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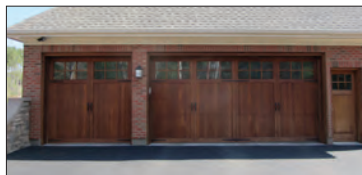
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We post all of our articles and ad pages, and we try to tag as many people and or businesses that are associated with each of our pages to help it go viral as well. So if, for example, you or a friend was featured in the magazine, you can share our post so that all of your friends see it, too. Or if you're an advertiser, by liking us we're able to connect directly to your Facebook page and help to further boost your business by making your print ad go viral!

Additionally, we post information about events in the area, photos and other things that we feel are of interest to our readers, to us, and or to our Facebook friends.

Our Facebook competition

We're going to have a competition for five weeks – and there will be prizes! Every week, starting on Monday November 11th and running through to the week of December 9-13th, we will play a game. The selected person with the correct answer each week will get a gift certificate to a local business.

This is going to be a bit of local trivia, either with pictures, words – or both – and here are the rules:

1. Every Monday morning we will post that week's trivia question
2. In order to qualify to win you not only have to have the correct answer, but you have to be our friend on Facebook (or like our Facebook page), and you must message us privately with your answer.
3. We close out every Thursday at midnight and we will announce the winner on the following Friday.

Here's the twist...

Of course there's a twist! You can qualify for another chance to win (every week) if you also "share" our trivia question post. So if you answer correctly and share our trivia question, you have just doubled your chances of winning!

So what else is there to do but to like us on Facebook, put your trivia cap on, and get ready to (hopefully) win!

- Thorunn Kristjansdottir



NOVEMBER 2013

Pine Plains, NY

A selection of the Hudson Valley's fall offerings on display at Peck's Market in Pine Plains, New York

Cover photo by
Steven Steele Cawman

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JOHN ROCCANOVA, WOODWORKER & PHILANTHROPIST



By *Steven Steele Cawman*
arts@mainstreetmag.com

Picture it: You send your child off to her first day of school and wait at home to hear about all she has discovered. Imagine your reaction when you ask if she made new friends and she replies that there are one hundred fifty-seven students in her class, and only one teacher! As John Roccanova discovered from a *New York Times* article in 2005, this is the situation faced by families and students in Kenya on a regular basis. He was moved by this discovery and since then, has put his woodworking skills to good use to help improve this and make the learning experience better for school children in Igero, in Kenya's rural Busia District. He channels his creativity and skill with the arts and woodworking into his desire to help children in need in Kenya, and throughout.

The road to woodworking and the arts

From his earliest days, woodwork and the arts have been a part of John's life. John's father, Michael Roccanova, was a cabinetmaker who immigrated to the United States from Spinosa, in southern Italy. After serving in the Army for four and half years during World War II, Michael moved his family from Greenwich Village to the Bronx. There, John grew up and went to school at the Bronx High School of Science. Later, he attained a Bachelor's Degree in geology at Lehman College, a division of City University. He then returned to the neighborhood of his youth and taught at Evander Childs-Bronx Science. He continued his studies and earned a Master's in Art Therapy and Art Edu-

cation from The College of New Rochelle, as well as a second Master's degree in Industrial Arts and Technology Education.

John and his wife Jean visited this area for many years and had a particular fondness for Lake Taghkanic State Park in Columbia County. In 1981 they found and fell in love with a property in Ancramdale, New York and purchased it. Originally built in 1845 as a church, it was later converted and used as a barn for cows. John put the carpentry skills learned from his father to use in the restoration of their new home. Over the next several years, he removed the rusted farm equipment and lovingly restored the structure, doing a majority of the work himself. In 1986, they moved into the home and became full-time residents.

In this home, they passed their love of art and craft along to their three children. Their daughter Camille has spent time at the prestigious Penland School of Crafts in North Carolina, where she studied bookmaking and jewelry design. Their son, Vincent, is an editor in New York City, working on movies and television shows. Their daughter Nicole lives in Salt Lake City and creates crafts and art objects from found items and thrift shop finds that she skillfully repurposes.

No longer the average shop class

John is a well known and loved teacher in the Webutuck School District, where he teaches in the Technology Department for grades seven through twelve. In the past, the Technology Department had been called either Industrial Arts or Shop but has evolved with the advent of computer-aided

design software and computer operated equipment. Today, the Technology Department teaches courses in architecture and computer design in addition to more traditional offerings. Jean is also a teacher in the school district and helps children in the fourth through sixth grades who are struggling with reading and writing.

Both John and Jean have a strong commitment to helping children in need reach their potential and explore new horizons. John has taught his craft and shared his passion with preschoolers from Astor Head Start as well as with teens with multiple disabilities from the Cardinal Hayes School. For several years he also worked with learning disabled students at the Windward School and worked in summers at the Brookwood Center, a maximum security Division for Youth facility. His desire to share his knowledge and his craft is not limited to the young, however. He has also taught carving classes in a drop-in senior center in Yonkers. One student, 80-year-old Guido, shared his own experiences and taught John a few things about carving from his own rich life experiences. John believes that anyone willing to try woodworking can derive satisfaction from both the process and the finished product, whether it be a functional item or a piece of art. He is at his happiest when he can see his students experience the thrill of creation and the joy of learning.

Their dedication to the children of Kenya

John and Jean's love for teaching has influenced many aspects of their lives. As educators, they were appalled when they read about the conditions faced



Top row, L to R: Artists' board. Piano serving board. Middle row, L to R: Salad bowl with servers. Kenyan students show off their semi-free range poultry project in Nasira village. Bottom row, L to R: Pieces from John's shop that he just created. Yin-Yang candle holder. Arch candle holder. Opposite page: Toy cars.

Top: John applying a finish to one of his pieces. Above: A walnut and maple bowl.

by students in Kenya. They discovered that many students come to school poorly clothed and hungry yet incredibly eager to learn. They also learned that many students face overcrowding and poor access to teachers. In one school they read about, the same teacher taught two hundred and fifty first grade students, split between the morning and afternoon sessions, daily. Often, schools have dirt floors and lack hygienic facilities. Students and families sacrifice on a daily basis in order to attain a basic education. In order to participate in the education system, many children have had to leave jobs that helped support their families in order to attend school.

All of these realizations made a lasting impact on John and Jean, who have dedicated themselves to raising awareness about the plight of these children and to improving their situation. Over the past seven years, they have raised more than \$23,000 through the sale of John's woodcrafts and Jean's knit items and sent all of the proceeds to Africa. Among other things, the money has helped pay for an additional teacher in Igero, a program that teaches the sustainable raising of chickens, tree planting programs, a theater group, and the building of a play pump which is a children's merry-go-round yet also functions as a water pump when children spin it around. John works closely with Michael Kremer, the Gates Professor of Developing Societies in the Department of Economics at Harvard University and Senior Fellow at the Brookings Institution, to ensure that funds raised see their way to those who need it most and circumvent corruption and misappropriation. Kremer frequently travels to the Busia District and reports back to John about how the

money is being put to use and where else funds are needed.

John greatly appreciates all of the support he has received from the community over the years. Jenny Hansell at the North East Community Center in Millerton helped guide him through the complex filing process required to get a 501(c)(3) tax-exempt status for John's non-profit charity, *Grow Against Poverty*. Four Corners Lumber in Millerton and New York Wholesale Hardwoods in Pine Plains have also been generously supportive with their donations of materials. They supply John with all of the wood he uses to make the items sold for charity. He receives traditional woods like walnut, oak, maple, cherry and ash, as well as exotic and foreign woods like mahogany and ebony that he uses for rich accents in his works. The donated woods come from odd lots and overages that the sellers have left and are frequently substantial in size and value. For these, John is incredibly grateful. Harney & Sons Tea has also generously provided him with an assortment of teas that he sells as part of his lovely tea boxes.

How you can help

On Friday and Saturday, November 29 and 30, the Roccanovas will be holding a sale of their goods at the North East Community Center in Millerton, New York, from ten in the morning to nine in the evening. Their goal is raise eight thousand dollars that will be used to build two new classrooms for the village. They will sell John's beautiful wooden housewares items and handmade toys as well as knitted items by Jean. The unique and lov-

ingly made items are not only beautiful but will also bring hope and opportunity to children and families in Kenya. As the holidays approach, few gifts may have as much impact and spread as much goodwill as those which will bring the fire and light of education to children and families in need. Each piece is unique and inspired.

John's inspiration for his art

John's art is about ideas. Where do these ideas come from? Initial inspiration may come from man-made objects and from natural sources. Sketches can often be helpful in getting started. Just entering the workshop can be the ultimate generator of ideas. Like his work, these ideas are dynamic and creative. As work proceeds, projects are constantly changing and evolving. A finished project may look similar to its preliminary sketch or be totally different from it. John is filled with ideas for future work, and expects that these may morph into many others once they make it to the shop. Ideas, like education and learning, spread and inspire. As William Butler Yeats once said: "Education is not the filling of a pale but, rather the lighting of a fire." John Roccanova's passion for his art and his desire to help others continues to light that fire for children a world away. ●

For more information about John Roccanova or to find out how you can help Grow Against Poverty and the children of Kenya, he can be reach at roccanova@taconic.net or by calling 518.329.2021.

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.

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Lorraine Weise has been in the banking world for 14 years, but joined the Bank of Millbrook a year and half ago and enjoys interacting with her customers and helping them. She has lived in Amenia for ten years and enjoys life there. She likes how country-like and quiet it is. Lorraine spends a lot of her time with her two sons, husband, and four grandchildren. She takes pride in her blueberry bushes, and flower and vegetable garden. She loves picking berries from one of her 25 bushes when they're in season. She will occasionally make a blueberry pie, but she mostly flash freezes the berries and has them all year round. There is nothing better than having fresh berries in the middle of winter on your bowl of cereal. Lorraine and her husband like to play corn hole, which is similar to a beanbag toss. Her husband actually participates in tournaments.



Beryl Teitelbaum invites you to come in to Irving Farm in Millerton and say hi to him. He's the newest barista on staff. His co-workers have been great at helping to train him and he really enjoys their company. When we caught up with Beryl he had just started working his first shift outside of training – so far so good. He loves meeting new people and whipping up a fresh cup of Joe to satisfy their thirst. The cool designs in the cappuccino are a work in progress, but he's sure to master it! Beryl is originally from New Jersey and also lived in the city for some time, but no place compares to Millerton. It is "real here." Beryl likes the simple things here – the beautiful natural scenery and eating fresh foods. When Beryl isn't working hard, he is playing and studying hard. He enjoys acting, singing, playing poker, and studying psychology. Can you hit me with a double shot of espresso?



