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MAGAZINE





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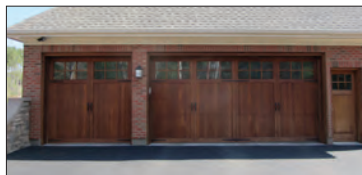
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## THE START OF FALL IS HERE ALREADY!

Can you believe that fall is here already? Where did the summer go?! Summer vacations are coming to a close, the kids are returning to school with a mixture of excitement to see their friends and be one year older while saddened that their summer vacation is over. That's at least how I remember it in my school days. But I was always excited for fall, because of the smell, the weather, the sideways slanting light due to the lowering sun. Fall is my favorite time of year. And it almost feels that fall came early this year – the month of August was unseasonably cool. I always remember August as being the hottest (and for that reason the most miserable) month of year. But this August was almost like our Septembers usually are. I'm not sure what this means. I just hope that the weather continues and that we have a long and beautiful fall season!

As this is our first official fall issue, our photographer, Steven, thought it ideal that our cover image should be of a local school house. And what a beautiful one it is! In this September issue we have a mixture of stories, and quite coincidentally a number of them focus on the Wassaic and Amenia area! I do love happy coincidences. Our artist feature this month is of Sharon, CT based photographer Avery Danziger and his Harlem Valley/Wingdale Project. Our real estate story focuses on the very interesting Amenia market, while our business story this month is all about the non-profit business called The Wassaic Project. Our farm groupie, Memoree, then brings to you Olde Forge Organics which is also located in the Wassaic area. But that's where the geographic coincidences end this month. Our restaurant review features Manna Dew in Millerton, and then we have a very interesting, what I consider, "history to now" story about The Mount Washington House in Hillsdale, NY. I'm always fascinated to learn about a building and a place, and to learn of its transformation throughout the years, let alone the centuries. The Mount is the ideal story to qualify for that!

### If you missed an issue

And remember, if you ever miss an issue you can always go to our website and see all of our past issues there. You can also like us on Facebook to follow what's going on, to see all of our articles, as well as other interesting posts. As always, thank you for reading and I hope that you enjoy!

- Thorunn Kristjansdottir



SEPTEMBER 2013

Indian Rock School House, Amenia, NY

In 1858 this one-room common school appeared on the maps as the District 3 Schoolhouse. Probably converted from a small Gothic Revival Barn, the schoolhouse was used by three generations of elementary grades until consolidation of all the schools in 1927.

The one-room school building has been lovingly restored as a living history museum by the Indian Rock Schoolhouse Association with the assistance of the entire community and Maplebrook School. Each year over two thousand students, citizens and seniors visit the schoolhouse to learn about the educational past of this rural area. To learn more, visit indianrockschool.org

Cover photo by  
Steven Steele Cawman

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### PRINT, LEGAL, ACCOUNTING & INSURANCE

**Printed by** Snyder Printer, Inc. • **Legally represented by** Davis & Trotta Law Offices

**Accounting services by** Pattison, Koskey, Howe & Bucci CPAS • **Insured by** Brad Peck, Inc.

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#9297 - Building 34 - Power Plant. \*Image slightly cropped.

By Steven Steele Cawman  
arts@mainstreetmag.com

There are countless forces that lead artists to choose their subjects. Some are fueled by strong emotions or provoked by things like unrequited love, loss, obsession or fantastical dreams. Yet others are motivated by more simple things, like a desire to capture every day life or preserve the transient beauty of nature. For local photographer Avery Danziger and his Harlem Valley/Wingdale Project, it was a search for great barbecue combined with a lack of self-control. Before moving to Sharon, Connecticut in 2010 you see, Danziger had spent years living in Missouri. While there, he developed a taste for the delicious, slow smoked meats that Kansas City and the region are famous for. On the suggestion of local artist and Jazz trombonist Peter McEachern, Danziger phoned an order in to Big W's Roadside Bar-B-Q on Route 22 in Wingdale. On his way home, his take-out order's delicious aromas overcame Danziger. Unable to control himself, he pulled over to taste a sample. Looking up from his roadside taste-test, he noticed the deserted and decaying power plant at the Harlem Valley/Wingdale State Hospital facility.

### The hazards of the decaying beauty

Curious to investigate, Danziger, got out of his car and looked out over the expansive complex. He heeded the "No Trespassing" signs and did not enter the property. Instead, he set up his monopod, stuck his camera through an open window and took a few interior pictures of the Power Plant from afar. These initial images set in motion his mission to gain legal access to the facility and capture the

beauty of its deterioration. Working with the Dover Knolls Development Company, Avery spent the next year and half and over \$3,000 in legal fees, to gain access to the facility. Since the facility closed in 1994, the hospital has fallen into disrepair and there are many hazards both physical and biological. In addition to broken glass and potential structural collapse, there is also asbestos, lead paint, chemical residues and harmful toxic molds. Because of the dangers posed by these and other hazards, there is absolutely no trespassing allowed and violators risk prosecution. Danziger also knew that should he evade the law and enter illegally, it would be within the rights of the property owner to forbid the showing or sale of his images.

After persistent effort, Avery reached an agreement with Dover Knolls Development Company. Over the course of eighteen months, he made over thirty visits to the facility. He donned a hazardous material suit, respirator and hard hat on each visit. A representative from Dover Knolls always accompanied him on his visits for his own safety. This person was familiar with the complex and the potential perils posed by its decaying conditions. Danziger visited several of the over eighty buildings in 933 acre complex at various times of the day, allowing him to capture the hauntingly beautiful images of the buildings that look more like something from a post-apocalyptic zombie film than something located here in our area.

The hospital opened in April of 1924 and served as one of the thirty-three facilities for the care and treatment of the mentally ill across the state of New York. The facility was almost completely self-sufficient, with its own power station, dairy, farm, bakery, baseball stadium, bowling alley and more. At its peak in the mid-1950's, there were

over 5,000 patients and 5,000 employees. The facility remained open for almost seventy years, finally closing in 1994.

### The Danziger technique

Avery captured images using a Canon 5D Mark II camera with a twenty-four millimeter tilt-shift lens and tripod. He did all of this while wearing a hazmat suit, gloves and respirator. He wore protective gear the entire time he was inside. In addition to the challenges posed by the location, and the self imposed difficulties of using only natural lighting, he was constrained by the safety equipment he was wearing as well. If you have every tried operating and making minute adjustments to a camera while wearing a pair of winter gloves, you know this is not an easy task. Danziger writes about the experience, "I love the stillness and quiet of the place. All I can hear is my breath through the respirator and hazmat suit I have to wear, much like a diver undersea... In addition, the absolute lack of my seeing anything living (except and occasional fern or moss trying to eek out an existence) continues the metaphor of a diver visiting a bleached and dying coral reef, once thriving with life, but now lifeless and stark, man being the catalyst to nature's relentless predisposition return to chaos."

Since he uses only natural and available light almost exclusively, a tripod was necessary for the long exposures needed to create a usable image. The tripod also allowed Avery to do additional work on the images once he returned to his studio. All of his images are uncropped, presented exactly as he composed them in his viewfinder. A few of the images were created using a method known as High Dynamic Range (HDR) photography. HDR compensates for detail that usually gets lost in shad-



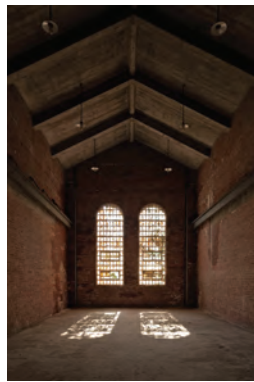
ows or washed out in highlights by taking multiple pictures at different exposure levels and intelligently stitching them together to produce a picture that is representative in both dark and bright areas. To create these images, Danziger starts with a single properly exposed image and then shoots twelve additional images, six overexposed and six underexposed at half-stop intervals. The thirteen images are then stitched together using Photoshop or other similar photo-editing software. He notes "When I use HDR, I try to do so very subtly, otherwise the technique overshadows the image, a potential problem I call 'The Tail Wagging the Dog!'"

Danziger and his partner Debra Losada co-own the commercial photography, printing, and framing service, Fine Art Services, at their studio in Sharon. A master photographic printer for over thirty years, Avery works on his images for days to bring out their visual impact. Using Photoshop to refine his images, he sometimes works with as many as a dozen layers of adjustments, many individually masked, allowing him absolute tonal control over all parts of the image. The resulting images are stunning. Over time, the once bright-colored paints used inside the facility have muted and peeled back from the walls creating wonderful textures. Metals have weathered from their once shiny appearance to a worn patina of rust and discoloration. Avery writes about the changes wrought by the ravages of time: "I am drawn to the incredibly paradoxical beauty expressed in the slow transformation from man-made order into the chaos of decay." His work creates and highlights the wonderful juxtaposition of man-made systems like heating, plumbing and electrical and contrasts them with the textures of peeling paint, moss or brightly colored bacteria that thrive in a pool of spilled oil. Even in chaos, there is beauty and order.

### The Art of Chaos Theory

Danziger's interest in Chaos Theory and the relationship between physics and the arts came together in the early 1980's, when he was fortunate enough to be introduced to the American theoretical physicist Richard Feynman. Feynman won the Nobel Prize in 1965 for his contributions to the development of quantum electrodynamics. Feynman also befriended a free-spirited, bohemian artist named Jirayr Zorthian, and the two would enter into lengthy conversations about Art. They questioned art, asking questioning like: "Who can better appreciate it, the artist who creates it, or the physicist who understands the science of it?" Danziger was a part of several of these meetings and was enthralled by the exchanges between the two men. These encounters changed the way he thought about art.

