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HELLO'S & GOOD-BYES

I wanted to begin by taking a moment to mention the passing of John Harney this past June (we had already gone to press with our July issue, so I was not able to mention him at that time). I first met John in the winter of 2013 at his tea factory just south of Millerton on Route 22. We were featuring him and his Harney & Sons tea company as our very first business profile in the inaugural issue. I spent a few hours with John and his son Michael that day, and they were such a delight. I enjoyed John tremendously because he was kind, funny, and full of life.

I saw John just a few weeks before his passing, on Memorial Day, and he was the same: ever-smiling and the life of the party. I know that he will be dearly missed by his family and loved ones, and for those of us, such as myself, who only briefly met him, it was indeed a pleasure – and an experience!

A different kind of good-bye

In this month of August we are also saying good-bye to our writer Melissa Batchelor Warnke who is moving all the way to Rwanda in Africa for the coming year. Personally, I am extremely sad to see her go for I've grown very fond of her in this past year that she's written for the magazine, but I am very excited for her. You see, she just received a Fulbright scholarship and is going to Rwanda to work on a wonderful research piece. Melissa wrote a letter to all of you in this very issue, explaining what she's going to be doing, but we know that she will keep in touch. My hope is that she'll write a piece later in the year, giving us an update on her adventures in Rwanda!

And there's one hello

As Melissa leaves us, Marq Reynolds joins the ranks here at *Main Street Magazine*. Marq lives in Connecticut, and has worked in the area for quite some time as a photographer and for the *Lakeville Journal*. Marq will be working with Ashley, and he will be handling the majority of our Connecticut and Massachusetts-based advertising.

And by the time you read this, we will have just moved into our new space at 52 Main Street in Millerton (not to be confused with our neighbor, the restaurant, next door of course). We hope that you'll come, stop by, and check us out at 52 Main, or at least see our new street sign and peek through our windows!

Thank you for reading and I hope that you're having a wonderful summer.

- Thorunn Kristjansdottir



AUGUST 2014

Proud new mother, Stjarna frá Hrafnhólum, shows off her newborn, Stemma, at Thor Icelandics horse farm in Claverack, NY.

Cover photo by Steven Steele Cawman

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both sides of the

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MARTINA GATES, PHOTOGRAPHER



A new face has come to our area, and specifically to Main Street in Millerton. Martina Gates, a professional photographer and former model, has opened a new gallery, Fotoworks at FIFTYTWO, in Millerton this month. The gallery is located between the restaurant 52 Main and Manna Dew Café. The space, which used to house the Gallery Arts Guild, is designed as a modern photo gallery displaying works of established photographers and will showcase a variety of subjects offering only high quality, limited-edition prints. As a photographer, Martina knows that galleries exclusively dedicated to the photographic arts are few and far between.

Not a total newcomer to the area

Martina and her husband George purchased an old farmhouse in Lakeville, Connecticut over a year ago and spent a year restoring it. They decided to buy and restore a home here because they have had a long-standing love affair with the Hudson Valley, spending many weekends riding their Icelandic horses here and driving their antique cars.

“We love it up here! It is so peaceful, yet there is so much activity,” explains Martina.

The unique body of work

Martina’s photographic work is an irresistible combination of nature, horses, and landscape. Watching a herd of horses play is her passion and she will go to great lengths to catch a glimpse of them in the wild. She travels to places where horses still roam free (such as the wild mustangs out west in the U.S., the horses of the French Camargue, large herds of horses roaming the barren countryside in Iceland, and the Banker horses of the Shakeford Islands in North Carolina) and captures intimate moments in grand settings, which make her work so unique.

“It’s about the movement in the moment, the light as it dances across, and the sheer beauty of the horse as one of the most majestic creatures on earth,” says Martina when asked about her work.

Her largest body of work is of the Icelandic horse, one of the oldest and purest horse breeds in the world. She travels to Iceland at least once a year to photograph them. Martina began photographing other breeds after attending a workshop in New Mexico with renowned equine photographer Tony Stromberg. Martina recalls, “I will never forget that day at the ranch, out in the middle of nowhere, hearing the thundering hooves in the mist. It was pure magic.”

The shapings of a career

Martina grew up in Hamburg, Germany. She was the daughter of a German father and an English mother. Her parents gave her a camera for her sixth



Above top: One of Martina’s images from her show opening this August entitled “Le Cheval de Camargue.” Above: Martina’s idea of a self-portrait.