"It's a non-stop job being me," **Georgina Chamberlain** exclaims, laughs and explains "I am always going." Georgina has worked for Dutchess Oil & Propane for five years as a customer service representative. With the cold weather fast approaching, they're entering their busy season at work. She likes interacting with her customers and being able to help them when they call in to schedule a delivery or installation, or with a problem. She likes working in Millerton whereas this is where she grew up, and it's nice to see friendly faces from around the area. Georgina lives in Copake with her husband, two boys, and two dogs. She's very involved in the community and helps out at local fire departments and her boys are active in both Cub and Boy Scouts. Georgina likes to go hiking, go for walks, and to read. So what's your best propane price this week?



Ulyssis Orta is honored to become the newest member of Kelly and Company Hair Salon in Amenia as a master barber. He'd like to take a moment to thank the VanMillon family for their support. Ulyssis has been cutting hair for five years and just became licensed last year at the school of ABI in Manhattan. He likes to put his skills to work as well as to be challenged with new hair styles as they develop. Cutting hair is like artwork to Ulyssis, and he likes to see the final product with a smile on his client's face. When Ulyssis isn't working the scissors to create a stylish look, he's busy supporting his kids in everything that they do. His daughter is into dancing and his son is an all-star basketball player. With such active kids, it is only natural to stay active himself whether it be camping, hiking, or mountain biking. And we quickly gathered that there is no chance of slowing Ulyssis down!



Watching the HGTV channel has always been appealing to **Geoffrey Taylor**, and therefore it was a no-brainer to get involved in real estate. Geoff has now worked for Elyse Harney Real Estate for three years in their Millerton office, showing homes and helping his clients to find their dream homes. Once his clients seal the deal on their new home, Geoff enjoys watching the new homeowners make the house their own. After all, for most, this is the most expensive purchase they will ever make and Geoff enjoys being part of the process with them. Geoff is a real handyman himself. He sees so much potential in older homes in the area, and helps clean out houses, care-takes, and also likes to bring old pieces of furniture back to life. When Geoff has free time you might find him cruising in his antique car, or fly fishing.



There's a good chance that you've seen **Emma Brison** with her son **Caleb** strolling around Millerton. Emma has lived here for ten years and loves how secluded it is – but yet there is still so much to do. Together, almost everyday, Emma and Caleb walk on the rail trail and visit a lot of the local shops. "Everyone at Irving Farm loves Caleb." Emma works at Irving Farm as well as the Northeast Community Center. "I like to give back to others." They had a great summer and celebrated Caleb's first birthday in August. They look forward to apple picking this fall. Emma says she found a new recipe to make an apple pie within the apple and is excited to give it a try. Good luck on the new recipe, and we look forward to seeing you and Caleb again tomorrow when you walk by on Main Street!

WHAT MAINTAINING A HEALTHY LIFESTYLE MEANS TO the village herbalist

By Thorunn Kristjansdottir
info@mainstreetmag.com

Maintaining a healthy lifestyle means something different to each and every one of us, depending on our health, lives, ability and time. For this month's article I was curious about what it meant to our Village Herbalist, Terri Lundquist. Terri is an accomplished professional in her own field and I was intrigued to learn why she decided to open a "herbalist" store in this area. I quickly learned that there is so much more behind the store and to Terri's vision. At the core of it all is what she believes it takes, and what it means to maintain a healthy lifestyle.

Our four bodies where balance is the key

One word keeps coming to mind when I consider the question of what it means personally to maintain a healthy lifestyle – balance. We need a balance of rest, work, and play. We need a balance of good food, good friends, and family. We need a balance of easy wins, challenges, and break-through moments. We need to be balanced in our four bodies – the spiritual, mental, emotional, and physical bodies. If any one of these is in excess or deficient, we can feel discomfort that will manifest as dis-ease somewhere in our lives.

In practical terms the qualities of a healthy spiritual body include, among others, integrity, intention, honesty, faith, hope, trust, abundance, receptivity, joy, compassion, non-judgment, and self-love. Exercises to create a healthy spiritual body include prayer, meditation, ritual, ceremony, gratitude, song, chant, fasting, silence and solitude. Making time for some of these on a regular basis will naturally lead you to a more expansive view and bliss-filled life.

The qualities of a healthy mental body include, among others, clear intentions, focused thought, concentration, calm, serenity, the ability to observe, discipline, intelligence, wisdom, positivity, quiet and peacefulness. Ways to create a healthy mental body include journaling, affirmations, walking labyrinths, reading a good book or poetry, taking a class, crossword puzzles and other thought puzzles, taking breaks from the computer, walking in nature, and finding time and space for silence in your thoughts.

A healthy emotional body is easily recognized in a person who is in tune with emotions, able to love, energetic, self-reliant but compassionate, clear, flexible, durable, non judgmental, active, expressive, and willing to heal. Ways to embody all of these could include dance, drumming, singing, compassionate expression, sitting in community with loved ones, and laughter.

Finally, a healthy physical body is balanced, supple, strong but flexible, energetic, has a strong immune system, stamina, and vitality, radiates beauty inside and out, and has a full range of motion. Tools you can use to achieve a healthy physical body include connecting with nature, gardening, exercise, weights, hiking, yoga, healthy eating, detox, fasting, massage, reiki and other energy work.

Do you do all of these things?

So, how do I do this in my life? Well, each day I make time to meditate or pray. I journal, use affirmations and positive thought, and read constantly. I always, even in mid-winter, find time to go outside and offer thanks to the land that nourishes me. I laugh often with family and friends, I drum alone, and sit in community. I eat unprocessed, preservative-free, organic food – mostly grown on my land and mostly plants. I regularly detox and fast, get massages and reiki. I also drink wine, eat chocolate, and have been known to skip exercise. That's the balance.

How the store and studio factor in

When I opened the store a few years ago, my vision was to serve my community's health needs in a natural way, to guide people back into balance with things from the natural world. A key component of that vision was to demonstrate that living healthily is affordable and accessible. I had no idea how much, if at all, I would need to educate the community before people would be open to using natural remedies in their daily lives.

To my great delight, most everyone is open and many know a lot about the herbs I carry in the apothecary. Some days in the shop we do more educating, and some days we have herbal students come in and they remind us of new ways to work with plants. It is always a two-way street in the shop.

Since maintaining a healthy lifestyle is about more than just keeping your physical body at peak performance, I am not shy about asking people when was the last time they trusted their intuition, or when was the last time they laughed or cried, or even when was the last time they prayed?

In our fast-paced, disconnected culture we all forget to give thanks, smile for no reason, and feel loved. Recently, I opened the TVH Wellness Studio as an adjunct to the The Village Herbalist. My hope is for this community to have access to the amazing people and insights I have been lucky enough to know over the years. It is a work in progress but I am trying to bring the other ingredients of maintaining a healthy lifestyle to this community.



Above: Terri, The Village Herbalist, is depicted with her family doing what she considers to be one of the best things to do to help maintain a healthy lifestyle: take a family vacation.

At the studio we have an eclectic mix of shamans, reverends, lay practitioners, authors, entrepreneurs, healers, and artists. We all work together to make available a variety of healing approaches – from shamanic journeys, meditation, yoga, reiki, and herb classes, to fun experiential workshops and movement-based therapy. We meet for women's new moon circles and are looking to expand into trance dance and tarot cards! Doesn't that sound fun?!

But with our busy lives, is this possible? How do you manage all of this?

The obvious question is with three kids and a husband, a small family farm, many friends, continued learning (in December I will graduate as a master teacher in the Sierra Bender Empowerment Method®), and what looks like two businesses, how do I really maintain a healthy lifestyle? And the honest answer is: It isn't always easy.

The fall season has me driving in many different directions, figuratively and literally. Some days I barely have time to eat. So we come back to the balance.

When I am getting over-booked and over-stressed I start taking adaptogen herbs, stop being as responsive with emails and computer work, cut back on dinner with friends, but increase time with myself. And, most importantly, I plan a vacation with my husband and kids! That is, by far, the best thing I can do to maintain a healthy lifestyle. •

To contact Terri for further information you can call her at (518) 592-1600 or visit www.tvhmillerton.com.

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the falls village innkeepers

AND THEIR REVIVAL OF THE 180 YEAR OLD INN

By Christine Bates
christine@mainstreetmag.com

This month's entrepreneurs, Susan Sweetapple and Colin Chambers, bought a failed, faded, 180-year inn from a bank and have turned The Falls Village Inn into a busy restaurant and elegant New England country inn. We interviewed Susan, now the full time innkeeper, in the bar after a busy Sunday afternoon brunch.

How did you happen to buy an inn in Falls Village? How did you find it?

Colin and I always came up here on weekends, first staying in hotels and motels, and eventually renting a house in Cornwall Bridge. You know how there are always pictures of real estate for sale in *The Lakeville Journal*? We saw an ad and a friend of ours knew Elyse Harney of Elyse Harney Real Estate. In 2009 she showed us the inn, which had been vacant for four years. It was for sale after a foreclosure and a bank owned it. We made an offer, the bank made a counter offer, we made a counter offer, and finally the bank accepted it. It took awhile. We closed on the purchase in April of 2010.

Did you have a plan for the renovation? Did you have a budget for the business?

No, we just jumped in. If we had written down a plan we would have been petrified. We thought we could do it. It was magical how it all came together.

We don't have a budget, but we do keep track of how much business we do every day and compare it to previous years. We look at our overall results



Above: Falls Village Inn owners Colin Chambers and Susan Sweetapple. Below left: The Falls Village Inn was built in 1834 as a stagecoach stop. Renovated in 2010 it once again is the center of the community. Dinner for two was only \$10.95 when the Alexanders ran the inn.

every month and keep trying to do better.

How much renovation was required?

The inn was built in 1834 as a stagecoach stop and most recently had been run as a German restaurant. It was in terrible condition with buried oil tanks, no air conditioning, and lots of ugly Victorian touches. We bought it in April 2010 and opened the bar and tap room with just 11 tables in December of 2010.

Our big dining room on the other side was opened the following April. Upstairs in the inn we renovated four rooms and just finished a fifth one this year. We had to move walls and doors and build all new bathrooms.

What was the biggest surprise during the renovation?

The biggest surprise was when Bunny Williams appeared on our doorstep as we were stripping wallpaper. She is a famous New York decorator with a beautifully restored house in Falls Village. At first we didn't know who she was, but after a little Googling we realized our incredible good fortune

to have her volunteer to help us. She devised the color scheme, selected paintings and fixtures, and designed the rooms and bathrooms. In one day everything arrived for installation and Bunny directed where the pieces of furniture should go.