Danziger's work is also influenced by the Japanese concept of hakanasa. For the Japanese, the idea means to enjoy small, fragile and fleeting things to their fullest before they disappear completely. This



#8378 - Building 22 - Storage



#8181 - Building 35 - Smith Hall



#0478 - Building 34 - Power Plant

concept is embodied by the cherry blossom. At one moment, it is at the height of its beauty and perfection. At the very next moment, it is gone. Hakanasa cannot only be seen in Danziger's Harlem Valley/Wingdale Project, but throughout his other work as well. His Moonlight Requiem series highlights environmentally endangered locations around the world. In this series, he infuses some of the images with an ephemeral and ethereal quality by hand holding the camera while shooting long exposures at night. He uses long time exposures to capture these images because his primary light source is moonlight, which he occasionally augments by using an antiquated lighting technique called "Painting with Light." In this technique, he uses a small flashlight to highlight parts of the image, creating the illusion of multiple slices of time within a single exposure. This technique creates a slightly blurred, soft focused effect that resembles an impressionist painting more than a typical photograph.

With the Harlem Valley/Wingdale Project, Danziger captures beauty in the decay of the Harlem Valley State Hospital. Although the grand buildings are deserted and the beauty of the location is fleeting, plans are underway to turn back the hands of time and bring life back to the location, revitalizing the expansive property complex. As in Chaos Theory, no system is ever in a steady state. Change is the only constant. There is beauty in all aspects of change. ●



#7134 - Building 34 - Power Plant

*The Harlem Valley/Wingdale Project was shown at the White Gallery in Lakeville, Connecticut in late 2012. According to gallery owner Tino Galluzzo, the reception for the show far exceeded his expectations. Galluzzo knew there would be local interest because of the galleries geographical proximity to the subject, but he was surprised how many of the people who came to the show had either worked at the Harlem Valley State Hospital or had visited family members resident there. Many visitors purchased prints from the exhibit. The photographs were also shown at Hotchkiss School's Tremaine Gallery, in Lakeville, CT. Prints from the project are available through the White Gallery. Some of Danziger's prior work from his over forty years of photography will be highlighted in The White Gallery's upcoming Christmas show in December. To learn more about Avery Danziger and his work, visit [www.averydanziger.com](http://www.averydanziger.com).*

*Are you an artist and interested in being featured in Main Street Magazine? Send a brief bio, artist's statement and a link to your work to [arts@mainstreetmag.com](mailto:arts@mainstreetmag.com).*



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## friendly faces: meet our neighbors, visitors and friends



A native to the area, **Mary Henscel** has been in banking since 1982. In January of 2009 she joined the Bank of Millbrook as a branch manager and assistant vice president of the Amenia branch. She is also treasurer of the Chamber of Commerce. Mary loves her customers and the atmosphere in Amenia. It's such a cute town with charm. Very often she finds herself walking a couple of miles on the rail trail during her lunch break. She also likes taking a bike ride from Amenia to Millerton, and back. Mary has also discovered another great place called Wethersfield, raving about its beauty, it's a must visit location! As you can tell, Mary likes to stay very active and she does so by walking, hiking, biking, camping, and going to the beach, to name a few of her favorite outdoor activities. She's one busy lady and by the sounds of it, there's no stopping her! Keep it up, Mary!



**Brian Joch** is no stranger to the Agway in Claverack. He's the store's manager and has been there for 15 years, but with Agway for 21. Brian likes the diversity and how everyday is different. He sees many of the same customers and has enjoyed watching them grow over the years. Claverack reminds him of where he's originally from, Sheffield, Mass., but he currently lives in Greenport. He likes the short commute to work and how secluded the area is, but at the same time everything you need is in close proximity without having to travel. When Brian isn't at work he enjoys "doing yard work and other mundane things like that." He worked hard all summer long, but was able to enjoy a few days at the Saratoga Racetrack. As for fall, Brian doesn't have any plans yet he's not one for planning things too far in advance. So Brian, what are your plans for next summer? Kidding!



**Carol Elliott** is her real name, but we accidentally gave her a stage name "Linda" in our article about Sharon Auto Body in the August issue. CAROL wears many hats at Sharon Auto Body, answering the phone, taking care of the books, and payroll to be specific. She loves her customers and the guys she works with. "They're a great group to work with!" She wakes up every morning and looks forward to going to work. Carol and her husband, Kevin, raise Angus cattle, which keep them very busy, but of course vacations are fun too. In fact in 2000 they went on a cruise and their first stop was Key West. Immediately all in love with the location, which soon led to their condo purchased last year. Whenever possible Carol loves to go there and relax at her home-away-from-home. One day the couple plans on making this their retirement home. Hey Linda, can I have your autograph? ;)



Seven year old, **Emiley Najdek**, is one of Main Street Magazine's youngest readers. She's collected all of the issues so far, and hopes to continue collecting them into adulthood – we thank her for the readership and support! So far her two favorite issues have been our May issue, Emiley loved the chicken on the cover! And the June issue where her mom, Tisha, was a Friendly Face. With school just around the corner, she's excited to be entering the second grade, and of course seeing all of her friends. Her favorite subjects are math, writing, and art. She's thinking she may either want to be a teacher or a hairdresser when she gets older. Before summer comes to an end Emiley is looking forward to more swimming and snorkeling in her grandma's pool. "I'm so good at it, and could do it for hours!" She's also excited to go to the fair, to go on all the fun rides and to eat the delicious fair food – specifically, cotton candy! Bring a wet-nap, that stuff is sticky!



**Michael Lyman** has been working on cars since 1973, is a GM training center grad, and became an ASE master certified technician 25 years ago. He's the owner of the Millerton Service Center, where they work on both foreign and domestics. It all began with a '67 Corvette that eventually led to the opening of the service center, too. Mike is proud to say that he has the best service equipment and some of the best technicians in the area. He loves what he does and likes working with his family, his wife Carol and their son Adam (who's ASE master certified and a Toyota tech school grad), who will one day take over the business. When Mike has time to get away from the shop he spends a lot of time with his family. Mike and Carol recently welcomed their fourth grandchild into the world, their first granddaughter! But of course, every now and then you might catch a glimpse of Mike cruising around in that infamous 1967 Corvette.



**Maggie Horvay** is a dental hygienist at Livingstone Dental Excellence in Canaan, CT. She's worked there for three and a half years, and loves it! The girls she works with are amazing and her patients are really sweet. Maggie is originally from Pennsylvania, right outside of Philly, but relocated here about ten years ago. She loves the small town atmosphere in Canaan. It reminds her of her hometown in Winsted, where she lives with her husband and their furry child who they love to pieces (a black lab dog). Maggie loves being outdoors every chance she gets. Some of her favorite activities are camping, boating, and four wheeling. Maggie also volunteered for the last two years for the Mission of Mercy. She has also traveled to Honduras as a volunteer cleaning teeth and providing dental care. With Maggie, it's always working hard and playing hard, too.





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# foods that harm & heal

## MAINTAINING A HEALTHY LIFESTYLE

By Thorunn Kristjansdottir  
info@mainstreetmag.com

I recently picked up a fantastic book at Oblong Books & Music in Millerton that is written and published by Reader's Digest entitled *Foods That Harm, Foods That Heal – The Best and Worst Choices to Treat Your Ailments Naturally*. The close to 400 page book is beautifully designed and is very easy to pick up, browse through, and find what you're looking for, or to read in-depth. The book is broken up into three parts, part one focusing on nutrition and defining nutrition, food safety and foods that heal. Part two focuses on foods and literally provides an A-Z guide to foods that harm and heal – and how it is that they harm or heal us. Part three focuses on ailments such as allergies, cancer, heart burn, stress, etc., and gives us a condition-by-condition guide to the foods that harm and heal us. I found both the A-Z food guide and the ailments section of the book to be extremely helpful, especially if you suffer from a condition or two – this book can potentially help you avoid the foods that work against you and or your ailment(s), and you will also be more knowledgeable about what foods you should be eating that can help you feel better.

### Defining the nutritional terms

Do you know what the difference between a simple and complex carbohydrate is, or how they differ in how our body breaks them down? What about starch and fiber, or the different types of fats? I surely don't. I, like you, may have a vague idea, but that's where it ends. In reading the book I was fascinated by their definitions and explanations of these terms, which aren't written for doctors, but for everyday people like you and I.

To give you a brief example of some of the terms that they go over in the first portion of the book; they look into the different types of carbohydrates, the different types of fats including both omega-3 and omega-6, as well as proteins, vitamins, and minerals. If we quickly take a look at carbohydrates, which are essentially an organic compound that is made up of oxygen, hydrogen and carbon, and are also referred to as saccharides, which according to Wikipedia, is the Greek word for sugar. Looking at both simple and complex carbohydrates, as *Foods That Harm, Foods That Heal* simply states, they are sugars. The difference between simple and complex carbohydrates is that the simple ones are made up of only one or two sugars, while complex carbohydrates are made up of "complex chains of sugars and can be classified as starches or fiber." (*Foods That Harm, Foods That Heal*).

What really caught my attention in this first

part of the book was the section about unsaturated, polyunsaturated, saturated, and monounsaturated fats. Some of these types of fats then break down into sub-categories, for example polyunsaturated fats break down into either omega-3 and omega-6 fats. I don't know about you, but when I hear omega-3 I know that it's primarily good for us, and I associate it with salmon and sardines. I was very interested to read in the book that omega-3s have numerous health benefits and the majority of which seem to focus around our heart and other cardiovascular functions, such as steadying our heart rhythms, preventing blood clots, and lowering our risk of both heart attack and stroke. But salmon and sardines aren't the only sources of this "good" fat, you can also get it from other fatty fish, but as the book states you can also get it from such oils as walnut and flaxseed oil.