Above top: An Icelandic mare and stallion get to know each other while the foal sticks close to its mother. Above left: Two Icelandic horses snuggle while in the herd. Above right: Merens stallion still living wild in the mountains of Southern France, this breed is all black.

Above top left: The Icelandic stallion Vökull runs through Icelandic lupines. Above top right: Two stallions duking it out in the Camargue marsh. Above: Icelandic yearlings spooked by humans slam on the brakes.

birthday and since then she has never stopped taking pictures.

During high school Martina was approached by a modeling agency and was signed on after landing a cover of the German publication *Stern* as a fresh new face. Her career took off. She was the cover girl for *Vogue*, *Cosmopolitan*, and many other magazines, working with top photographers like Patrick Demarchelier and the legendary couturiers Valentino and Armani. She spent over twenty years working as a model, living in Paris, Milan, and New York City. These years shaped her understanding of light, design, and composition.

Taking photography to the next level

After many exciting years in front of- and behind the camera, Martina went back to school and got a degree in graphic design at Parsons School of Design in New York. During that time she discovered a deep interest in a multitude of printing processes including etching, mono printing, and silk screening. This set the stage for her passion for hand printing.

“There is something so organic about using inks in combination with photography. I treasure my time in the print studio,” says Martina.

She is particularly fond of copper photogravure, a process that was developed in the 1830s. It is a labor-intensive process where the image is first etched on to a copper plate achieving almost infinite tonal values. The result is an archival photographic print showing the very finest details, giving the final print

an almost three-dimensional quality. Of course, all of Martina’s images are printed in small quantities and only sold as limited editions. Her work has won numerous awards and has been shown in the United States and in Europe.

The first exhibit

The grand opening for Fotoworks at FIFTYTWO will be celebrated with a stunning exhibit of images from Martina’s most recent trip, featuring the horses of the Camargue. These famous white horses live mostly wild in this region in the south of France, in marshy wetlands along the Rhone River and Mediterranean Sea. Taking photos in such an area presents many tough challenges, but her results are spectacular. “Le Cheval de Camargue” will open in the first week of August and will run for two months. The show is well worth a visit, and a great addition to Millerton’s vibrant art scene! ●

For more information about Martina Gates and her work, stop by the gallery at 52 Main Street in Millerton or visit her website www.martinagates.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.



Above top: Icelandic horses running free on the black sand beaches after crossing the Hope in the north of Iceland. Above: Wild Banker horse bachelors playing early morning.

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Bill Riley is skilled in plumbing and heating as well as service on new construction, and renovation plumbing repairs – which makes a perfect fit for him at W.B. Case. Bill has worked in the field since 1977. “I like the trade and working with other contractors in the trade. It’s fun.” When Bill isn’t working hard, he’s playing hard. He smiled at the thought of golfing and hanging out with his kids and grand kids. He was born and raised in Sharon, Connecticut and thinks it is a nice rural and beautiful area to live in. Bill admits his favorite local restaurant is No. 9 in Millerton, but he does enjoy cooking and finds grilling fun, especially during the summer. We don’t blame you! So what are you planning on throwing on the grill this weekend?



Kim Burlarley is a hard working office manager at Eastern States Well Drillers, Inc. in Hillsdale, NY. Her job consists of all aspects of human resourcing, billing and payroll. Kim has worked there for 27 years and says the best part of working at ESWD is working with her dad, Joe Flood, and she has learned a lot about the water industry from him. “It really is an interesting business to be in.” Outside of work you’re apt to find Kim in the kitchen cooking or outside grilling. Kim enjoys having family and friends over for BBQ’s. “The more people, the more I enjoy it. Spending time with family is very important to me.” Kim’s 50th birthday is coming up in December and she is looking forward to traveling to New Orleans with her mom and sister to celebrate. Party time!



Melissa Gutierrez grew up in Pine Plains and continues to reside locally. She and her husband Tom have three children and are looking forward to becoming grandparents this August. Melissa is already looking forward to 2015 as it will be a busy year, her daughter will be getting married and her son will be graduating from high school. Family is very important to Melissa, but she also enjoys working as a bank teller at First Niagara Bank in Millerton. In Melissa’s free time she likes dining out, shopping online, and snuggling with her four Guinea pigs. Before the summer comes to an end, Melissa and her family are looking forward to attending the Dutchess County Fair, “It’s like a yearly tradition. The rides, the crafts, the unique finds, and the tasty foods! So much fun!”