Ruth Alexander was another surprise. Every month until she died last year she would check on us and bring us old photos and documents. There's one framed and hanging on the wall in the taproom. She and her late husband, Alex, owned the inn back when it was known as The Alexander Inn – you could have a lobster dinner for \$7.95. That was before the German restaurant and the biker bar. When the Alexanders ran the inn it was incredibly popular with lines out the door.

Was it difficult to bring customers back to the inn? Who stays here?

Falls Village was longing to have its inn back. When we opened the bar in December 2010,

Continued on next page ...



people would sit on the stairs waiting for a table. The article in *The New York Times* about the inn and Bunny Williams helped enormously. The phone didn't stop ringing for weeks. Guests still call because of that article.

All sorts of people stay overnight here. We have boomers hiking on the Appalachian Trail. Because of Colin's connection to Lime Rock, we have track people as inn guests. Parents of kids in boarding schools come during the school year. For some big weekends we are sold out through 2016. Parents reserve rooms as much as four years in advance.

Because of the fame of Bunny Williams' house and gardens, we have visitors that come here from all over the United States. The Garden Club of Switzerland visited. This year there was a bus from Bridgehampton. No one in the village had ever seen a bus here before.

We've also been lucky to have great press. There's an article in today's *Boston Globe* about us, and we've even been on TV.

Is the inn rated? Do all the rooms have bathrooms?

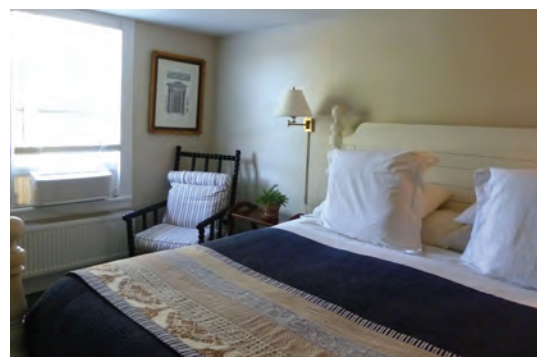
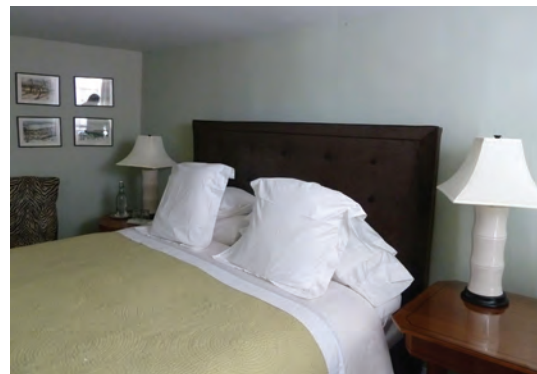
The Automobile Association of America, AAA, was just here and they do a thorough job inspecting everything. They rated us a three star hotel. We just missed getting four stars because we don't have room service or valet parking. Our linens are very high-end and all of the rooms now have bathrooms. Who wants to share a bathroom? The prices on our rooms stay the same year round – it's so much easier.

What prepared you for running an inn?

My background was putting heads in beds. I had worked as a sales and marketing executive for the Marriott Residence Inn in Saddle River, New Jersey, negotiating room deals with large corporate clients. Many of these were automobile companies with New Jersey headquarters like Porsche and BMW. I still see some of them here because of their connection to Lime Rock Race Track. I worked there for 12 years and before that I worked for large, family-owned hotels in the Catskills which



Above left: Each guest room has its own newly renovated bathroom. Above right: Every room on the second floor has that special Bunny Williams' touch.



taught me all about the hospitality industry.

When did you quit your day job and come up here full time?

For the first year I did both jobs. We were only open Thursdays through Sunday. I would leave work on Thursday night and drive up here and then go back to New Jersey on Friday morning and then come back here and work all weekend.

Was it difficult to leave the big corporate world?

I gave up holidays, benefits and vacations. I went from a hotel serving 1,000 people a day to a village of a 1,000 people. I still get to do many of the same things, but I talk to people instead of corporations. And this belongs to us.

How many employees do you have?

In our busy season we have 25 employees. Obviously we cut back in the slow winter months. Our executive chef, one of our bar tenders and a server have been here since we opened. Finding and training new hires is always a challenge.

What personal traits are required to be a success in this business?

The willingness to work long hours and do everything. When we opened we didn't have a lot of help. I cleaned the rooms and mopped the floors. There just wasn't money to hire people. I still pitch in whenever it's necessary. One of the kitchen staff told me the other day that he had never seen an owner loading a dishwasher.

You have to be ready for anything, whether it's plunging a toilet, getting a broken pump on the

septic tank fixed, or putting out a fryer fire. In the corporate world these are other people's problems and you can go home at 5 p.m. and don't worry about them.

What's the hardest part of being an innkeeper?

The most difficult thing is the amount of time you are here. Everyone wants to see the owner. I'm here every day, sometimes until midnight. We just took our first vacation in four years.

Do you ever have free time? What do you like to do?

I love to read and go out to eat in other people's restaurants.

What has been the most satisfying aspect of running the Falls Village Inn?

We discovered how important this inn is to the community of Falls Village. Everyone wanted the inn back in business. They appreciate what we are doing and our involvement supporting local causes from the library to the Children's Theater. Every day someone thanks me for being here.

What do you enjoy most about being an innkeeper?

I love meeting new people.

What's next? Do you plan to expand?

Well there's always the third floor. It has high ceilings and is very spacious, but there is no plumbing, no heating, and the plaster is falling. It would take a lot of money to fix it up. •



Above: The bar in the Falls Village Inn is the only place to get a drink in town.

The Falls Village Inn is located at 33 Railroad Street in Falls Village Connecticut. And to reach Susan you can call (860) 824-0033 or you can visit the inn on the web at www.thefallsvillageinn.com.

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lia's mountain view

GREAT GASTRONOMY

By Thorunn Kristjansdottir
info@mainstreetmag.com

Lia's Mountain View Restaurant has been a staple of the Pine Plains community and surrounding area for about 30 years. Some of my earliest memories from when I first moved to America and to this area over 20 years ago, are from going to The Mountain View (as locals affectionately refer to it). I have many fond memories of going there with my family for great pasta and pizza, and I distinctly remember ordering a big, juicy steak when I was about nine years old or so.

All through my childhood my family and I would regularly frequent the restaurant like so many other families, but after moving to central Columbia County in my early twenties I lost touch with the restaurant due to the distance. I was excited to be near the restaurant again when I moved back to southern Columbia County a few years ago, but that is around the same time that the restaurant had an extensive fire. Fortunately, the family-owned and operated restaurant was rebuilt, and it may just be better than ever!

Home cooked Italian cuisine

The core of the cuisine choices on Lia's Mountain View's menu focus on fresh and classic Italian meals. With that being said, they also have numerous more traditional menu choices, which is, in my opinion, most evident on their appetizer menu where they offer such items as fried calamari that's served with marinara sauce and lemon; Italian nachos which consist of fried pasta chips with ground sausage tomatoes, pepperoncini, olives, marinara and mozzarella; Chaseholm Moonlight Chaource which is panko crusted and baked, and served with toasted focaccia and seasonal accompaniment; baked littleneck clams stuffed with chopped carrots, celery, onions, garlic, butter and white wine. They also have a number of soup and salad choices, but don't order a big salad ahead of ordering your entree – all entrees come with a salad.

The entree choices are where everything gets more Italian. There are over half a dozen pasta choices, so whether you like Alfredo, Primavera, Bolognese – it doesn't matter because they have it all. Or maybe baked pastas such as Tortellini Valdeostano, Chicken Rigatoni or lasagna is what you're craving? They have you covered there, too. Seafood or steak? They have that, too. They also boast a number of delicious Lia's Signature Dishes such as chicken or veal Francese, where the meat is dipped in egg and Parmesan cheese and then sautéed and finished in a white wine, butter and lemon sauce. But enough about their menu (which you can read at your own leisure on their website), it's time to tell you what we ordered!



My new favorite

My boyfriend and I went to the Mountain View a few weeks ago and at the time he ordered a 'Napoleon' – or that's all that I heard him say to our waitress. A few moments later she brought out this beautiful, circular, cheese-topped dish which was garnished with roasted red peppers and basil leaves. (See small image directly above). My boyfriend told me that it was eggplant with ricotta cheese, mozzarella and something more. I reluctantly took a bite, whereas until this point I hadn't been a huge fan of eggplant. Well that was the start of my love affair with eggplant. The eggplant, cheese, red pepper combination, paired with the balsamic vinaigrette dressing that's drizzled around it – wow! It is my new obsession. The peppers make it sweet, the balsamic makes it tart, and the rest is just a masterful partially-goopy combination of amazing.

Can this eggplant Napoleon be topped? Lia's has some other dishes that sure do give it a run for it's money! Simply put the Chicken Marsala is fantastic! (See large image at the top). You can get either veal or chicken Marsala where the meat is

sautéed in a buttery rich sauce of mushrooms and Marsala wine. But I recommend that you ask for it *over* pasta. This is without a doubt some of the best chicken Marsala that I've ever had the pleasure of eating. Another local eatery that has great Marsala is Mizza's in Lakeville, so now I have to go there to compare Marsala notes!

My better half (who's Italian) has been around the block when it comes to Italian food, and he knows what's good. His "must-have" dish at Lia's is the Shrimp Scampi. (See small image directly above). Jumbo shrimp are sautéed in garlic and white wine and butter sauce, and like the Marsala, ask for the scampi over pasta. Watching him devour his Shrimp Scampi, I was quick to snag a taste. It is very light and fresh tasting, a little tangy and tart from the white wine sauce, but it is extremely good.