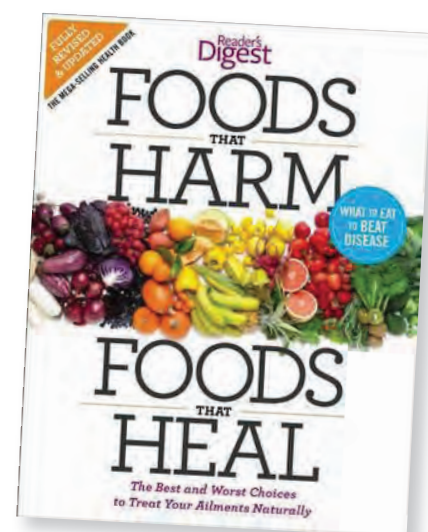
Omega-6, on the other hand, isn't as good for you, as far as I understood it. The book explains that too much of this fat can cause a number of health problems. This fat, like omega-3, is also found in a lot of oils, such as corn oil.

### Looking at specific foods

I was equally fascinated by the next two sections of the book, and read through the different foods that can either harm or heal us, or both, with vigor. To learn, for example, that avocados can harm by causing weight gain and or allergies, but those two "harms" seem to be outweighed by what avocados can heal in my opinion, such as insulin resistance, cancer, and blood sugar swings. Or another interesting one was alcohol. We all know that alcohol is "OK" as long as it is consumed in moderation, but *Foods That Harm, Foods That Heal* breaks it all down: there are 11 ways that alcohol can harm us, including causing heart disease, addiction and gout. But surprisingly, there are six things that it can help with, such as it helps with stress, and appetite and digestion.

One of the foods that I was very interested to learn about was red meat, because I haven't eaten red meat in over a decade. So I was very curious to read what my health benefits are over red meat eaters, and what deficiencies I might have as a result of excluding this from my diet. Beef and veal are grouped together on page 52 of the book, and I found a lot of interesting information, some of which countered some claims that I've heard or read through the years.

As with the avocados, the health benefits to eating beef and or veal seem to outweigh the harm.



The book lists five harms, such as cancer, bacterial infection, and hormones. On the flip side, there are seven "heals" listed. But it's all relative in that it's extremely important to read how the book breaks down each and every category, and there you'll specifically learn how bacterial infection or hormones are a "harm," according to the book. And come to find out, they don't have to be harms! By making sure that you cook your beef or veal properly, you will most likely avoid bacterial infections such as salmonella, which in most cases comes from under cooked meat. Similarly, by purchasing organic-grown meats, you will avoid the "harm" and danger of hormones in your red meat and veal. Honestly, after reading this I was on the fence whether or not I should start eating red meat again. I might be missing out on seven important aspects to my health, such as benefits to my bones, skin, and blood.

### Just a small taste

This was maybe one percent of the vast amount of great information that is to be found in *Foods That Harm, Foods That Heal – The Best and Worst Choices to Treat Your Ailments Naturally*. And the more that I read the book, I quickly realized what a great resource it can be to each and every one of us, whether you are 100% healthy in all aspects of your life, or if you are suffering from stress, high blood pressure, or something even more serious. The book makes the nutritional value and "harms" of the foods that we eat very approachable and informative. I highly recommend it. •

Image source: Google images.



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# the wassaic project

## NOT-FOR-PROFIT ART ENTREPRENEURSHIP IS THRIVING

By Christine Bates  
christine@mainstreetmag.com

Since our first issue in March of this year, Main Street has interviewed area entrepreneurs who have started and built thriving businesses, beginning with Harney & Sons Tea in March to the Sharon Auto Body Shop in August. In this issue we interview Bowie Zunino, one of the co-founders of the not-for-profit Wassaic Project. She shares with our other entrepreneurs a passion for what she is doing, persistence, and risk taking. We sat down with her over a cup of coffee in the Lantern Inn the Monday morning after Wassaic Project's big Summer Festival weekend.

### Why do you have the key to the bar at nine o'clock on a Monday morning?

That's because I live upstairs with my husband, artist and co-director, Jeff Barnett-Winsby, and our daughter Gilvey. We bought the Lantern Inn about four years ago. It's a local bar and we haven't changed it much. Now it's open more regularly and a Wassaic Project artist added this painting to the floor. It's part of the community mission of the Wassaic Project. People who live here feel it's their bar and outsiders feel they have discovered something special. It's great to have an artist from Korea having a beer with a retired building inspector. Pretty soon we're going to have wood fired pizza.

### How would you describe the Wassaic Project? What is it?

The project is an art piece itself. It's a strategy to bring together artists and local residents of the hamlet of Wassaic to work together to make a community better. Inside Maxon Mills (a former grain elevator) there is a curated gallery exhibit of emerging artists every weekend from June to September. There's our big event, the Summer Festival, which is a three-day multi-disciplinary celebration of art, music, film and dance. There's our Artist in Residence Program, which provides housing and studio space for artists in the repurposed livestock auction barn. The resident artists are here throughout the year and work with students at Webutuck Schools. And on Saturdays in July we have an artist-led program for kids K-6 who make art inspired by the summer art exhibition.

### What is the mission of the Wassaic Project?

The project is committed to using art to strengthen social and cultural capital in the local Wassaic community and provide access to great contemporary art. Our complete, formal mission states, "The Wassaic Project exists to provide a genuine and intimate context for art-making through 'creative place-making' – harnessing the power of art to



Above: Maxon Mills is located in the center of the hamlet of Wassaic, across from the post office and next to the Metro North train tracks. Smaller photo: Bowie Zunino, a founder and co-director of the Wassaic Project.



reshape and revitalize communities. It seeks to strengthen its community by increasing social and cultural capital through the inspiration, promotion and creation of contemporary visual and performing art. By forging connections between artists of all disciplines and the public in its unique location, the Wassaic Project explores new ways of working in the arts and experiencing art itself."

### How large was the Summer Festival this year?

This year we had 80 artists exhibiting, 15 bands, and 4,500 people attending. Our first year was 2008 when 500 people came.

### How much do you charge at the festival? How do you make money?

Everything is free. The juried and curated exhibition in Maxon Mills, the music, and the films. We make income through festival donations, our retail store with T-shirts, sales of artwork, and even a \$60 fee for camping.

### What happens the rest of the year?

We provide studio and living space for selected artists who want to work in Wassaic. At first we thought it would be mostly artists from New York and Boston who wanted to come to the country on weekends, but we have artists from all over the world who come here to work full time on their projects, and live here.

### Where did this idea come from? How did it happen?

There were a number of things that lined up.

It really began with my father, Tony Zunino's fascination with Maxon Mills. When we drove to

Millbrook to play ice hockey as kids, he would always take a detour through Wassaic to look at Maxon Mills, a dilapidated wood crib feed elevator that's over 100 feet tall. Sharon Kroger, the owner of Calsi's General Store in Wassaic, fought to save it from demolition and then my father and his partner Dick Berry bought it in 2005. They preserved it without really knowing what they would do with it. The basic renovation took two years.

In early spring 2008 my friend Eve Biddle, the project's co-director and co-founder, and I came up with the idea of using Maxon Mills as an art project. The location of the project in Wassaic was the result of saving Maxon Mills and then finding a creative use for it.

### How did your background prepare you for putting together the Wassaic Project?

After teaching in public schools in New York City, I decided to get a graduate degree in art and majored in sculpture at Rhode Island School of Design (RISD) in Providence, RI. The art department there didn't approve of my interest in social practice art, which focuses on art's ability to engage people. My first art installation was turning my RISD studio into a dining room and serving food. This involved a lot of floor sanding and renovation. Despite the opposition of my art professors, I started working with non-profits in Providence on community-based art projects and found advocates and mentors outside of the school. Many of them, like Joe Thompson who spearheaded the creation of Mass MoCA, became involved with the Wassaic Project.

Continued on next page ...



While I was in graduate school I also took some non-profit classes and Eve worked at a number of non-profits.

### What are you most proud of?

I'm most proud of our relationship with the community. We knocked on doors and introduced ourselves. We were here in spring when Wassaic was flooded with five feet of water. We've built a strong bond with the Wassaic Volunteer Fire Department, which is the core of this hamlet. At Halloween artist Jeila Guermain works with the firemen to create an amazing haunted house for local children. The first year 35 kids came, and last year there were 120. We take artists into Webutuck schools every month to work with students. The artists that come here are not isolated; they are excited to be part of the community. The project's success has exceeded what I ever could have imagined and continues to grow and change.

### How did you go about getting the project started and setting up a non-profit?

Our first step was to get artists to visit Wassaic and be inspired, and to simultaneously reach out to the community. Dreaming is very important – imagining what might be.

It took three years for us to secure our 501(c)3 non-profit tax exempt designation. Until last year the Solo Foundation in New York acted as our “financial sponsor,” which permitted us to accept tax-deductible donations. Some of our artists work with Fractured Atlas, a non-profit service organization, which lets them receive tax-deductible donations for projects and provides insurance.

### How do you handle the business side of a non-profit?

Luckily for me, Eve Biddle, our co-director, handles the business side of our organization. It's a lot easier since we started using QuickBooks. Insurance is her least favorite thing. And our board understands the importance of a business-like approach. On Sunday night after the festival was over we sat down and reviewed everything that went well and what we should change next year. We can be very analytical.

### What's your least favorite task?

Actually all of the work associated with the project is a creative opportunity. I handle donors and write personal, hand-written thank you letters to each one.

### What about budgeting?

We have a budget for everything – music, art sales – everything. Our board members have been very helpful in guiding us in the right direction.

### How many employees does the project have?

We have two full time employees during the year,



Above left: “Two Cheers for the Bundle of Sticks Metaphor” made from wood found in Wassaic, tinted beeswax and twine occupies part of the fifth floor at Maxon Mills. Above right: “distorting (a messiah project, 12CE)” by R. Justin Stewart is made of fleece, rope, paint, PVC caps and metal.



plus the three co-directors. In the summer we add 15 staff including another full-time person and interns.

