

APPOINTMENTS

Hospital welcomes new board members — Edward Pruitt of Stuyvesant and Francis P. Flynn of Kingston have been named to the board of directors of Northern Dutchess Hospital in Rhinebeck. Pruitt is assistant executive director of Astor Services. He will focus on public policy and organizational development. Pruitt was formerly a manager with Rhinebeck Bank at its Red Hook location. He is a 20-year veteran of the U. S. Air Force. Flynn, a certified public accountant, founded his firm, Francis P. Flynn CPA, PC, in 1997 after holding partnership in Kamen, Mula, & Flynn CPA, PC for 13 years. The graduate of the State University of New York at Binghamton is the chairman of the board of the Ulster County Regional Chamber of Commerce, a member of the finance committee of Friends of Historic Kingston and treasurer of the Ulster County Sheriff's Foundation.

Attorney joins local firm — Daniel C. Stafford has joined the Poughkeepsie firm of McCabe & Mack LLP, Attorneys at Law. He will concentrate in contract litigation, civil rights, international investment strategies and offshore asset protection. Stafford received his law degree from John Marshall Law School.

AWARD

Real-estate office recognized with regional award — Jo Ellen Ashby, regional vice president of Weichert, Realtors, announced the Fishkill office was recognized for outstanding performance in June. The office led the region, which is made up of offices throughout Orange, Westchester and Rockland counties, in resale listings.

ETC.

New fitness-wellness site launched — Qinetic.com, a fitness and wellness network, was recently launched. The site enables health and wellness professionals, enthusiasts and fitness groups to showcase lifestyle activities. One of the co-founders is Poughkeepsie native Ben Hart, a graduate of Manhattan College and former boxing Olympic trial candidate and a personal trainer in New York City. Hart is CEO along with co-founders Eric Brody, chief financial officer-chief operating officer and Liam Lynch, chairman.

Send listings to biznews@poughkeepsiejournal.com. Fax to 845-437-4921 or mail to P.O. Box 1231, Poughkeepsie, NY 12601.