck, NY

845-943-0266

CALL OWNER  
Cramer T. LeGrand

Locally Family Owned

Serving the Hudson Valley Real Estate Market for Over 45 Years!



## IN FLIGHT, INC. HOSTS 16<sup>TH</sup> ANNUAL HOLIDAY FORMAL

*Event for adults with developmental disabilities was a success*

On Sunday, December 11, In Flight, Inc. hosted the 16th Annual Holiday Formal at The Grandview in Poughkeepsie. After two years of not being able to have a Holiday Formal due to COVID-19, this year's party saw over 300 people in attendance. This would not have been possible without our generous community partners – Key Bank, Rhinebeck Bank, and Salisbury Bank. In attendance this year was not only people supported by In Flight, Inc. but also New Horizons Resources, Anderson Center for Autism, Abilities First, Family Care/DDRO, The ARC of the Hudson Valley, and people living in the community. Donnie Lewis of Your Event Matters provided amazing entertainment as DJ, getting everyone onto the dance floor. The Annual Holiday Formal was created as positive opportunity

to offer the community of local people with disabilities, their family, and their staff/provider agencies a chance to come together and celebrate in an inclusive and accessible space. People with disabilities are often not invited or cannot attend large events similar to



L to Rt: In Flight, Inc.'s Jennifer Wells, Director of Day and Community Programs, Stephanie Davis, Day Habilitation Manager, Sarah Green, Community Habilitation Manager, Carrie Williams, Community Services Coordinator.

the Holiday Formal. This is due to various barriers such as accessibility, transportation, staffing, and many more. In 2005, to combat the inaccessibility for people with disabilities, The Holiday Formal

was created by Jennifer Wells, Director of Day and Community Programs for In Flight, Inc. Inspired by New York States holiday dance in Fishkill, NY, Wells decided to host her own party after the State could not continue theirs. Starting as a small dance for 40 people in a local restaurant, Wells grew this event while growing her professional repertoire - bring it to other agencies in the area and expanding the reach to as many people with disabilities in the Hudson Valley as possible. The largest event

reaching over 450 people in 2019. In 2018, Wells began working at In Flight, Inc. and brought the Annual Holiday Formal with her. Through the years, the Holiday Formal has been able to provide many special moments including Santa, professional photography and accessible photobooths, amazing musicians including Flame the Band and Potential Unlimited Band, both of which are made up of people with disabilities, and lots of dancing. To learn more about how you can participate in 2023's Holiday Formal, tentatively scheduled for December 17th, 2023, including sponsorships and volunteer opportunities, please contact Jennifer Wells, [jwells@inflightinc.org](mailto:jwells@inflightinc.org). Tickets will go on sale late summer/early fall of 2023. In Flight, Inc. is a local nonprofit organization that empowers people with intellectual and developmental disabilities, to reach for their hopes and dreams, and supports a meaningful quality of life. The organization

has programming and services in Dutchess, Columbia, Greene, and Ulster Counties. For more information about In Flight, Inc, please contact Jill Rodriquez at (518) 267-3070 x 143 or [jrodriquez@inflightinc.org](mailto:jrodriquez@inflightinc.org).

## Spencertown Academy Presents Writing Workshop with Jamie Cat Callan Participants to Write about Love in Its Myriad Forms

Spencertown Academy Arts Center presents a virtual writing workshop with Jamie Cat Callan titled "What's Love Got to Do with It: A Writing from the Right

Side of the Brain Workshop." The class will meet for four sessions via Zoom from January 25 through February 15 on Wednesdays between 3:00pm to 5:00pm. Enrollment is limited to 18 participants and the cost is \$120. To register, please see [www.spencertownacademy.org](http://www.spencertownacademy.org). "When we write about love, we are writing about our entire world—not just romantic love (although that's welcome!), but the love for a child, the love between long-time friends, the love of a sport, the love for a house, a country, our animal friends, and our fellow humans," says Callan. "Whether you're a new writer or a seasoned professional—whether you write

**Continued on page 16**

**Wishing everyone a Happy, Healthy and Prosperous 2023!**

**Thank you to all of our clients for a successful 2022!**

**845-876-4831**



**Dowden Agency, Inc.**

*Insurance Is Our Only Business*

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

**[dowdenagency@gmail.com](mailto:dowdenagency@gmail.com)**

6635 Route 9  
PO Box 164  
Rhinebeck, NY 12572-0164

**Be Safe!**

2021

**THE NUMBER ONE HOULIHAN LAWRENCE AGENT IN NORTHWEST DUTCHESS, RED HOOK AND RHINEBECK**

**MARGARET "PEGGY" SANTAMORENA**  
Associate Real Estate Broker  
M: 845.399.3999  
[psantamorena@houlihanlawrence.com](mailto:psantamorena@houlihanlawrence.com)  
[peggysantamorena.houlihanlawrence.com](mailto:peggysantamorena.houlihanlawrence.com)  
MILLBROOK BROKERAGE | 3274 FRANKLIN AVE., MILLBROOK, NY

Source: MHMLS, 1/1/21-12/31/21, total dollar volume of residential detached sold by Houlihan Lawrence agent, Clinton, Hyde Park, Milan, Red Hook and Rhinebeck. Source: MHMLS, 1/1/21-12/31/21, total dollar volume of residential detached sold by Houlihan Lawrence agent, Red Hook. Source: MHMLS, 1/1/21-12/31/21, total dollar volume of residential detached sold by Houlihan Lawrence agent, Rhinebeck.