### Do you have a marketing strategy?

We had to think about that question. We had to look up marketing. We have invested in our website, which reaches a worldwide audience, and market locally by word of mouth. The new zoning law in Amenia prevents us from putting up billboards along the highway, which had been very effective.

### What advice would you give to anyone thinking of starting a business or a non-profit?

It's the same. Talk to every single person you meet. Make connections. Ask questions. Earn their trust. Let them know who you are and what you're interested in. Learn from others. We talked to Alanna Hess who created the gallery that became MoMA PS 1 in New York and J. Morgan Puett, the founder of the Mildred Lane artist's in residence program. Rick Lowe from Project Row House in Houston has been a continuing inspiration.

Recruit people who believe in you. The Wassaic Project has an amazing Board of Directors that are a working board.

Being practical I would say to seek the advice of an attorney early on about legal structure. It took us three years to get registered as a 501(c)3. We should have hired him earlier.

### Is balancing your work with family a difficult task for you? Is there a conflict between managing the project and your work as an artist?

Honestly no. I work so hard but I work with my family and I live at work. It's great. My work as an artist is this project, although my two co-directors do work on their own art.

### What are the biggest issues the project faces right now?

Just like any other business, it's cash flow, wanting to pay our employees better salaries, and provide them with health insurance.

### Do you believe that successful entrepreneurs have anything in common with the founders of a non-profit?

Sure I do. Both have to be agile, creative, driven and stubborn!

### What would you like to see changed in Wassaic?

The project is very interested in seeing the Rail Trail extended from the train station into the hamlet of Wassaic for safety reasons. It would make it much easier for artists and visitors who arrive by Metro North to walk to Wassaic. Right now it's really dangerous. And we wish the town could do something about the vacant houses that seem to be owned by banks. They are falling apart and it makes me sad.

### What's next for the Wassaic Project?

We plan to increase our partnerships with other cultural institutions and add more lectures. We want to grow in a sustainable way. And we want more babies.

### Do you think that Wassaic was the right place to start this artistic venture?

Here there's a pipeline to artists because we are 90 miles from New York City. People can get here inexpensively on Metro North. Wassaic and the Webutuck School District are culturally underserved, with wealthy, sophisticated people who support our programs surrounding us. Wassaic is small enough to impact change. It couldn't be a better place. •



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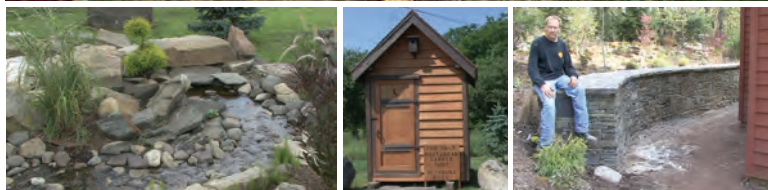
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GREAT GASTRONOMY:

# manna dew café

By Thorunn Kristjansdottir  
info@mainstreetmag.com

I decided to come back to Main Street in Millerton for this month's indulgence. Manna Dew Café was the restaurant of choice, whereas it has become one of the delicious staples of the Millerton community, and I was having a hankering for their signature salmon dish. The restaurant provides a comfortable and inviting environment, friendly staff, and you know that you will always enjoy a consistently tasty and satisfying meal each and every time.

The restaurant is located in a beautifully renovated house-turned restaurant a few doors down from the movie theater, offering seating both inside and out. The décor and ambiance of the place is a combination of a little retro and mystery, fused with a little bit of up-state New York country that evokes comfort. The art exhibits and displays that grace their walls throughout the year contribute to the different feelings and emotions evoked every time one enters the restaurant. The current art exhibit is of the work of Assemblage artist Harry Lazare, which is unique, some are odd, but all are earthly and hence welcoming. But enough about art and décor, let me tell you about their vast food selections.

## The menu choices

Manna Dew offers their patrons both a regular menu, a specials menu, and a prix fixe menu. There isn't a shortage of delicious choices at this establishment, that's for sure! The regular menu boasts such main course choices as a savory free range chicken with steamed vegetables with roasted potatoes and pancetta; sautéed shrimp and sea scallops with roasted tomato sauce and basil with Alvaro's fresh papardelle pasta (a delicious choice by the way); grilled natural New York strip steak with house demi glace; Herondale Farm organic grass fed beef burger with numerous sides to choose from.

The specials menu on this evening had a few interesting entrée choices that caught our eye such as the Hudson Valley sweet corn Poblano chowder; Sky Farm organic baby filed greens tossed in creamy blue cheese dressing, prosciutto de parma, honey kiss melon, mixed berries, champagne grapes, mango nectarines and tiger striped fig; pan roasted rack of wild boar, creamed local corn, garlic scapes, poblano peppers, garden squash and mixed local potatoes; and grilled veal delmonico rib chop with truffled mushroom risotto.

I must add that when they have lobster on the specials menu, you must try it! The lobster meat is like little pieces of candy, dipped in silky melted butter. It's simply pure delicious delight!



## Fish, fish, and more fish – please!

I opted to start with the signature beet salad. The beets are roasted with ginger and then sliced and served with toasted pistachios, goat cheese, orange segments and shiitake soy ginger vinaigrette. I have to admit that I get this salad each and every time, because it is the perfect mixture of texture and flavor. My boyfriend ordered the Caesar salad with pancetta, which is always consistently good as well, and the pancetta adds a little extra je ne sais quoi.

After savoring every bite of the deliciously tasty salads and finishing up the truly enjoyable bread that they bring with your drinks, our main courses arrived. I had been forewarned that the regular salmon dish had been changed. You see, I had become a huge fan of the salmon with wild rice, and avocados mixed with cucumbers and tomatoes. So for comparison purposes, I had to order the new salmon dish, which also consists of a seared salmon filet with lemon and herb beurre black, wild rice and steamed vegetables. As you see in the large

picture at the top, the presentation is beautiful and it tasted every bit as delicious as it looks. The seared salmon (to my delight) was just as wonderful as it had been before they changed the dish. The sauce and vegetables were absolutely delightful, with the snap peas, green beans and wild carrots tasting like little pieces of fresh and healthy candy! Yum.

My boyfriend ventured onto the specials menu and also ordered fish. He ordered the jumbo lump crab stuffed sole filets over creamed spinach. He appeared extremely happy with his choice and said that the fish was very light, yet filling, and delightfully tasty. I tried a bite and was surprised by how light the fish indeed was. Also to my pleasure, the crab was not too potent or fishy, but it had a nice even flavor and a delicate texture to it.

Manna Dew provides all of its patrons with delicious choices, from the not-so-usual choices to the comfort and filling choices that a home cooked meal gives one. Regardless of your choice, you're sure to leave full, happy, and very satisfied. •





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## olde forge organics

### TALES OF A FARM GROUPIE

By Memoree Joelle  
[info@mainstreetmag.com](mailto:info@mainstreetmag.com)

Kevin Ferry was fifteen when he first read the book, *Square Foot Gardening* by Mel Bartholomew. As a child, Kevin dreamt up miniature zoos in the backyard of his suburban New Jersey home, and followed Bartholomew's gardening wisdom of efficiently growing vegetables in very small spaces. He has always had an interest in plants, and the science behind what makes them flourish. He has also held a life-long fascination with fish, and studied Environmental Science and Aquaculture at the University of Massachusetts and at SUNY. From his childhood back-yard mini-crops and a job at a pet store, to his post-college work at commercial fisheries in Alaska, Kevin has spent years researching sustainable aquaculture and agriculture. In 2007, he combined his passion for intensive gardening and aquaculture with the founding of his farm, Olde Forge Organics.

#### A handful of “-ponics”

Located in Wassaic, the farm is a synergistic combination of eco-systems that includes hydroponics, aquaponics, and aquaculture. Aquaculture obviously involves fish, but Kevin had to explain to me the difference between hydroponics and aquaponics. Without going into too much detail, the basic difference between them is that hydroponics is a system for growing plants under highly optimized conditions, while aquaponics creates a complete eco-system in which various living creatures all interact to create a symbiotic whole. It takes the mind of a scientist to grow this way, since it requires a solid understanding of how micro-

nutrients interplay. Finding the exact balance that allows plants to thrive is a precise science, and while Kevin says it isn't too difficult, you do have to know what you're doing. It's very different from farming in the ground, where you simply find a good piece of land and start from there. With hydroponic and aquaponic systems, there is no substrate in place to begin with. Every element has to be added, and then controlled. It's kind of like creating life from many pieces of a puzzle instead of building from the foundation up.

#### Soil-free growing advantages

There are a few advantages to growing vegetables this way. Because there is no soil involved with hydroponics, there are no weeds, which means less labor. The absence of soil also means there are no pathogens coming into contact with the plants. He can control the water and light the plants receive, and for Kevin, the fun part is choosing precisely what organic fertilizers and nutrients to add. His aquaponic eco-system, which differs from pure hydroponics, is a mutually beneficial system between plants and steelhead and rainbow trout. The water in this case is more like soil, because of the microbial activity generated by the fish. There is also little to no waste, since the by-products from the trout provide nutrients for the plants. While it costs more initially to grow this way, it also means he is



Above top: Kevin's Bok Choi greens.  
 Above: Four of the too-cute-for-words  
 baby ducks that live at Olde Forge  
 Organics in Wassaic.

Continued on next page ...





able to grow year-round. Which is why when you're craving crisp local lettuces in February, Kevin is the guy at the farmer's market you'll want to see. Inside his greenhouses, he grows lettuces, bok choy, herbs, spinach, cucumbers, and arugula, and an assortment of pungent micro-greens, which are perfect for topping salads, soups, or adding to smoothies and juices for a vitamin boost. There are additional raised beds outside the greenhouses, where he grows beets, turnips, kale, squash and cabbages in soil.