Our hats off the chefs at Lia's Mountain View and I'm curious to see what other great dishes I will discover on my next visit. Perhaps pizza or Chicken Parmigiana ... tough choices! •



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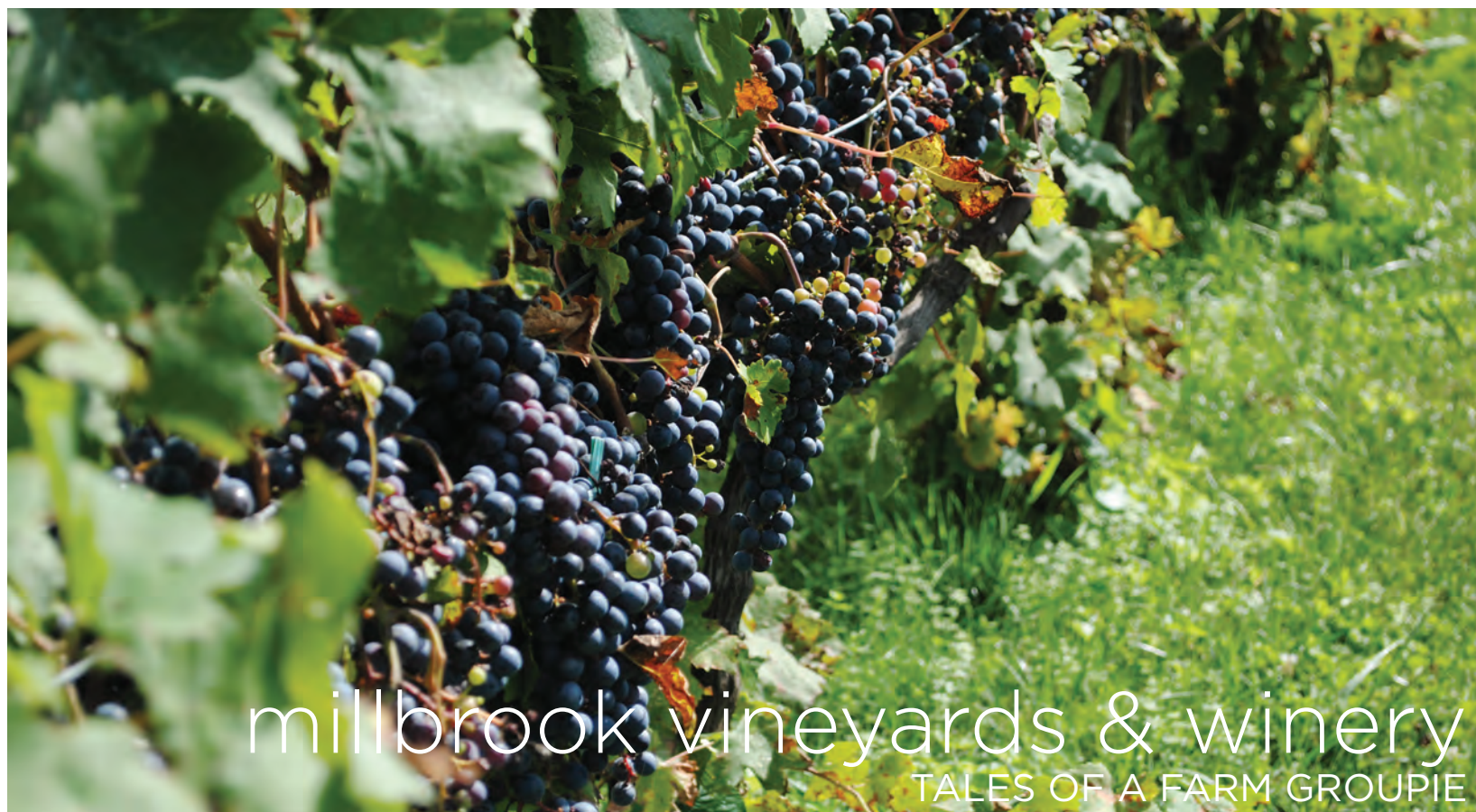
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By Memoree Joelle
info@mainstreetmag.com

I remember the first time that I tasted a Millbrook wine. It was a reserve bottle of Cabernet Franc that I opened on my thirtieth birthday, and drank alongside duck meatballs and truffle fries. Velvety, lush, and slightly spicy with hints of mushroom and a long earthy finish, it had all the nuance of a red Burgundy, without tasting like a Burgundy wine. It had, quite simply, *terroir*.

It spoke of a place I had never been, and it sparked my curiosity. I had never even heard of Millbrook back then, but that bottle forever changed the way I think of New York wines, in particular the Hudson Valley. I knew my state was producing some quality wines, but I was only familiar with Long Island reds and a few Rieslings from the Finger Lakes region back when I lived in New York City.



Why the Hudson Valley is ideal for growing wine grapes

It hadn't yet occurred to me that the Hudson River Region is actually ideally suited for growing grapes that thrive in a cool climate, such as Pinot Noir and Cabernet Franc. After studying wine at the Wine and Spirits Education Trust a few years ago, I learned a lot about what makes our region the perfect place for the future of viticulture. Shale, slate, loam and limestone make up the soil composition here, and a Tocai Friulano from Millbrook is every bit as mineral-driven and crisp as its northern Italian counterpart.

In fact, Millbrook Winery has recently earned several awards, including *Hudson Valley Magazine's* 2013 Best Overall Hudson Valley Wine award for the 2012 Tocai Friulano, which was presented by Lt. Governor Robert Duffy at the 12th annual Hudson Valley Wine and Food Festival. Millbrook also took home a double gold medal for the 2011 Proprietor's Special Reserve Chardonnay, and the 2012 Proprietor's Reserve Tocai Friulano.

Numerous positive write-ups by the *New York Times*, *Bon Appetit*, and *The Wine Advocate* can be pointed to for those who need further credentials, but the proof is in the tasting. I have still not been able to find a Chardonnay as perfectly balanced as the 2010 Proprietor's Special Reserve, and regret not stocking up before the vintage ran out last season. 2010 was an especially good year for New York wine in general, with a dry, warm summer that created ideal growing conditions. I suppose with global warming, we can expect more of those kinds

of vintages. There are oaked and un-oaked versions of all the white wines, so there is something for every palette.

The Millbrook reds

When it comes to reds, Cabernet Franc and Pinot Noir thrive in Millbrook soil. The cool climate lends itself well to the hearty nature of the Cabernet Franc grape, with its thick skin that allows it to remain on the vine well into November. Much like the Cabernet Franc wines that I drank in France's Loire Valley, the Millbrook version is medium-bodied, peppery and fragrant. I often pair it with roasted pork, vegetables and herb-crusted meats, especially duck or wild game.

The reserve selection is slightly smoother, with less green peppercorn nuances and a more velvety mouth-feel. Choosing between the two depends on the circumstances, food pairing, and personal taste preference. I usually bring a bottle of each down to the city to share with friends, and everyone is always pleased with both.

My go-to red for weeknights, however, is consistently the Hunt Country Red, which is a Bordeaux style blend that is fruit forward without being jammy, and perfect with pizza, beef stew, and other simple fare. Winemaker John Graziano brings in Merlot grapes from Long Island to blend with this red, since hot climate grapes like Merlot and Cab-

Continued on next page ...



All photos courtesy of Millbrook Vineyards & Winery

ernet Sauvignon are not well suited to the Hudson Valley, and thus he doesn't grow them.

How the Millbrook Winery got its start

Choosing to grow only the grapes that thrive well in our climate and soil composition is an essential component to crafting quality wine, and Graziano understood this from the beginning. He has been the head winemaker at Millbrook since the first vintage in 1985, after graduating from Cornell University with degrees in plant pathology and entomology.

The winery itself was founded by John Dyson, former New York State Commissioner of Commerce, who is best known for creating the *I Love NY* economic development program. He also helped pass the New York state Farm Winery Bill in 1976, and led the effort of turning abandoned dairy farms in our area into working farm wineries. He and his wife purchased the former Wing Dairy Farm in 1979, and Dyson partnered with

co-founder David Bova to establish what is now Millbrook Vineyards and Winery.

A Cornell graduate, Dyson patented his unique "goblet trellis" vine trellising system which maximizes sun exposure and helps keep mildew at bay, a concern for damper climates. He also created the Smart-Dyson vine training and trellis system, which is currently being used in vineyards throughout the world.

The region's leader

Millbrook Winery is currently the leader in Hudson Valley wine production, with an output of 15,000 cases per year. Originally a dairy barn, the tasting room retains all of its original charm inside and out, with a full retail store, two large tasting bars, a warehouse and several fermentation rooms. Situated on 135 acres of rolling hills, the vineyards resemble Tuscany more than Dutchess County, and in warmer months tourists flock to the vineyard to picnic on the bucolic grounds, listen to live Jazz, and have lunch in the vineyard's outdoor grille on weekends. The tasting room and retail store is open every day all year round, and the winery is a popular wedding and event destination.

November is my favorite time at Millbrook, when all of the grapes have been harvested and are beginning to bubble inside large tanks. The smell of yeast permeates the fermentation rooms, and I have an especially fond memory of John Graziano letting me reach inside the tank for a sneak preview of grapes in mid-fermentation. They were like sweet-tart alcoholic explosions in my mouth, with

a pungent yeasty aroma that made me anticipate popping a cork one day and remembering that moment.

The lure and seduction

Wine with true terroir can have a powerful effect on people. It is the reason why wine connoisseurs pop cork after cork of Burgundy, hoping desperately to recreate an experience they had with that one special bottle years ago. It lures you in and seduces you with its unique flavors and aromas, which together tell an entire story of the place it once grew. It is like a beautiful woman, who drives you so mad with desire that you'll drive across the country just for one night with her.

The bottle of Cabernet Franc I drank those years ago told me about the Hudson Valley before I knew I wanted to live here. It made me point to a place on a map and drive all this way, and want to make it my new home. A year and a half ago, that is just what I did. It took a combination of foresight and instinct, as John Dyson also had when he saw a future for fine wine in the Hudson Valley. Because of his passion and commitment, Millbrook became the first farm in the Hudson Valley to successfully grow and vinify vinifera grape varieties, and has come a long way since 1985. This year, I haven't yet decided what I will serve for Thanksgiving dinner, but I'm sure you can guess what the wine will be. ●

Millbrook Winery offers tours and tastings every day from noon to five and is available to host large parties. Contact the winery at www.millbrookwine.com.