**Need a Certified Residential Appraisal?**

**Cornerstone**  
Real Property Services, Inc.

**Michael J. Mondello**  
NYS Certified Residential Appraiser

(845) 758-9483  
[www.cornerstonerealproperty.com](http://www.cornerstonerealproperty.com)  
[michaelmondello@hvc.rr.com](mailto:michaelmondello@hvc.rr.com)

*Prompt  
Courteous  
Discreet  
Confidential  
Accurate  
Objective  
Professional*

Single Family \* 2-4 Family \* Vacant Land \* Farms \* Estates \* Luxury Homes \*  
Property Tax Grievance \* Divorce \* Bankruptcy \* Asset Management \* Mortgages \*  
Real Estate Listings and Transactions \* New Construction \* Conservation Easements \*

**2023**  
*Happy New Year*

LET US HELP YOU FIND YOUR PERFECT HOME FOR THE NEW YEAR!

**THE ANGELA LANUTO TEAM**  
AT COLDWELL BANKER VILLAGE GREEN REALTY

**ANGELA LANUTO**  
Associate Real Estate Broker

**ALLISON MORELLE**  
Associate Real Estate Broker

**AngelaLanuto.com | Call/Text 845-658-0536**  
397 Main Street Catskill NY 12414 | 7484 South Broadway Red Hook NY 12571

RESIDENTIAL  
LUXURY  
COMMERCIAL

**BERKSHIRE HATHAWAY**  
HomeServices  
Hudson Valley Properties

**From Our Home To Yours,  
We Wish You A**  
*Happy New Year!*

When you are ready to buy, sell, rent or invest, we are here for you...  
the #1 real estate company in the Hudson Valley. *Good to know.®*

Get to know us at [bhhshudsonvalley.com](http://bhhshudsonvalley.com)

**#1 REAL ESTATE OFFICE IN RHINEBECK  
IN THE HEART OF THE VILLAGE**

6384 MILL STREET | 845.876.8600 | RHINEBECK NY 12572  
Like and Follow Us @LivinginRhinebeckNY



## Spencertown Academy Presents Writing Workshop from page 15

memoir, fiction, short stories or essays—this workshop will inspire and encourage you to infuse your writing with the complexities of love. Through a series of right brain writing exercises, I will familiarize you with the essential elements of good writing, including how to discover your own unique themes, viewpoints, voice, and structure, and how to develop a love story.”

“To celebrate this coming Valentine’s Day, we are inviting writers to join Jamie Cat Callan’s writing workshop to write about love in all its myriad forms,” says Jill Kalotay, Academy board member. “By the end of this four-session workshop, you will have either four separate short pieces or one story inspired by the in-class and take-home assignments.”

Callan is the creator of “The Writers Toolbox: Creative Games and Exercises for the ‘Write’ Side of the Brain” (Chronicle Books).



Jamie Cat Callan

She is also the author of over nine books, including novels and nonfiction. Her work has been translated worldwide into more than 25 languages. She earned a B.A. in literature with a concentration in poetry from Bard College and an M.F.A. in screenwriting from the U.C.L.A. School of Film, Television, and Theater. She has taught writing at Fairfield University, U.C.L.A., Yale University, N.Y.U., Wesleyan University, and many other places. Callan lives with her husband on La Belle Farm in Valatie, New York. She writes a weekly creativity newsletter on Substack. Visit her online at [JamieCatCallan.com](http://JamieCatCallan.com).

This program is also made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature. Founded in 1972, Spencertown Academy Arts Center is a cultural center and community resource serving Columbia County, the Berkshires, and the Capital region. Housed in a landmark 1847 Greek Revival schoolhouse, the Academy is located at 790 State Route 203 in Spencertown, New York. For more information, please contact [info@spencertownacademy.org](mailto:info@spencertownacademy.org).

## Boatbuilding & Captains License Courses at Hudson River Maritime Museum

The Wooden Boat School at the Hudson River Maritime Museum, is excited to offer a robust list of courses perfect for every boat enthusiast. Starting Friday March 17th, Captain Ken Roberts will host a Six Pack through 100 Ton Master Captain’s License course. This class takes place over 11 days and will provide the training and testing requirements to apply for a US Coast Guard License. What better way to spend the summer with a week-long course building your very own canoe! From June 10-15, Instructor Rich Cerruto will lead students in building skin-on-frame double paddle canoes. This lightweight canoe only weighs 30 lbs and will be constructed with a wooden frame and stretched with a nylon “skin”. Each student will leave with a completed canoe ready for the water. Easily car-topped, they are perfect for casual paddlers and beginning boatbuilders alike.