#### Soil growing expansion & Kevin's Japanese Phoenix

This year, Kevin is expanding the farm to include land for more traditional soil growing. He recently acquired twenty-four acres along the Tenmile River, which he chose for its rich, fertile riverbed soil. While he is taking a chance with frequent flooding, he says it will be worth it to grow vegetables in such premium ground. The earth there is enriched by the proximity of aquatic life from the river, making it ideal for agriculture. A fisherman once told me the secret to his perfect tomatoes was fish compost underneath the plants, so I have a feeling area farmers are going to meet their match next Summer when Kevin harvests tomatoes.

Olde Forge Organics is not just home to trout and plants. Kevin raises quail, turkeys, geese, and

a variety of heritage breed chickens, including his personal favorite, the rare Japanese Phoenix. The hens are free-running birds who peck for bugs in the dirt, which means they lay eggs with bright orange yolks the color of the sun. I can testify to their superior quality, because I have frequently added them raw to breakfast smoothies. He sells quail, duck, and goose eggs as well, according to season. Tiny quail eggs make the perfect cocktail hors d'oeuvres, and I recommend boiling them and keeping them refrigerated for an on-hand, protein rich peel and eat snack. The quail are generally the only meat birds on the farm, but this year, a limited number of turkeys will be available just in time for Thanksgiving. But you will need to call the farm ahead of time to reserve yours! •

*Olde Forge Organics quail and vegetables are on the menus of notable area restaurants, and vegetables, eggs, and trout can be purchased from Kevin's stand at the Millerton Farmer's Market and the Amenia Farmer's Market in Winter. For a limited time, whole turkeys will be available fresh or frozen this Fall. Call 917-579-5402.*



Top left: Baby Quail chicks, and to their right is one of Kevin's Sumatran crossed with Arucanna rooster. Top right: the front of one of the green houses, below which are two of Olde Forge's helpers, planting in the raised soil beds. Above left: A patch of red leaf lettuce. Directly above: One of the beautiful fields on the property.



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# the real estate market

IN THE TOWN OF AMENIA, NY

By Christine Bates

christine@mainstreetmag.com

*In every issue of Main Street Magazine we examine the dynamics of a particular real estate market in our coverage area. We talk to Assessors, bankers, building departments, and real estate professionals, and collect and analyze sales data to present an accurate, objective picture of each town.*

“Real estate shoppers are specifically asking about Amenia right now,” according to Elizabeth Van Diepen of Elyse Harney Real Estate in Millerton. “More people are coming out and looking at Amenia,” agreed Paula Redmond of Paula Redmond Real Estate. “It’s a great location, very pristine and protected with wonderful views.” What is it about this town of four and a half thousand residents on the eastern border of Dutchess County that intrigues buyers? Could it be the Metro North train station in Wassaic or Sharon Hospital just across the state line? Or maybe it’s the new outdoor movie theater behind the Four Brother’s Restaurant, or magnificent agricultural land with views in the Smithfield Valley?

## Silo Ridge expects to make an announcement

As Main Street went to press the developers of Silo Ridge were expected to make an announcement that the project is moving ahead after being in limbo for the last four years. Pedro Torres of Millbrook Ventures would only say, “We’re looking to start again.”



Above: This house with 84 acres on Perrys Corner Road sold in 2010 sold for \$1.3 million, close to the asking price. Since the purchase major renovations have made the house into a signature property. Left, small photo: 25 Depot Hill Road sold for \$60,000 last summer and is assessed at over \$200,000. Because the sale was distressed it was not included in Main Street calculations. Left, large photo: On the other side of the street is 22 Depot Hill Road which is now on the market for \$269,500.

Designed by Robert A.M. Stern, the approved 670 acre project includes 297 condos, 41 single family luxury homes, and a 300 room resort condo hotel with retail shops and restaurants surrounded by an 18 hole golf course. Eighty percent of the land will be left open. The first application to develop the property was made in 2003 and over the intervening years the developers worked closely with the Amenia Town Planning Board as the town updated its comprehensive plan and zoning requirements. The project was finalized in September 2009, the existing golf course was closed. Meanwhile the economy and project screeched to a halt. The prospect of moving ahead, even on a more modest scale, is a great thing according to Bill Flood, the Town of Amenia Supervisor and previous head of the Amenia Town Planning Board. “We’ve all invested years and years in this project. It’s the last development you’ll see around here, but it will create jobs and expand our tax base.”

## 2012 wasn’t a great year for real estate in Amenia, but there have been worse

Like many of the other surrounding towns and villages that Main Street has analyzed, 2012 was not a great year for real estate – in some ways it was actually worse than 2011. The high point for Amenia was in 2006 when the sales value of real estate

purchased almost reached \$33 million. Last year all good sales totaled around \$14.5 million, although it was an improvement compared to \$11 million at the bottom of the market in 2008. The sale of large tracts of vacant land and estates account for a good deal of the swings in the total market. Last year the sales of properties over \$500,000 were only \$9.3 million – half that of the previous year, but still better than 2010, 2008 and 2007. Vacant land sales vary enormously from year to year in an almost regular up down cycle, recently swinging up and down about \$5 million every year.

## Relatively speaking Amenia’s prices have declined modestly

While other towns in our area have shown significant price declines on specific properties that were bought at the peak and sold recently, often off by 35% or more, this doesn’t seem to be the case in Amenia unless the property is in foreclosure. Maybe the run up in prices was less, or maybe people are just holding on longer. The average decrease in properties bought and sold since 2005 seems to be less than 20%, although there are very

Continued on next page ...



# TOTAL SALES IN TOWN OF AMENIA BY REAL ESTATE CLASSIFICATION 2005-2012\*

YEAR	RESIDENTIAL \$ MILLIONS	VACANT LAND \$ MILLIONS	COMMERCIAL \$ MILLIONS	TOTAL MARKET \$ MILLIONS	% CHANGE FROM PREVIOUS YEAR
2005	\$13.2	\$12.8	\$1.9	\$27.9	-
2006	\$20.0	\$10.4	\$2.5	\$32.9	+18%
2007	\$14.1	\$2.2	\$2.1	\$18.4	-44%
2008	\$6.8	\$3.6	\$ .8	\$11.2	-39%
2009	\$4.2	\$11.2	-	\$15.4	+38%
2010	\$6.6	\$4.8	\$ .2	\$11.6	-25%
2011	\$12.5	\$13.5	\$1.1	\$27.1	+133%
2012	\$8.7	\$5.5	\$ .3	\$14.5	-47%

\* Data provided by Dutchess County Real Property Tax Service Agency

# RESIDENT. & VACANT LAND SOLD \$500,000+

# PROP. SOLD	\$ SALES VALUE	% TOTAL
9	\$11.0 mill.	42%
11	\$19.1 mill.	63%
8	\$8.3 mill.	51%
6	\$4.1 mill.	39%
5	\$11.4 mill.	74%
7	\$7.8 mill.	68%
10	\$20.4 mill.	79%
5	\$9.3 mill.	65%

# TOWN OF AMENIA ON THE MARKET JULY 2013\*

TYPE OF PROPERTY	# UNITS ON MARKET	TOTAL LISTING PRICE VALUE
Residential	71	\$74.7 Million
Vacant Land	22	\$44.6 Million
Commercial	7	\$3.9 Million
<b>ALL PROPERTIES TOTAL</b>	<b>100</b>	<b>\$123.4 Million</b>
All Residential Over \$500,000	19	\$61.0 Million
All Listings Over \$1,000,000	20	\$99.7 Million

\*Listings courtesy of Mid Hudson Multiple Listing Service.  
May not include all properties currently on the market.

# AMENIA SALES OF SINGLE FAMILY HOMES 2005-2012

YEAR	TOTAL SALES OF SINGLE FAMILY	# OF SALES	AVERAGE PRICE	# SALES OVER OVER \$500,000
2005	\$10.9 Million	36	\$301,678	3
2006	\$10.9 Million	28	\$389,954	3
2007	\$12.4 Million	29	\$426,762	8
2008	\$6.6 Million	15	\$439,523	2
2009	\$2.4 Million	11	\$219,955	0
2010	\$4.5 Million	15	\$301,317	2
2011	\$6.1 Million	17	\$358,233	2
2012	\$4.2 Million	11	\$379,573	1

few that have changed hands. Typical examples are a single-family home on Leedsville Road purchased for \$600,000 in 2005 and resold in 2011 for \$540,000, a loss of 11%, or a residence on Tinker Town Road bought in 2005 for \$400,000 and sold in 2011 for \$340,000, a discount of 18%. There are price increases as well. At the high end there are examples of escalating prices, like an agricultural 389 acre property on Route 22 which was purchased for \$3.7 million in 2005 and sold for \$5.4 million in 2011.

## Why was the average home price higher in 2012?

There were only 11 “good sales” of single-family homes in 2012. (For the purposes of Main Street’s calculations, a “good sale” includes all market transactions and all other sales over 70% of assessed value). On the same basis there were 36 sales of single-family residences in 2005 with an average price of \$301,678. By 2008 the unit number of sales was halved, but the average price reached over \$400,000. Since hitting bottom with only 11 sales in 2009 and an average price of \$220,000, home prices have steadily recovered to \$380,000 last year. BUT the number of houses sold remains low. The reason for the higher average price and lower number of sales is a combination of sales at the higher end, and distressed sales at the lower end which are not included in market calculations.

Larry Havens, of Havens Real Estate in Amenia, sees continuing sales of distressed properties and believes that these transactions should be viewed as a part of legitimate real estate activity. “That’s what the property is worth right now,” he explained, using as an example a home in need of renovation

at 25 Depot Hill Road that sold for \$60,000 in July of 2012 although currently is assessed at \$216,400 (see picture on previous page). Just last week a home on Yellow City Road sold for \$163,500, which is well under its assessment of \$241,200. Neither of these sales would be recorded as “good” for the purposes of the assessor.