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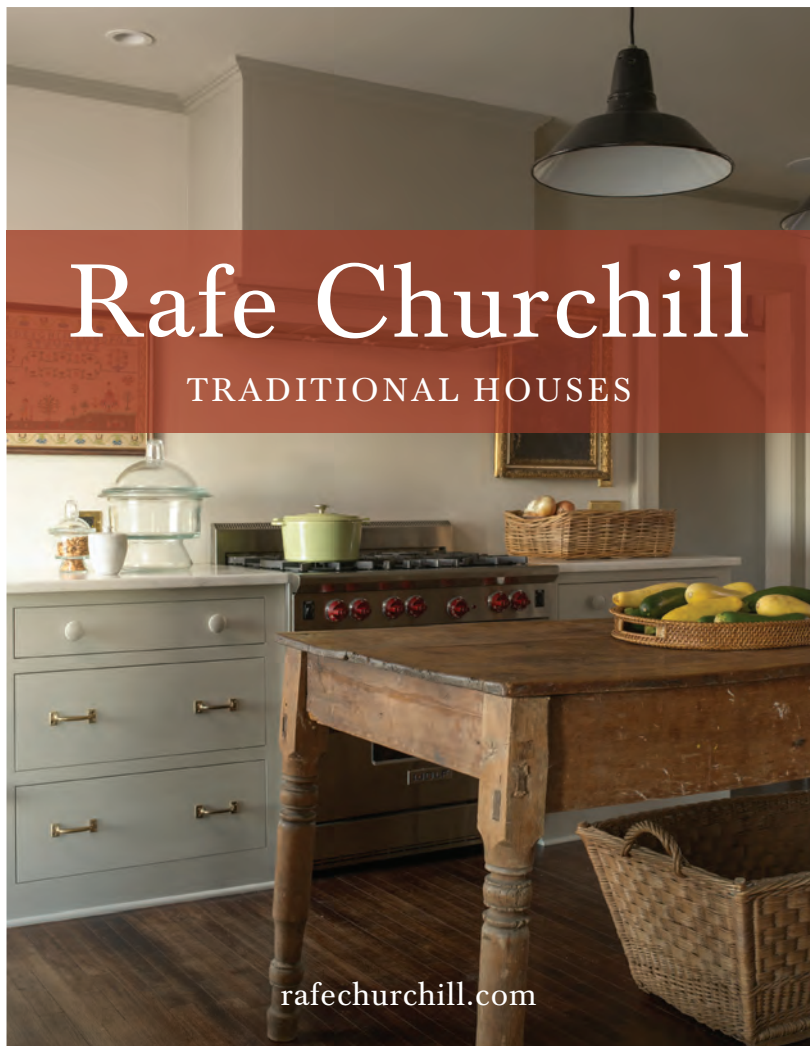
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RESIDENTIAL REAL ESTATE IN THE TOWN OF CANAAN, CT

By Christine Bates

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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.

The Town of Canaan is just off Connecticut State Highway 7, south of the Town of North Canaan, on the eastern side of the Housatonic River across from the Town of Salisbury. Next to the railroad tracks and the Great Falls, Falls Village is the very quiet historic center of the town. Canaan is the smallest town in the state of Connecticut, inhabited by only 1,200 residents. Falls Village seems caught in time until the weekend when customers spill out of the doors of the recently renovated Falls Village Inn or linger over breakfast at the Toymaker Café.

“When I first started my business,” recounted Elyse Harney of Elyse Harney Real Estate, “I was told that Falls Village is Connecticut’s best kept secret. It may still be.”

Utopia on the Housatonic

The Town of Canaan is a unique place, which appeals to buyers who want to be far away from it all. There is no supermarket and the only place to buy a morning cup of coffee when the Toymaker Café is closed is at the gas station deli outside of the village. The town attracts artists and writers, iconoclasts and outdoorsy types. Increasingly young families are moving in to take advantage of the small, public elementary school with fewer than 80 pupils, with a student-teacher ratio of less than eight to one – better than most private schools.

Although lacking in restaurants and stores, the town attracts music lovers to Music Mountain concerts all summer, and is now awaiting the opening of the Children’s Theater in the old Methodist Church in the village center. For naturalists there is the appeal of the Appalachian Trail, the river, and the Great Mountain Forest.

Falls Village is a secret. “It’s never going to change,” observed Carol Staats, Elyse Harney Real Estate’s broker in the town. “I look out of my office window and see horses and mountains, and I know it will stay the same. You could never find a better place to raise children. Kellogg Elementary is like a private school. It may sound corny but everybody is just nice. You feel safe here. Kids can ride their bicycles into the village and play outside.”



Upswing confirmed

At least in the northwest corner of Connecticut, residential real estate sales results for the first nine months of the year confirm an upswing in the overall market. Market sales statistics supplied by Elyse Harney Real Estate show substantial improvement in Sharon and Salisbury compared to 2012, with total sales volume up 28% and average prices up 15%.

“After three horrible years we are finally catching up,” according to Pat Best of Best & Cavallaro Real Estate.

Main Street’s own analysis of residential sales in Falls Village also shows an increased number of sales and a huge 78% increase in total sales volume in the first nine months of 2013 compared to 2012. Larger sales seem to close near the end of the year so the average price of a Falls Village residence is likely to rise closer to \$300,000 by year end. But even at this higher price level, Falls Village homes are far below the average home price of \$600,000+ in Salisbury and Sharon, as calculated by Elyse Harney.

Canaan’s high tax rate keeps some buyers away

Some realtors observed that certain buyers avoid Canaan because of the high 21.5 mill rate levied on



Above top: This \$3.9 Million estate on 79 acres is the most expensive home on the market in the Town of Canaan. Photo courtesy of Robinson Leech Real Estate.

Above: This modernist house built in 1932 with a current asking price of \$2,500,000 is under contract. Photo courtesy of Klemm Realty.

Continued on next page ...

FIVE YEAR RESIDENTIAL SALES IN THE TOWN OF CANAAN, CT

YEAR	# OF SALES	TOTAL SALES VALUE	% CHANGE PREV. YEAR	AVERAGE
9 Months 2013	16	\$4.0 Million	+78%	\$251,000
9 Months 2012	11	\$2.3 Million		\$205,000
2012	14	\$3.8 Million	+46%	\$301,000
2011	8	\$2.6 Million	-25%	\$329,000
2010	13	\$3.5 Million	+30%	\$273,000
2009	8	\$2.7 Million	-101%	\$334,000
2008	13	\$5.4 Million		\$413 ,000

Data compiled by Main Street Magazine from Town of Canaan Assessor’s records. Vacant land, commercial properties and title transfers are not included.

CANAAN RESIDENTIAL REAL ESTATE ON MARKET

PROPERTIES LISTED	NUMBER	TOTAL VALUE OF ASKING PRICE
All Residential	47	\$29.5 Million
Residential Over \$1 Million	6	\$13.7 Million
Residential \$500,000 to \$1 Million	10	\$6.9 Million

Information supplied by Realtor.com and the Assessor’s Office of Falls Village, Town of Canaan. Vacant land and commercial properties are not included.

TOWN OF CANAAN 5 YEAR RESIDENTIAL SALES OVER \$500,000

YEAR	# OF SALES	% OF TOTAL SALES
2013 YTD	2	30%
2012	1	18%
2011	2	55%
2010	1	10%
2009	1	26%
2008	5	62%

Data compiled by Main Street magazine from Town of Canaan Assessor’s records. Vacant land, commercial properties and title transfers are not included.



Above top: This passive solar house with 67 acres and incredible views is being offered at \$1,675,000. Photo courtesy of Elyse Harney Real Estate.

Above: Victorian cabins in Pine Grove are sold privately among members.

property and cars. This compares to a 10.4 mill rate in Salisbury.

Canaan town officials claim that actual taxes paid are not dissimilar to Salisbury. “Sure our rate is higher, but our assessments are lower.” The higher rate is the result of a smaller tax base – a small population, lack of commercial development, and vast tracts of land held by non profits.

John Harney of John Harney Associates estimated that the prices in Canaan are in the vicinity of 30% lower than Salisbury or Sharon.

Staats agrees that there is tremendous real estate value in Falls village. “You get more house for less money and the trade-off is higher taxes. At the end of the day, it comes down to where do you want to live?”

Staats observed that 50 Barnes Road, which sold for \$525,000 in July of this year, would probably have sold for more than \$725,000 in Salisbury.

Robin Leech of Robinson Leech Real Estate, who is the listing agent for the most expensive property on the market, a \$3.9 million, 10,000 square foot estate on 79 acres (see large picture on previous page), estimated that, “This house in Salisbury would be priced at well over \$5 million.”

What’s on the market now?

Autumn is the time of year when sellers hope to attract a leaf peeper. Residential properties listed for sale in the Town of Canaan in mid-October have a total sales value of over \$29 million. That is more than the combined sales value of all the homes sold over the last five years. Six of these 47 properties, which account for more than 46% of the total

listed value, are priced at over one million dollars. In fact, since 2008 no homes have been sold for more than \$1,000,000 in the Town of Canaan. The highest sale in the period was in October of 2008 when 98 Under Mountain Road sold for \$990,000. However, activity, even at this level, is beginning to pick up. The distinctive modernist house at 71 Under Mountain Road (see smaller photo on previous page), originally listed at \$3,450,000 and then reduced to \$2,500,000, reportedly now has a buyer at over \$2 million. Staats observed that for these very unique properties the seller has to find a buyer like themselves.

Falls Village offers a tremendous assortment of styles and prices, from the Liberty Kit home on 74 Belden with five acres at \$265,000, to the multi-million dollar homes that line Under Mountain Road, to the historic house in the center of the village on Railroad Street for only \$90,000. There’s even a Methodist seasonal group of cottages in Pine Grove, a gingerbread village in a pine tree forest, that has strict regulations on buying and behavior. ●

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gentle giants

THE NOBILITY OF THE PERCHERON HORSE

By Memoree Joelle
info@mainstreetmag.com

Gentle giants. That is how Cindy Cook and Duffy Layton (of Duffy Layton Contracting, Inc.) describe their nine Percheron horses, who I was lucky enough to meet on a recent visit to Stanfordville. The introduction will forever be imbedded in my memory as an experience that I can only describe as magical, and ephemeral. I had arranged to interview Cindy and Duffy about their hobby of showing draft horses without any real knowledge about the breed. I had always assumed that horses vary somewhat in appearance and temperament, but a horse is a horse. Of course, I was proven wrong.

A ton of intelligent grace

The Percheron horses that Cindy and Duffy own are all geldings, and all know their own names. Each one weighs a ton, and stand between eighteen and nineteen hands high. They are intelligent, curious and calm animals, with no trace of the skittishness that some other breeds may have. Cindy called them down from the hillside where they prefer to graze, and as they made their way toward us I was in awe of their grace and beauty. Unafraid of the stranger in their midst, they gently nuzzled my face and curiously investigated my hands and purse for potential treats. I immediately fell in love with all of them, and understand now why Duffy says he first became interested in the Percheron because of their gentle manner, style, and intelligence. They possess an air of quiet poise, and an almost soulful understanding. There really is no other animal quite like them.

The Percheron breed is a French draft breed that originated in Le Perche, France. An exact date of the beginning of its breeding is unknown, but it has been in existence as far back as history books have recorded time. Alvin Sanders describes the French people who developed the Percheron in his book, *A History of the Percheron Horse* (©1917): "Their horses are a part of their inheritance, particularly prized and accustomed to the affectionate attention of the entire household. Their docility, growing out of their intimate human relationship, is therefore an inborn trait."