If you are looking for the most unique way to bond with your loved ones, why not build a boat together? Families and friends are encouraged to join us for a weekend

of private group instruction where teams of 2-5 people will build a complete row boat that is ready for paint. This private group course is offered June 23 & 24, and there is possibility to arrange alternative dates upon request. The boat is yours to take home at the end of the class.

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 documenting maritime transportation, industry, recreation, and natural science, the museum offers classes and programs at its Wooden Boat School, Sailing and Rowing School, and aboard its floating classroom, *Solaris*. The museum is located along the historic Rondout waterfront in downtown Kingston. Visit [www.hrmm.org](http://www.hrmm.org) for more information. Contact: Becky Sellinger, Wooden Boat School Manager & Instructor, [bsellinger@hrmm.org](mailto:bsellinger@hrmm.org)

## Germantown Garden Club Holds Adorn-A-Door Competition

Each year the Germantown Garden Club holds a holiday inspired ‘decoration’ competition for the seniors at the Germantown senior residence Palatine Manor. The holiday spirit was alive at Palatine Manor during the club’s annual ‘Adorn-A-Door’ competition for the manor’s senior residents. The Adorn-A-Door competition is one of the club’s Senior Citizens outreach projects. Monetary prizes are given based on the following criteria; creative choice of decorations, creative use of decorations and creative use of space. The senior citizens

who reside at the Manor are very enthusiastic about the holiday-inspired competition. This year 31 apartment doors were decorated and judged. The 2022 first place winner was Jerry Fulling, second place Frances Lasher, third place Carolyn Jason and fourth place went to Suzanne Riley. Committee Chairman, Elke Crane and fellow committee members Joyce Vale (Club Treasurer) and member Marilyn Rein stated that the competition this year was very close.

The Germantown Garden Club is presently busy planning for the upcoming year’s programs. The new theme and year book will be available at their first meeting February 2023.

The Germantown Garden Club is a member of the Third District, Federated Garden Clubs of New York State, Inc., Central Atlantic Region and National Garden Clubs. For information about the Germantown Garden Club’s activities and programs or in joining the club call Fran Bufi at 518-537-4868. Meetings are free and the public is always welcome.



1st Place  
Jerry Fulling



2nd Place  
Frances Lasher



3rd Place  
Carolyn Jason



4th Place  
Suzanne Riley



162 Deer Run Rd, Red Hook NY 12571 | 845-758-6842  
845-594-9947(m) | [www.jfivehomes.com](http://www.jfivehomes.com) | [jennifer@jfivehomes.com](mailto:jennifer@jfivehomes.com)



If you seek privacy and tranquility in a bucolic setting this Milan home is for you. Sited down a long driveway on 7.92 park-like acres. This 2 BR, 2 BA ranch offers the comfort of country living yet is only ten minutes from the Village of Rhinebeck. Featuring an ensuite, 2nd BR, an open floorplan kitchen/dining area with stainless steel appliances, a living room, and a laundry room. Other features include a pellet stove, central air, a sunroom, a two-car detached garage, and two sheds. **\$575,000**



**MAY ALL YOUR DREAMS OF HOME COME TRUE  
IN THE NEW YEAR! - Paul**



**BERKSHIRE HATHAWAY**  
HomeServices  
Hudson Valley Properties

**PAUL HALLENBECK**  
Associate Real Estate Broker

o. 845.876.8600  
m. 845.943.9038



#1 REAL ESTATE OFFICE IN RHINEBECK  
6384 MAIN STREET | IN THE HEART OF THE VILLAGE



### Charming Cottage in Columbia County

**\$495,000**



Charming 4 BR/2 BA country home! Beautiful family room with large casement windows overlooking your private back yard complete with a stocked pond for fishing and swimming. The master bedroom has a very large walk in closet. The existing storage area could increase the size of the master suite. There is a 30 x 40 ft. 4 bay garage with walk up 2nd level that could be converted to suit your needs. The garage has electric, water and oil heat and a generator hook up that runs the house. The house is nestled next to a 100+ year old family owned apple orchard that envelopes the entire property and you can look forward to the wonderful aroma in apple blossom season. There is a large outdoor entertaining area including a new stamped concrete patio with a newly built wood-fired pizza oven and a raised deck off the family room that make for a grand entrance. There is a full walkout basement with a separate wood storage room, a beer brewers room with a slop sink and a finished bar room for entertaining. The home has a new central air system. There is an RV site with fire pit by the pond with water and electric. This was used as an Air BNB which was successful because of the close proximity to Hudson, Catskill and the Thruway. The circular driveway provides plenty of parking for guests.