And there will be more distressed sales. Supervisor Flood estimates that there are 15 to 20 abandoned houses that people have walked away from. There are potential buyers, but no one can find out who owns them. John Fenton, Amenia’s Building Inspector, says there is little the town can do as long as the properties remain vacant.

## Don’t rely on Realtor.com to find out what’s for sale

This month Main Street compared real estate listings for Amenia on Realtor.com to the complete multiple listings that only realtors have access to and discovered that approximately twenty houses, primarily at the low end and the high end, were not included on the Realtor.com website. Any interested buyer should consult with a broker to get a full picture of what’s really on the market.

## The real estate market right now remains highly “skewey”

There is a lot of property on the market right now. What immediately pops out is an over \$1,000,000 average for the 71 residential properties on the market. Closer analysis reveals that of those 71 homes, 19 have an asking prices over \$500,000 together totaling \$61 million. This means that there are 52 “normal” houses listed for less than \$500,000 averaging about \$263,000 each.



This vacant building at 382 Old Route 22 outside of Wassauc is for sale for \$49,900. Houlihan Lawrence is the listing broker, but they did not return Main Street’s calls about the property.

The same holds true for vacant land, which can be a couple of acre building lot, or vast tracts of land like the 879 acres for sale on Leedsville Road asking \$11.9 million, or 342 acres on Sharon Station Road for \$15 million. Currently three large parcels are for sale at over \$5 million each, together totaling \$36.4 million – 30% of the value of all property for sale.

Adding up the asking prices of the 20 properties for sale over \$1,000,000 provides an even clearer view of the structure of the market. Of the approximate total market in Amenia of almost \$125 million, nearly \$100 million of the value is only found in these 20 properties, or nearly 80%.

As mortgage interest rates rise it may just be the time to buy in Amenia – even if you don’t have a million dollars. •



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# THE HISTORY, LEGACY, KELLY FOX & THE FUTURE OF THE mount washington house

By Thorunn Kristjansdottir  
info@mainstreetmag.com

If you're craving an outrageous quesadilla that you'll most likely not find on any other menu, or have a hankering for great pub fare, want to hear live music or a DJ, play a game of pool or wii, or perhaps simply want to drink a beer or two and chat up a clever bartender – well, you'll find all of that, *and then some*, at The Mount Washington House in Hillsdale, New York! But The Mount (as it is affectionately known) is not just your average tavern – no sirree Bob! Built in 1881, it is one of the staples of the Hillsdale community, and is ever-evolving. To understand The Mount (both as a building and as a business) it is crucial to learn about its history and past to be able to understand the legacy and business that Kelly Fox, The Mount's owner, is maintaining and continually improving.



Above: One of the earliest photos of The Mount Washington House. This picture was taken from the bar side of the Hillsdale House before the bar side addition was constructed.  
Above top: Levi and Emma Zeh, The Mount's first owners.

## The Zeh's and consequent owners

The one question asked recently over and over again is "Did someone new buy The Mount?" The answer is a resounding "NO!" In her rich 132 year history, the Fox family has owned The Mount the longest. Now she's undergoing a well-deserved second-generation revival, which Kelly Fox and The Mount's staff believe has sparked new interest and the occasional tittle-tattle around town.

"While we love all of the attention and wholeheartedly agree with Oscar Wilde when he said 'There is only one thing in the world worse than being talked about, and that is not being talked about' we also think the record needs to be set straight ... tame, torrid and otherwise," said Kelly. "Yes, it's true that The Mount Washington House has changed hands many times throughout her history (most likely due to the high maintenance of this 14,000 square foot building) but, for the most part, it has always served as a tavern, restaurant, and guest house."

The Mount was built by newlyweds Levi and Emma Zeh as a wedding present from the bride's family, the Bests, and it was originally intended as their summer house, or as one old article read, a summer hotel.

"It's crazy when you think about it" stated Kelly. "The Zeh's only had the house open from June 15th through September 15th. There was no heat in the building, no running water with only sink basins in the corners of some rooms, and it was closed in the winter. It wasn't until after 1900 that it was occupied year-round. And it wasn't until the tens or the twenties that plumbing was installed."

The Mount isn't Hillsdale's oldest building though. Kelly explained that the brick building on the corner of the Route 22 and 23 intersection,

formerly Aubergine restaurant, is a hundred years or so older than The Mount. There were a handful of other houses in the Hamlet before The Mount's construction, too. The railroad was established with the train station located about a quarter mile down the hill, behind Herrington's. Hillsdale was a very important stop on the Harlem Line. Dairies and mills shipped supplies down to NYC and the rail brought back tourists who passed through Hillsdale on their way to the Berkshires. People would ride to and from Great Barrington via stagecoach.

The land The Mount is built on originally belonged to the Livingston Estate. Livingston Manor was a 160,000 acre tract of land granted to Robert Livingston the Elder in 1715, confirmed by royal charter of George I of Great Britain, creating the manor and lordship of Livingston. This tract embraced a large portion of what is now Columbia County and included the north side of Route 23 where The Mount stands today.

"My dad bought it [in 1972] because of the land in the back. There were two acres left of the original one hundred acre lot that was first purchased from the Livingston Estate in the 1800's. Only two acres. I think earlier owners sold off pieces of the lot to support themselves. My grandfather was a farmer and my dad loved to grow things. He had a corn field in the back yard for several years, we had chickens at one point, I even had a horse when I was eight. It was rural enough that it was a bar and then this little secret wannabe farm."

Kelly warned, however, that it is very difficult to follow the building's owner lineage after it went out of the Zeh's possession, because it was sold back and forth between relatives, some who defaulted and forced foreclosure, but then someone else in the family or a friend would buy it back again. "It

was really hard when the historic inventory of ownership was conducted because a lot of the names are the same, and consequently it was really hard to keep track of the story."

## The ever-changing face of The Mount

The Mount, along with Hillsdale, has gone through numerous visible transitions throughout the years. As Kelly looked through old photos of the building in years past, the changes were blatantly obvious. One of the noticeable changes is that before Route 23 was put in, the building used to be at ground level and visitors would walk directly onto the porch, whereas now Route 23 is located downhill from the building.

Continuing the story of The Mount's history, Kelly explained that "There was a Speakeasy in the ballroom on the third floor during prohibition, which probably brought with it everything history claims it did – live bands, floor shows, flappers and maybe a little corruption. Prohibition ended in 1933, and there isn't a lot of detail available as to what happened next. Try as we might, we have no solid evidence that it ever served as a brothel. And, while the architectural style of The Mount is Second Empire Mansard (a style most associated with Halloween, hauntings and spirits), we've never encountered any ghosts."

Kelly continued, "Before World War II the building served as the area's high school while the Roe Jan School was being built, and there are still some folks around who remember attending school here."

Continued on next page ...



### The Norwegians, skiing & the smorgasbord

From about 1950 to 1960, Norwegian immigrants Paul and Asta Nord owned The Mount. They were successful in creating a popular destination for Scandinavian tourists who would take the “Skibus” from Manhattan to Hillsdale for a holiday and ski at Catamount. The most recent renovation in the banquet room relocated the huge Fjord painting, done by a Norwegian guest in 1951, to the tavern. The Nords were well known locally and among visitors to the area for their delicious weekly smorgasbords, a tradition carried on by the next two owners.

“One day I say I’ll bring back the smorgasbord, because so many people remember it. My mom did it for several years, but it started with the Nords and their support of Catamount” said Kelly. “Skiers would come up for the weekend, ski all day and then come here for dinner and entertainment, either staying upstairs or they would go sleep in the rail cars sitting on the tracks and come back for breakfast before returning to the mountain the next day. The Nords were still using the third floor for guest accommodations at the time and old brochures boasted that The Mount could hold up to 30 families. I have no idea where they put that many people! Amazingly enough, I still get one or two Norwegian tourists that stop in each year. In some instances either their grandparents told them stories about The Mount, or they came here themselves as young children with their parents. It’s nice to hear the stories because it’s all good memories. They check out the Fjord painting and tell me where in Norway the painting is of – which I can never remember.”

### The Fox era

As for how Jim Fox found The Mount, Kelly explained that her father’s family farm in Brewster was pretty much a straight-shot 70 miles south on Route 22. His parent’s farmhouse was also a Mansard Victorian with a huge porch and coincidentally is green and white to this day. Kelly believes that her father was attracted to The Mount because it looked like the house where he grew up.

“My dad was a very proud Irishman, and he believed that every good Irishman should own a bar!” exclaimed Kelly. “Really I think that that was the other part of the attraction for him. He wanted a pub and he wanted a farm – so this was a feasible combination of the two.”

Kelly continued: “He was declined for not one, but two mortgages, and surprised my mom, Marjorie, with the purchase in their second year of marriage in 1972. He bought it from the Burlarelys who had owned it after the Nords. I’m sure it seemed like a great idea at the time since the building was within walking distance from the train to Manhattan, but unfortunately service stopped just nineteen days after he bought it. The building



Above top, left: An early photo of The Mount around the turn of the century, notice the circular drive in front. Above top, right: The Nord’s sign had a skier on it, marking the importance of skiers to their business. Above left: The Nord’s smorgasbord. Above right: The Nord’s dining room, notice the stars. The floor is still there, but it is underneath at least two other floors.

was in such disrepair when he bought it that I have no idea what he was thinking, maybe the price was really attractive – it was a huge risk that he took, and it was ultimately my mom who made it work.”

When the Foxes took over the business in ‘72, they kept the business going pretty much as it had been for years with a bar, restaurant and some lodging. Young Kelly was born in ‘73, and while growing up her mother ran the restaurant side, kept the smorgasbord going and cooked everything, and her father ran the bar. “I don’t know how my mom did it,” exclaimed Kelly. “She worked tirelessly until she went into labor practically, and then a week later I was in my bassinet under the counter while she worked.” But as Kelly got older things changed in the early 80s; her mother became more involved in the operations of running the business, specifically the bar. Kelly’s father took care of the books and spent all of his days working on the building.