Besides being docile with humans, they are also valued for their size and strength, and once carried French knights laden with heavy suits of armor over hillsides and rocky terrain. When men shed their armor and picked up guns, the war horse was no longer needed, and the Percheron was put to work pulling heavy stage coaches. They historically pulled both mail and passenger coaches, and even made milk deliveries. The story passed down over the years is that they were clever enough to know which house to stop at while the milkman was



Large image: Macy's Day Parade 2012. Six horses are hitched to the circus band wagon in the front, while the two are hitched to the calliope wagon holding up the rear. Small image top: Sleigh ride with two of the Percheron/Paint cross-breeds called spotted drafts. The horses' names are Tammy and Sammy.

making his rounds on foot, figuring out when he needed a fresh supply. They were reliable horses to have on the farm too, and over time have become known for their diversity. Today they are still one of America's best loved horses, showing up in festivals, parades, shows, and even ski lodges.

Duffy's love and life-long passion and the Macy's Thanksgiving Day Parade

Duffy started his Percheron collection with a team of two over twenty years ago. He learned the skill of hitching and driving them under Dick Sparrow, who is a *Guinness Book of World Records* holder for single-handedly driving a team of forty-eight draft horses. After studying with him in Iowa, Duffy began to add more to his team, and his love for Percherons became a life-long passion. He and Cindy now own a total of twenty-one horses, including nine pure Percherons and Percheron/Paint cross-breeds, known as spotted drafts.

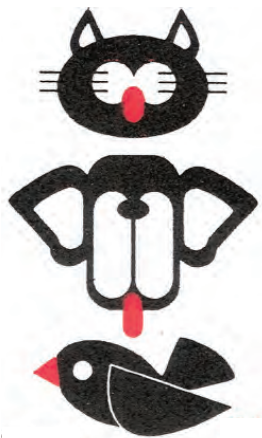
Once every month or two, they load one of their wagons, six horses, and all of their equipment into a trailer and drive through the night with their crew to an event. They have shown at numerous fairs and parades all over the northeast, some of which include the Dutchess County Fair, the Great Circus Parade in Milwaukee, the Cherry Blossom Festival in Washington D.C., and most notably, the Macy's Thanksgiving Day Parade. This year will make their fifteenth year in the Macy's parade, which they are hired each year to participate in by the Big Apple Circus. Their own calliope wagon, a beautifully ornate, spectacular coach handmade by Duffy himself, is pulled by two horses, and six oth-

ers will be hitched to the circus band wagon from the Circus World Museum in Wisconsin. The Percheron/Paint horses don't participate in the Macy's parade, nor are they hitched to the calliope wagon. They get their chance to shine in other events, always hitched six at a time to the stagecoach wagon, which is an exact replica of a Concord stagecoach. The very opposite of the elaborate red and gold calliope, the stagecoach wagon calls to mind nineteenth century London, stately and polished to a black sheen. Added to their collection recently is an original water wagon built by the Studebaker company, which is quite an impressive acquisition.

The horses get time off, too!

When they aren't preening for the cameras in parades and fairs, the horses spend their time in freedom out on the pasture. Sometimes Cindy and Duffy take two at a time out for a wagon ride through their property, and club rides with the Northeast Connecticut Draft Horse Club. In winter months, they can be seen dashing over snow covered hills pulling a sleigh, a quintessential image of winter here in the Northeast.

I know the Percherons are work horses, and strength and hard work are noble traits. But these beautiful creatures possess a nobility of spirit, too. When it was time to say goodbye, I watched them turn and one by one disappear into the woods through which they had forged their own path. A part of me wished I could go with them, to follow them into that elusive world where grey and white horses weave pathways through the landscape; fearless, noble, gentle giants. ●



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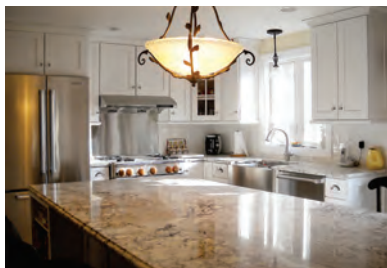
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By Mary B. O'Neill
info@mainstreetmag.com

Frank Sinatra seemed a bit divided on the city that laid claim to him – New York or Chicago. According to his lyrics, New York was for striving and reaching the top, but Chicago was for good people and for calling home. Well Ol' Blue Eyes is long gone, so I am going to make the final call for him – and it's Chicago. Sorry New York, I love you but my heart is moving on.

While New York is two hours from this area by train, Chicago is an easy two hour flight, making it pretty darn accessible for a city break. This summer my family and I blew in to the Windy City for a vacation and a trip down memory lane. I loved the city back when I left it nearly 20 years ago. I moved there for grad school, stayed for a new career, and found friendship and love there. Would it still hold the same appeal now that I was travelling with kids in tow? The answer: a resounding yes!

My children agreed that Chicago was one fun family destination. Even on a budget we were able to pack in a bit of everything. If you would like to experience some of the scope of Chicago's offerings without going broke then read on.

From above and below

Chicago is an amazing architectural city. The list of noted architects who have made their mark on the skyline is impressive and varied. Burnham and Root's Rookery, Mies van der Rohe's residences and office buildings, and Skidmore, Owings & Merrill's John Hancock Center and the Willis (formerly Sears) Tower all embody the city's architectural evolution. Viewing these engineering marvels can

happen two ways – up high and down low.

For the bird's eye view we travelled to the top of the John Hancock Center on Michigan Avenue. Here you have some options. You can wait on line to go to the observatory on the 94th floor, and pay \$18 per adult and \$12 per child (ages 3-11) just to get up there. The other option is to make a reservation for lunch on Friday or Saturday in The Signature Room restaurant located on the 95th floor. The all-you-can eat buffet lunch they offer on those days is about the same price for the same views, giving you much more bang for the buck. This is the option we chose and it was the right one. We were seated by a window facing south toward the Loop, but wandered freely around the restaurant to take in the vantage from each side.

For the down low view of Chicago's skyline take an architectural tour. The Chicago Architecture Foundation located on South Michigan Avenue is the go-to place for all things architectural. It has an ultra-cool gift shop that resembles a mini MoMA shop and a model of the city in the building's lobby. The Foundation offers many different options for walking tours, but the river tour is its most popular – and most expensive. For a family the cost is almost prohibitive at \$38.50 per person (children under three are free). We opted for a less expensive, equally informative cruise on the reputable Wendella line. For a similar tour they charge \$26.50 per adult and \$13.30 per child (11 and under) making it more affordable for a family.

Walking the walk

Chicago is a walker's city. It is blessedly flat and the varied neighborhoods are more geographically compressed than New York City so taking it in on foot



is easy and rewarding. There are self-guided walks that you can download off the internet or find one in the many guidebooks dedicated to the city. Another way is the Chicago Greeter's tour. Unfortunately, we did not plan far enough ahead to take advantage of this but if you know you are going and can be organized about dates this is a fabulous option. Knowledgeable volunteers guide you around the city for free. They only work with small groups of up to six people for tours lasting from two to four hours, making this an excellent family option. You need to book at least 10 business days in advance, though I reckon the earlier you book the better. You pick from one of 40 themes – from food to literature to gay Chicago, and from 25 neighborhoods from Bronzville to Pilsen to the Gold Coast. If you can't plan ahead you can take a free one-hour Instagreeter tour leaving from various downtown locations.

Continued on next page ...

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Parking it or rolling with it

Chicago's lakefront is buzzing with activity – especially in the summer months. The whole eastern side of the city from north to south borders Lake Michigan. This is a blessing for families with small children. From my experience, kids require two things on holiday besides chicken nuggets – playgrounds and swimming. The shores of Lake Michigan provide the swings and bucket and spade components of your family vacation. Playgrounds and sandy life guarded beaches dot the shoreline parks and are very accessible. You can check the Chicago Park District website for information about each beach and park in the city.

If your children are older, renting bikes for riding along the lakeshore becomes viable and there are bike trails up and down the lakefront parks as well as along city streets. Chicago is in the process of implementing Chicago Streets for Cycling Plan 2020 and according to the City of Chicago website the goal is to make “Chicago the best big city for cycling in America.” Much has already been accomplished toward this goal and there are bike lanes through many neighborhoods. This makes touring the city on two wheels a pleasant option.

Chicago is also part of the Divvy Bikes transit system for quick trips of 30 minutes or less around the city. They have a 24-hour scheme that costs \$7 for unlimited 30 minute trips, and kiosks are located throughout the city (they also have an app for kiosk locations and up-to-the-minute availability). This is not an option for families with young children since you must be 16 or older to participate. You must also provide your own helmet. If you are a well-organized and strategic tourist this is an interesting alternative since rentals at Bike and Roll, an established rental company, start at \$10 per hour or \$35 per day (including helmet, map, and lock).

Money talks

Museum options abound in Chicago, but entry fees start mounting quickly and the difficulty of finding a museum that appeals to every member of the family can be daunting. One museum that sustained the interest of my whole family and had free admission was the Money Museum located in the heart of Chicago's financial district in the Federal Reserve Bank of Chicago. This manageably-sized gem has a guided tour at 1 pm each day, which is actually a presentation in a small theatre given by a knowledgeable Fed employee. Many displays



Above: The Jay Pritzker Pavillion bandshell was designed by Frank Gehry, and is part of Millennium Park.

are interactive and the museum details the history of money in our country and the creation of the Federal Reserve Bank. The highlight of the visit are the “Fed Shreds” souvenirs, free bags of shredded currency containing the equivalent of approximately \$364. With creative accounting you can practically pay for your trip with these bags. You can also design your own currency with your photo at the center (mine was quite fetching) and take a family portrait next to a briefcase filled with \$1 million – holiday card photo done and dusted!

Swimming with the fishes

The Shedd Aquarium is the finest tribute to marine life that my family has visited to date. The live aquatic show, stingray touch area, polar playground, exhibits dedicated to different water habitats, and 4D movie will occupy your family for the day. All this comes at a steep price tag and entry lines are incredibly long – I mean, really long. There are various lower-cost entry options, but for this museum you want the full monty. Here are your choices. You can bite the bullet and buy the full-price tickets – but do it the day before online so you don't have to wait in the queue. You can buy the Chicago CityPASS, which includes other cultural institutions in town like the Field Museum and Art Institute. Or you can do what we did, become a member. If you are a family of five or larger it is the same price to join the museum for the year. This allows you to avoid the line, get 10% off purchases in the café and gift shops, and claim a tax deduction. It also provides incentive to return to the city. We then divided our visit over two days and were able to submerge ourselves in the aquarium in a relaxed way.

Feeding frenzy

There is no shortage of food choices in Chicago. You can dive into a Chicago-style hot dog, troll ethnic neighborhoods with storefront restaurants, or go upscale for Michelin-rated cuisine. Our go-to restaurant finder was the Yelp app on my phone.

Wherever we were located we found an eatery that met the breadth of our cravings and the limits of our wallet. Portuguese baked goods, Cuban sandwiches, Spanish tapas, Greek kebabs, American burgers – you name it and you can find it.

Culture vultures

Chicago has a vibrant art, music and theatre scene. The free weekly *Chicago Reader*, *Time Out* magazine, and Google are great places to look for what's playing from edgy to stodgy. Chicago also has a half-price theater scheme that you can find at Hot Tix. With a website and three locations you can purchase reduced-priced tickets to anything from comedy improv to musicals.

Chicago's Millennium Park, part of the larger adjoining Grant Park, boasts the extraordinary outdoor Jay Pritzker Pavilion bandshell designed by architect Frank Gehry. It is breathtaking to sit beneath this home of the Grant Park Symphony Orchestra and Chorus and the Grant Park Music Festival. In the park you will also find the Lurie Garden for meandering and Anish Kapoor's Cloud Gate, the outdoor sculpture affectionately known as “the Bean.” This sleek and shiny stainless steel icon reflects a convex skyline along the top and concave tourists huddling beneath for photos.

Traveling with a family in a big city is challenging but Chicago made it easy. We all came away with what we needed – ethnic eats, a day at the shore, shredded money, culture, and most of all, fun. Give Chicago a try – you won't regret the trip. If you need guides, my family and I would be happy to oblige. •

Chicago Park District: chicagoparkdistrict.com. Chicago Greeter Tours: chicagogreeter.com. Chicago Architecture Foundation: architecture.org. Wendalla Boat Tours: wendellaboats.com. The Signature Room in the John Hancock Center: signatureroom.com. The John Hancock Center: johancock.com. Bike and Roll: bikechicago.com. Divvy Bike Sharing: divvybikes.com. The Federal Reserve Bank of Chicago: chicagofed.org. Yelp: yelp.com. City of Chicago: cityofchicago.org



Above: Anish Kapoor's Cloud Gate, or “The Bean.”



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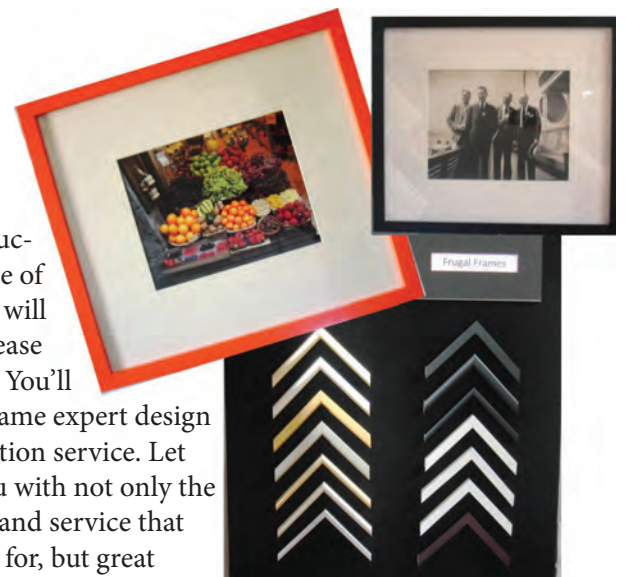
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renaissance woman

FAITH HOCHBERG OF LAKEVILLE, CT

By Melissa Batchelor Warnke
info@mainstreetmag.com

Faith Hochberg has lived in a lodge house on Lake Wononscopomuc (better known to the area as “Lakeville Lake”) for more than twenty years. In 1999, she was nominated by President Bill Clinton to serve as a Federal Judge on the District Court for New Jersey, where she commutes weekly. Meanwhile on weekends and after-hours, Faith has developed a second career as a painter and jewelry maker, with pieces on view at www.berkshireartist.com. Wearing dark jean shorts and a light denim shirt, curling up on a deep stuffed couch, Faith was relaxed and animated throughout our conversation. When the low clouds dropped into thunder and the lake turned to static, we sat for a few minutes in reverence, savoring the endless beauty and surprise this part of the country provides.

You’ve had a fascinating career as a judge and an artist. I was trying to imagine you as a child.

I loved playing with paper dolls. I had no interest in animating them to do anything; I just liked creating outfits for them. I had paper dolls that had probably 100 different outfits – fancy things, things that wouldn’t have been in my life.

My mother bought our clothes out of the Sears-Roebuck catalog, which I grew to detest. But I didn’t care as much about my clothes as the dolls’. When I was seven or eight, I began going to private art lessons with a serious artist. By nine or ten, I was taking the bus by myself for seven cents from the little town I lived in in New Jersey to Newark to take Saturday morning classes at the Newark Museum. Off I went. Newark in those days had some wonderful stores for window shopping. My favorite was a button store on Halsey Street.

How did you get from the Newark Art Museum to the law?

There were very few women lawyers – I didn’t know any growing up. My mother was an incred-



Above: Faith Hochberg in her Lakeville, CT home and studio working on one of her jewelry art pieces. Below left: One of Faith’s paintings of New York City.

ibly brilliant mathematician who had a graduate degree in engineering and in post-War America she was trying to be a housewife with four kids – and she really did try, hand-smocking dresses for us. At eighth grade graduation, I got a prize for being the top female student and my friend got the prize for being the top male student. We both opened our envelopes and his prize was twice as much as mine was. I was infuriated!

I said, “Alright, that’s it. I’m going to be a lawyer. This is not right.” Then I started saying it for shock value.

The watershed year was 1970 or ‘71 when all the Ivy League Universities started accepting women. I went to Jackson, the girls’ school at Tufts, and studied Economics. I came back and worked as a research assistant for a woman, a dean of the school. I asked her for advice and she said “You should apply everywhere. Don’t be ridiculous, you should apply to Harvard!” She wrote a letter.

Did you make any art in Law School?

I squished it, I squashed it, I buried it. It was a time when, if you weren’t really good, people thought of you as a joke. I didn’t start creating again until we were in New Jersey. In our house was an old cavernous greenhouse room, a 1930-esque solarium. I painted a Masonite floor. Then I went to the children’s toy store where they were clearing out of

kids’ oil paints. A Park Seed catalog arrived in the mail. I decided to throw it in the air and whatever page it opened to, I would paint that. Every week I would do one little detail on the floor, just a tiny period of time on Sunday afternoon.

What was the first thing you created that you felt might actually be good? That you wanted to share with someone?

You know, it’s hard to ever share your work with someone. In a way it’s a lot easier to stand up in a court of law and argue a proposition with someone opposing me than saying “I painted this painting. What do you think of it?” You’re very exposed when people look at your artistic work.

The art is a relief from the very structured principles of law. I keep offering to give my law clerks watercolor lessons at lunchtime and they’re like, “No, thanks.”

Why Lakeville?

We had moved from the Boston area to New Jersey and knew we wanted to have a foot in New England. The only thing we knew was Tanglewood – Mark [Hochberg’s husband] took out a map and

Continued on next page ...

said I want to be 45 minutes south of there. He called the nearest Realtor he could find and said “I want to be at the place with those two blue dots.”

I’m inspired by Lakeville – I love this place, it’s a paradise for painting. The only downside is it can look almost trite because no one will believe how bucolic some of the scenes are. There is no angst in any of these paintings. I’m always looking for a good foreground in the lake – sometimes sailboats, the ducks coming. I’m intrigued now with loose representation – watercolors and experimenting with abstraction. Reginald Marsh did better tugboats than anyone I’ve ever seen, and fabulous women. The women have such a zest to them. They have so much motion.

I’ve been thinking of motion as it relates to your jewelry – some is so structured and some, like the lariats, are made to move with the body.

Even with the sculpted pieces, I often have a few pieces that move and pick up light. Each is a composition – I’m juxtaposing colors, matte to sheen. The idea is that women have to look gorgeous. If they don’t, I’m not interested.

How did you start making jewelry?

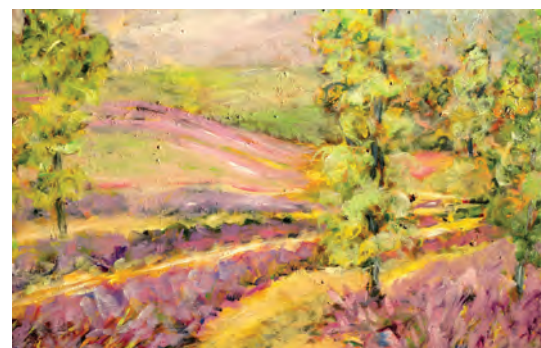
The jewelry I started in 2004 as a way of painting longer. I made them so I could paint all day long and change for dinner in 15 minutes. I wear a uniform: black jeans, any neutral color top, my hair back in a ponytail. But I put on one of my necklaces and it looks like I’ve dressed for dinner. When I travel, it helps me bring far fewer clothes.

I wouldn’t know the people I know if I didn’t do this. “Oh my god, where did you get that necklace?!” And oftentimes people will approach me, saying “I have this necklace of my mothers. It’s a bit dowdy looking, but could you enhance it to make it a memory for me?”

Sometimes there’s a fabulous pendant hanging on a cheap velvet cord. I have an ability to take the object by the artist and think about what he would have done, what colors he would have used. It’s like communing with an artisan of the 1950s.

What was your first thought when you learned you’d been appointed to the federal court?

Senator Bill Bradley from New Jersey reached out



Above, three of Faith’s paintings. Clock-wise: An old Ford pick-up, horses running, and a landscape. All images are cropped. Below left: One of Faith’s artistic jewelry creations.

to me and asked me to be the U.S. attorney in New Jersey which is the highest-ranking prosecutor in that judicial district. I was thrilled to do that – it’s every litigator’s dream. After I had done that for a while, he asked me to serve on the bench.

Going through confirmation is no picnic. It’s just one of those things that you think about long and hard before you agree to plunge in.

But it’s the best judiciary, I think, in the world. It’s something you can’t do too early because it really is a significant pay cut for almost everybody. Now it’s even more difficult because there’s sequestration. It’s got its issues but it’s still as interesting a law job as you’re going to get.

What is your typical day on the bench like?