### The never-ending renovations required for a 14,000 square foot house

The Foxes made a lot of smart renovations and changes to the building in their first years. “The very first thing that my dad did was side the building with aluminum siding, and they worked hard on the curb appeal to make it look better – it looked really crappy in my view when they got it. But then they had to recover from that huge expense, and while saving up for the next big project we would just work on little projects ourselves. We were consistently trying to restore the building and undo many of the changes that happened during the years as funds allowed, it was a real major fixer-upper!”

“We would have five different small projects going on at the same time, which I now completely understand because I’m doing it myself,” Kelly explained with a smirk. “My mom would get mad at my dad saying that he would never finish anything. Well, I’ve learned that it really wasn’t his fault and I know she learned that too after he died. Projects at The Mount, no matter the size, take at least twice as long as you would expect. My dad’s philosophy was to try to do the work himself before he would pay someone else to do it. Sometimes this worked out, sometimes it didn’t. In both cases it was a very slow process.”

Kelly continued by explaining that “One could say that the building was too big for the business and too big for two people to handle. All of our bar profits went into maintenance and renovation projects. We had no money, I had to get my clothes from the Purple Barn, but it all changed when I was in fifth grade.”

In ‘84 and ‘85, business was great and projects really picked up at The Mount, including a major renovation of the first floor and re-siding of the entire building in state-of-the-art vinyl.

“The balance was always trying to move this place forward, but while trying to maintain a life,” Kelly explained of the realities of running a business and building like this. “After my father passed away in 1993, it was just my mom and she had a daughter in a private university and a partially restored 112 year old building that had a long way to go. In 2007 I did the top roof and the contractor was like ‘Good lord! This should have been done 20 years ago’ – yeah well, my mom was paying for





Above top, left: The Mount as it looked in 1972 when the Foxes' bought it, complete with asbestos siding, which they replaced with aluminum in the 70s and then vinyl siding in the 80s. Above top, right: The Mount as she stands today. Above left: The old dining room (compare dining room on opposite page) as it was in the 70s. Above right: Jimmy and Marjorie behind the bar in December of 1974, the distinct style of the time making the year unmistakable. Right, large image: The newspaper clipping from '72 announcing that The Mount's new owners.

college. How could she have done both? So it was always that balance, and the only reason I'm able to do the work I'm doing today is because I don't have children and I have five times the help my mother had."

### Education & life's choices

The bread and butter of the business in the eighties and nineties was often very late at night, due to The Mount's proximity to the Massachusetts border, where bars stop serving at 1 am. Bars in New York can legally serve until 4 am. Fifteen hour days were the minimum and that was just being open for business. It didn't account for inventory, bookkeeping, cleaning, etc.

"I don't know how she did it. And I certainly wasn't a help. I was fortunate enough to go to Berkshire School in Sheffield, MA and I didn't really have to deal with any of it. Education was paramount to both of my parents. They always told me that they did this [owned and ran a bar] so that I wouldn't have to. They never wanted this life for me," Kelly explained. "Growing up, I knew that I didn't want to do what my parents did; I didn't want to be a farmer either. But that's what I personally saw growing up here, people were either self-employed or owned a farm. I had great teachers at Roe Jan School so I decided early on that I wanted to be a teacher. My parent's decision to send me to Berkshire was to give me opportunities beyond Columbia County and I am forever grateful. In hindsight though, had I known I'd be in business in Hillsdale, I absolutely would have gone to Taconic Hills to stay more connected locally."

### From world traveler to The Mount's new guardian and owner

From the time that Kelly's father passed away to the time that her mother passed in 2006, Kelly finished college at Syracuse University graduating with a degree in elementary and special education. After a year of teaching, she went corporate and traveled the world, working for such firms as CitiBank and Gartner, travelling to Australia, Europe and all over the US. She rarely came to Hillsdale, instead her mother would visit her or they would take trips together. There was never an intention to return to her childhood home as an adult.

"My mom died on a Monday in March, and I came back that day," explained Kelly of The Mount's last transition. "We were open the following Thursday. I didn't let us not be open. My mom still opened right after my dad died so I did what she did. I was afraid that if we closed, that we wouldn't open ever again. My bar manager Tom, a 13 year Mount veteran at the time, went through three months of hell keeping the business going without my mom and dealing with his own and everyone else's grief at the same time. I wasn't here as much as I wanted, because I was still working. Initially I could only come up on weekends. We had to decide what to do, and right away my first thought process was 'OK, we're going on the market, what do I have to do to sell this place?' I knew that I needed to improve the curb appeal, put in a spec bedroom upstairs, and I needed to bring back food because it's much easier to sell a restaurant/tavern than just a bar. And those were the three things that I did, and they were done by Memorial Day of that year. We started serving food Memo-

rial Day weekend, and opened for lunch right away after that, six days a week, and it went really well. By Fourth of July I quit my job."

"There were people who thought I couldn't keep it going for six months. That makes me chuckle," Kelly explained of the time she took over the family business. "I do know that I absolutely could not have done it, even to this day, without Tom and his wife."

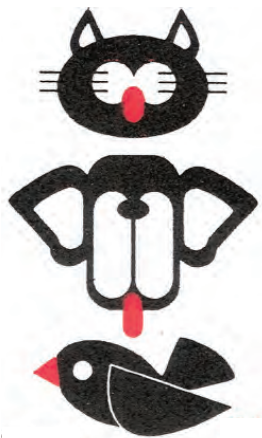
### The Mount's revival, ala Kelly Fox

After quitting her job and making The Mount her full time life and job, Kelly decided that she would try it for five years and put together her five year plan. "I was thinking, flip this house, extreme make-over type of thing, because I really didn't have anything to sell in 2006. The building was in tough shape, and certainly the business in and of itself wasn't anything great either. My mom had been ill for some time and it had become about paying the bills and keeping it going."

The result: Kelly has done an amazing job in the last seven years to revive and rejuvenate The Mount Washington House. The revitalization has involved so many projects that it's hard to know where to start, from foundation and structural work and maintenance, plumbing and electric, interior design and restoration, to redoing the whole bar and entrance side of the building complete with a beautiful porch – which is set up so that if she ever decides to add the second story porches (like the

Continued on next page ...





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building originally had on the front and side of the building) she can do it.

A lot of the renovations have been infrastructure work, which people don't get to see, "Which I hate spending my money on, but I have to," explained Kelly. "Areas of the building were literally rotting to the ground when I got it. But everything goes in order and I try to triage what I think is most important. I'm actually to the point now where I get to pay attention to the details, like the front door and fixing trim." The projects are far from being over for Ms. Fox, she has a laundry list of projects that she keeps working at, whether the projects are visible to her visitors or not.

As for the business side of The Mount, Kelly has indeed also rejuvenated that. The tavern is still rocking, as it always has. They offer great bar food, including one of the most elaborate and exciting quesadilla choices and concoctions that you'll encounter just about anywhere. When asked why quesadillas and why such unusual combinations, Kelly simply explained that it was influenced by the fact that she loves cheese and regularly ate them in the city. In 2010, after four years of serving lunch, Kelly decided to go back to work full time for a non-profit. She stopped lunch service to save her sanity, but based on customer feedback, lunch service will definitely be back in the future.

Most of the renovations conducted over the last seven years have been designed to support Kelly's favorite part of her business: celebrations! While many people remember only the tavern, there is now a banquet room, parlor and beautiful back patio exclusively for parties and special events. Since the opening of the banquet room in 2008, The Mount is now an excellent venue for birthday parties, meetings, anniversaries, reunions, memorials, showers, and weddings. The Mount Washington House offers a full service banquet menu, but is flexible enough that you can rent the space and bring in your own food or favorite caterer. In addition, the extra space comes in handy for select live music and DJ nights on Friday and Saturday nights. No matter your musical preference, Kelly Fox is sure to bring it to The Mount Washington House! Case in point, 35 different bands from varied musical genres performed there in 2012.

And for those who'd like the full Mount experience, Kelly has two renovated guest rooms available for overnight accommodations. During the middle of the week The Mount is home to six pool teams that play in a national league on Tuesday nights and pool tournaments on Thursday nights. It is safe to say that Kelly has made The Mount a destination for many folks, from both near and far, whether it's to eat, play, dance, listen to live music, or to drink, converse, and have a good time. But don't come knocking on Sundays – not yet at least, "We're the only bar in the world to be closed on Sundays it seems. That goes back to my days at Berkshire, Sundays were always family days," explained Kelly.



Above: Kelly Fox, The Mount Washington House's owner and guardian, stands behind the legendary bar. Small image top left: Kelly in front of The Mount in September of 1978.

### The old five year plan & the new plan

And how has all of this worked into Kelly's five year plan? Well, it's worked well in the fact that she did a lot of extensive renovations and totally rejuvenated the business. She didn't end up selling the business however, which had been part of the original plan.

"I was actually going to close. I had a closing date of August 24, 2011. I had decided that in February of that year – year five," explained Kelly. "I've been fortunate to get a lot of good input from business people in the area and Ed Domaney told me that if I really wanted to close, I had to pick a date and stick to it, because otherwise I would never close. Well, I picked my date but I didn't stick to it. So I guess that means we'll never close!"

Much to Kelly's surprise, a lot of people came to her after she announced her closing date and begged her not to close – even people that she didn't know. They asked if she could at least have just one more 'Mountster Mash' (The Mount's signature Halloween party). She eventually agreed and had one more Mountster Mash, at which she announced that she wouldn't close after all. That was two years ago, and The Mount is still rocking!

When Kelly was asked what the future holds for her and The Mount Washington House, and what her next five year plan is, she smiled. "My fiancé and I got engaged this past New Year's Eve and a wedding is an excellent excuse to do more work! Seriously though, I am continually impressed by the musical talent in this area and want to support local artists as much as I can. I want to get the word out that The Mount has been having fun since 1881 and continues to do so today in so many different ways. We have a beautiful mahogany bar

with antique tin ceilings that is such a great space to share with friends. My goals for the building is to finish the exterior siding, replace the tavern floor, make the building water tight (water is not my friend, I either have too much of it or not enough), nice and efficiently warm in the winter and cool in the summer, and maybe, just maybe, one day put the front porches back on."

Along those lines she's also working on getting historic designation for the building down the line, something that is important to her. "I want to do that, really for my dad, because he's the one that always thought that Hillsdale would have a great comeback. He would say that it would take 20-30 years, but one day Hillsdale was going to be awesome. Maybe he's right. I don't think that my mom thought that he was right, but Hillsdale is very different today than seven years ago. It would be very interesting to see what she would think about everything that's going on in town these days."

As for the future, Kelly still has more restoration work and investments to make. But the future is bright – one project at a time, or as Kelly herself said: "Continuous improvement, every day it's better. Every day in one way or another, we're inching along and making it better, whether we're doing something for customer flow to improve service when it's really busy, or trying something new, we always make little tweaks here and there. We want to keep having fun, keep making it better, and keep making The Mount Washington House available to more people for different types of gatherings. That's the goal." ●





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Jonathan Scarinzi is the proud new owner of Pet•topia, meaning a pet's paradise. Millerton was the town of choice for the store, as Jonathan is from the area and has watched it progress. Pet•topia offers products for all of your common household pets. Pet sitting services are available, too (except for cats and dogs). And if you're looking for a new furry addition to the family, organizations come in once a month where cats and dogs are available through adoption. You can find all other pets at the store, too. Every Tuesday Jonathan feels like a kid in a candy store when he places orders for new fluffy friends. Grooming services will be available in addition to self-grooming and dog bathing. Educational presentations are also available to schools, preschools, and summer camps. Live animals are brought in by a certified teacher to talk about the animals and their characteristics. Duncan (depicted with Jon) is Jonathan's buddy and is an African Grey Bird. He's smart because he recognizes voices and has a vocabulary of 120 words. Jonathan has many future goals for Pet•topia including charity work such as dog walks on the Rail Trail, and more store locations. Stop on by and check them out, Jonathan, his staff, and Duncan are excited to meet everyone.



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Here are some tips on how you can prevent or relieve pet stress:

- 1) Don't let your pet be lazy: Make sure you are giving your pet enough daily exercise. Pets, especially dogs, build up a lot of energy throughout the day. Without a way to relieve this energy he may become anxious, which causes stress.
- 2) Keep your pet on a schedule: Being able to recognize that it is almost time to go outside, eat, or sleep helps keep them calm.
- 3) Don't play favorites: When it comes to attention and care, your pets are just like little kids. If you show one an obvious amount of extra attention, the other will start acting out. Simple things like giving pets treats at the same time can help put an end to rivalries.

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For more advice, contact the FTC's ID Theft Consumer Response Center at 1-877-ID THEFT (1-877-438-4338) or [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft).

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**American Ginseng:** Milder than its Asian cousin, it is a mild central nervous system stimulant that can help get you through the acute stage of a stressful situation.

**Eleuthero:** Great as a tincture. It is an adrenal tonic, helps fight fatigue and is a performance enhancer—especially for the athletic person.

**Rhodiola:** Energy enhancer, anti-depressant, immune tonic, and supports the heart in times of stress.

**Schisandra:** A sour and spicy berry that makes a delicious tincture. It balances the nervous system, is an antioxidant and helps protect the liver.

**Tulsi:** One of my favorite teas. It is an aromatic leaf with a bit of bubble gum, lemon, and clove flavor. It supports normal cortisol and blood sugar levels, and is considered an anti-oxidant.

For more information on the healing effects of adaptogens, I recommend David Winston's book "Adaptogens: Herbs for Strength, Stamina, and Stress Relief."



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# WHAT'S YOUR SIGN?

## ARIES (March 21-April 19)

Not much will happen until you decide to give up a few vices that have a serious effect on your well-being. Realize that if there are things that control you, you don't have complete control over your life. Accept that these things exist in your world, and understand that you can coexist without having to surrender to their power.

## TAURUS (April 20-May 20)

You'll finally feel like you're getting things back on track. Any lag you've felt in the past few days will be eliminated. Your engine is in high gear. You have more of a sense of what you want. Don't be so concerned with how you're going to get it. Focus more on defining it precisely.

## GEMINI (May 21-June 20)

Try not to rock the boat too much. Hold fast to your point of view, but don't get down when other people don't share your sentiments. You might feel the urge to snap, but realize that you're probably better off holding your tongue. Let your daydreams carry you away from the present reality.

## CANCER (June 21-July 22)

Let the child within come out and play. Some of life's most important lessons are the ones you learned when you were a child. Return to that state of mind and embrace the simplicity of life you experienced then. Life is only complicated because you make it so. Remember what it was like to live without care and live that way again.

## LEO (July 23-Aug. 22)

Try not to be a stick in the mud. Other people aren't going to want to take the time to drag you along. Take the initiative. If you want to have fun, create it. The biggest part of this equation is your attitude. Other people can sense your jealous nature, so don't think you're fooling anyone. Let others live their lives. You need to concentrate on your own.

## VIRGO (Aug. 23-Sept. 22)

Be a little selfish. Be honest and straightforward with what you want. There's no need to beat around the bush simply because you want to spare someone's feelings. You'll do everyone a favor by laying it out. Refrain from playing mind games just to see how much you can twist people into knots. Such actions will later come back to haunt you.

## LIBRA (Sept. 23-Oct. 22)

Your dander might be up today in reaction to someone's strong opinion. The fire burns hot within. Use this power wisely. Try not to use it in an aggressive manner toward those you don't want to offend. Watch your back and keep your energy pure. You have the power to affect quite a number of people.

## SCORPIO (Oct. 23-Nov. 21)

Move boldly toward your dreams. Your sense of reality may not be perfectly in tune with the actual situation, but don't worry. Put wings on your shoes and fly into the stratosphere. Push the boundaries. The only way you're going to grow is if you go beyond your normal mode of existence. This is your day to soar into the great beyond.

## SAGITTARIUS (Nov. 22-Dec. 21)

Don't fight against the wave of unconventional support that's brewing at your back door. There's a great potential energy at your disposal. The thing keeping you from harnessing it is your own mind. Don't be so scared of that which can actually help you. Open your mind and let the new into your life.

## CAPRICORN (Dec. 22-Jan. 19)

You should communicate a lot. Talk in riddles and say your sentences backward. Be fanciful and outlandish. Most of the information will be relayed in a nonverbal manner. Let your wild side shine through. Wear the wackiest thing in your closet. Don't give in to the social norm just because it's the thing that has been done repeatedly.

## AQUARIUS (Jan. 20-Feb. 18)

Your emotions and fantasies are strongly tied. Let your feelings revel in a surreal state. Let your daydreams filter into your decisions. You might feel electricity in the air, so go with it. There's a great deal of creative energy available to you that's extremely potent. This energy has an activating effect that will help you get off the couch.

## PISCES (Feb. 19-March 20)

Head toward something you believe in. There'll most certainly be a magical element to this day that you shouldn't only believe in but also encourage. Miracles are possible if you believe. Let your fanciful mind realize something out of thin air. Lean toward the new and unconventional.

Source: www.horoscope.com



## Welcoming Marty Clark, MD Orthopedic Surgeon & Sports Medicine Specialist to Sharon Hospital

### Enhancing Quality of Life One Patient at a Time.



Regional Healthcare Associates is pleased to welcome Marty Clark, MD, to our physician group practice. Dr. Clark has been practicing Orthopedics and Sports Medicine for over 13 years. He is Board Certified by the American Board of Orthopedic Surgery and a member of the American Academy of Orthopedic Surgeons.

Dr. Clark received his Bachelor of Arts, Cum Laude, in Biology from Harvard University and his Doctor of Medicine from Columbia University, College of Physicians and Surgeons. Dr. Clark did his Internship and Residency in Orthopedic Surgery at New York-Presbyterian Hospital, Columbia University. He did his Sports Medicine Fellowship at the Steadman Hawkins Foundation, in Colorado.

Dr. Clark was a professional squash player and a four-time US National Champion, as well as a Silver and Bronze Medal winner in the Pan American Games. He has provided event and team coverage for the PGA and LPGA, Texas Rangers and Colorado Rockies spring training, Denver Broncos, US Men's and Women's Ski Teams, as well as NY Yankees stadium coverage. In addition, he provided coverage for the PSA (professional squash association), including the Tournament of Champions at Grand Central Station, just to name a few.

Dr. Clark enjoys all aspects of Orthopedics and has a special interest in Sports Medicine. His procedures include: Arthroscopic Surgery of the Shoulder, Knee and Hip, Rotator Cuff Repair, ACL Reconstruction, Joint Replacements including Total Knee and Total Hip, Tendon Repair, Carpal Tunnel Release, as well as Major and Minor Fracture Care.

Dr. Clark and his family have relocated to the area and are looking forward to becoming members of the Sharon Hospital community. Dr. Clark is now accepting appointments in his new practice, Regional Orthopedics & Sports Medicine, located in Sharon Hospital's Surgical Suites, 50 Hospital Hill Road, Sharon, CT 06069.

For more information or to schedule an appointment, please call 860.364.4532.

Marty Clark, MD,  
Orthopedic Surgeon &  
Sports Medicine Specialist

Specializing in  
Arthroscopic Surgery,  
ACL Reconstruction,  
Total Joint Replacement,  
Tendon Repair & Fracture Care