Some judges are constantly on trial. I’m not. My happiest moment is when we can arrive at a settlement that everyone feels is fair, when people have dodged an incredibly gut-wrenching experience. The hardest is criminal sentencing. You’re depriving someone of their liberty, and they’ve usually done something pretty terrible. Some of them you feel nothing you can do will unhardened that person, that going to jail is just part of their life. Some of them are truly remorseful and the circumstances that got them into crime will never be repeated. I’m always interested in understanding the “whys.” I like days when I can teach the law clerks.

The saddest ones are the ones that are older, the men who know they don’t have a lot of years left. You have to do it, it’s part of the job – and they get

what they deserve, but there’s no sense of satisfaction after that kind of day.

There are days of despair when you see the same pattern repeated over and over again. One day, I couldn’t do a sentencing because I was told the wrong prisoner had been produced. Two of the prisoners had the exact same name; it turned out they were father and son, both in the same jail, same kind of crime, but not together. Or how do you deal with somebody who has done a very bad act, but was abused as a child and it’s documented? And scientifically we know that one who was abused is infinitely more likely to become an abuser. Those are hard days.

What’s your perfect Lakeville day?

Getting up, putting on flip flops and jeans, Mark making coffee, and just being able to do whatever I feel like – from the garden, painting, playing golf, seeing friends, going to good restaurants. In the wintertime, I have the opera blaring on my Wave radio in my studio. I put homemade soup on a slow cooker so I can be up there.

You’re a true Renaissance woman. Is there anything you can’t do?

I’m woefully inadequate at computer technical skills. I’m always getting frustrated. I don’t exercise as much as I should. I can’t sing worth a damn. Oh, there’s more. ●



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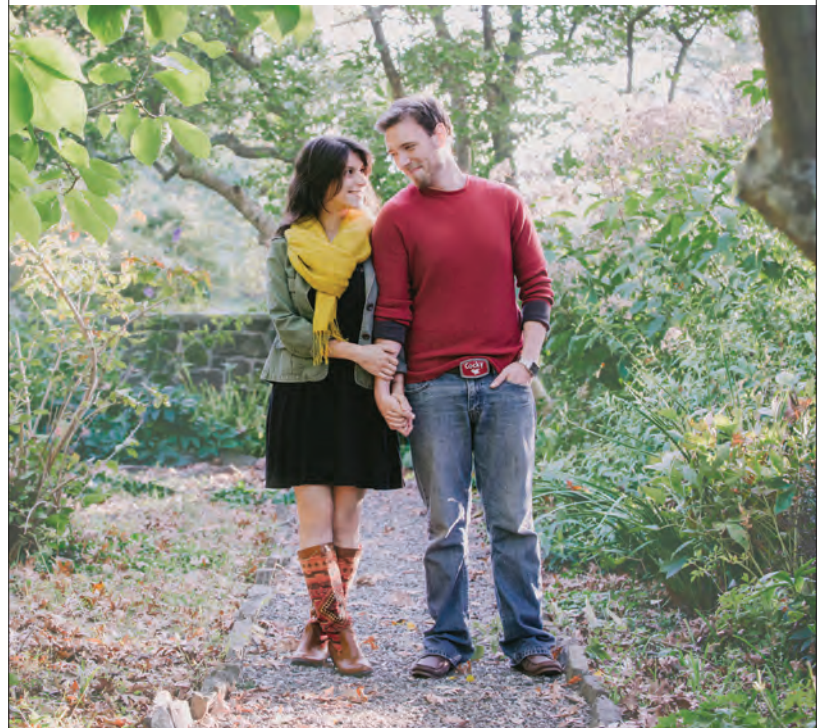


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Elizabeth's Jewelry & Fine Gifts opened their doors in 2004. In their first season they served 250 customers. Today they are proud to serve over 5,000 customers, and they look forward to helping you. Elizabeth's carries many marvelous lines such as Gabriel & Co., Chan Luu, Alex and Ani, and Pandora – just to name a few. They often have events and are excited to announce their restyling event happening on December 7th featuring Gabriel & Co. Their goal is to appeal to teenage girls, and at the same time also to a more sophisticated shopper, as well as everyone in between. How can they appeal to such a wide audience? They have everything from an inexpensive pair of earrings to stunning engagement rings. They also have great gift lines from Vera Bradley in all of the seasonal colors, and the amazing scents from Yankee candle. Elizabeth's also offers in-house engravings, custom work, jewelry repairs, watch battery replacements, as well as buying gold and silver, estate jewelry and diamonds. Elizabeth's goes the extra mile to make sure that they are bringing in quality items that you will be sure to love for a lifetime. Whether it may be a gift for the holidays, a birthday or anniversary gift – a piece of jewelry is a priceless gift to your loved one. It is something they will treasure forever and that is the ultimate gift.



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Having control over a loved one's guilt, or making them feel guilty, is a powerful and controlling tool that should not be taken lightly. You should get organized about upcoming celebrations and social situations so that you can start getting excited.

TAURUS (April 20-May 20)

Sometimes it appears that change is necessary for change's sake. Examine where you are now and where you would like to be. You want to change.

GEMINI (May 21-June 20)

Individuals in this sign should be prepared for upcoming changes, especially in specific aspects of their lives. Sometimes happiness is enough of a reason to do something.

CANCER (June 21-July 22)

You should have a content-rich and meaningful discussion with your parents and other family members today. Others in your life need you, and you are strong enough to share your emotions and thoughts.

LEO (July 23-Aug. 22)

Debates with someone about religion, politics or foreign affairs will result in a powerful reaction. Stick to your guns, take care of your affairs, and don't worry about what others think or do.

VIRGO (Aug. 23-Sept. 22)

You set the bar high every day. Place that bar higher today than yesterday, and let your skills and potential shine. Focus on the important things and then a solution will quickly present itself.

LIBRA (Sept. 23-Oct. 22)

It's OK to not want to lend your possessions to others. Give yourself plenty of time to prepare your affairs. Be prepared and accepting of the possibilities.

SCORPIO (Oct. 23-Nov. 21)

Try to make the most out of the information that you have that everything revolves around. View this as an opportunity to show the outside world what you are made of.

SAGITTARIUS (Nov. 22-Dec. 21)

Be careful when you shop today and don't buy unnecessary items. Say what you think, but don't force your opinion onto others in your life.

CAPRICORN (Dec. 22-Jan. 19)

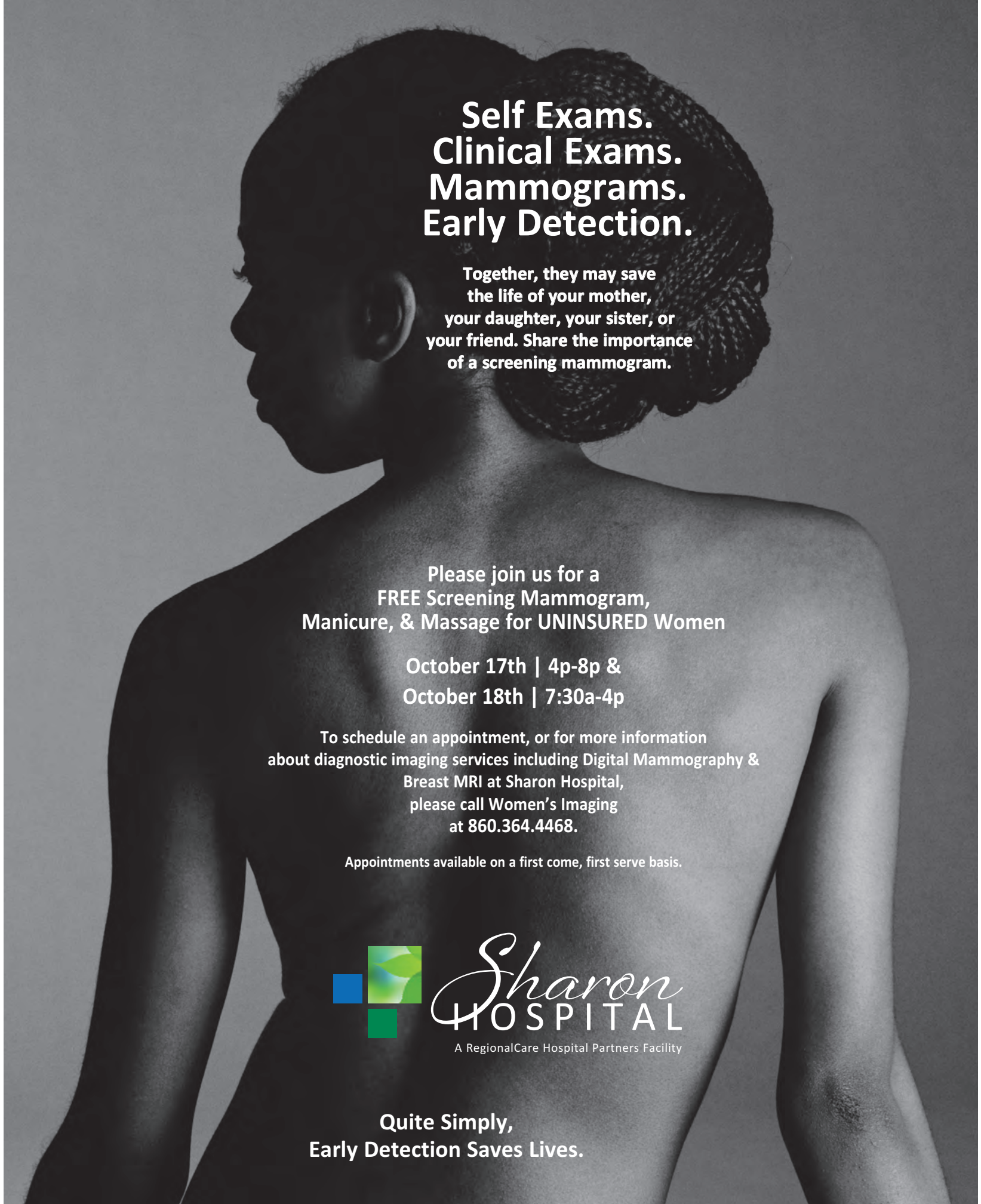
You are getting more attention now than you have gotten in the past. But sometimes it can be hard to distinguish between reality and what is not real.

AQUARIUS (Jan. 20-Feb. 18)

Your social life should blossom by the fact that you're seeing everyone that you intended on seeing. Let your faith impact your thoughts.

PISCES (Feb. 19-March 20)

Be as clear as you wish others to be with you in daily dealings. For that reason, take your time before you continue.



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