Marisa Beligni, aka Missy, is a Veterinary Practice Manager at Millerton Veterinary. Some of her responsibilities include financial/personnel management and patient/client production. Missy has worked with Dr. Carrie Cannon (owner of Millerton Veterinary Practice) for 18 years and admires her integrative approach to medicine as well as her kind nature. When Missy isn’t building a relationship with furry friends, she spends time with family and when she finds a rare moment, mountain biking is beyond a doubt her personal therapy! Her summer plans include a mini “stay-cation” in August at her home in Salisbury, CT with family and studying for a test in October to become a Certified Veterinary Practice Manager, a professional recognition that she’s been working very hard to obtain for many years. Best of luck!



Paul (left) and **John Stefanopoulos** are brothers who work at the Amenia, NY Four Brothers location. These gentlemen were lucky enough to be raised in the business and both truly enjoy what they do. Together, they wear many hats and help out in every department, whether it is making a delicious pizza, serving ice cream, or working on what movies will be shown next at the drive-in movie theater. Paul admits that it isn’t very often that they get to take their uniforms off, but when they do they really like to travel both in the States and to Greece. They are also really excited to be helping to expand their signature salad dressing line, which you will soon find at your local Stop & Shop. Until then, they invite you to stop in for dinner, ice cream, and a movie!



We caught **Sean Killmer** by surprise as he started his Friday afternoon shift at Cozzy’s Pizzeria in Millerton. Sean has been working for Cozzy for about three years now and describes pizza making as an art, “You can combine so many delicious ingredients; pop it in the oven and bam! Not only does it look really good once it’s done, but it tastes great, too!” Sean doesn’t have one particular favorite item on Cozzy’s menu, but if he had to choose it would be the pizza. When Sean isn’t creating a mouth-watering master piece that will keep you coming back for more, he is creating food with friends. And when time allows, he practices playing the bass guitar which he’s been playing for eight years. Nice work Sean, keep the creations coming!



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MAINTAINING A HEALTHY LIFESTYLE

By Kevin Finn
info@mainstreetmag.com

Kevin Finn has been a fitness and personal trainer for over 20 years, working with- and training individuals all over the world ranging from high profile clients and celebrities to your average person wanting to attain a healthier and fitter way of life. He has also been hired as the set trainer on films and television shows, as well as managing fitness centers in Miami, Los Angeles, and New York City. We are fortunate that he now calls our corner of the world home, and it serves as the home base for his business. Finn can be reached through his website www.traineratlarge.com.

Approximately 75% of individuals who begin an exercise program will lose interest, and they will eventually quit. When asked why they surrendered to the preconceived obstacles of an exercise regime, you will most often hear “I don't have the time.”

Let's be honest, we have all uttered those words at some point, knowing full well that time was not our nemesis in reaching our desired goals. Staying motivated to exercise and eating well is, however. What generates motivation? Results! And the truth is that when we see positive changes in our appearance, and/or improved physical performance, that initial enthusiasm becomes prolonged motivation in our fitness endeavors, which ultimately lead to a better quality of life.

Unfortunately for most, little or no progress occurs. As a result you find yourself disheartened by week four, and sit idle at the intersection of Health Club and Happy Hour, and there begins the gradual turn toward the latter. Therefore adhering to a goal-orientated exercise plan and reaching that elusive twenty fifth percentile can often be an inside job, before you see outside results. Consider the benefits of actually feeling better before looking better as a goal that can be achieved daily. Besides, vanity is a table at grandma's house and should not be the essence of a wellness program.

Remember your passion, or what I refer to as “The Trigger,” which you know as that impulse or desire that got you started exercising and eating better in the first place.

The equestrian passion

Let's take my horse enthusiast clients as an example:

they are incredibly passionate about their sport and lifestyle, and they are fully committed to an outside-the-box approach to physical fitness in order to improve and to become an “über rider.”

When I meet a potential equestrian client, they immediately state “I ride” before I even get a handshake or a name. Then the consultation begins, not with my mandatory questionnaire and fitness testing, but rather by them taking the room and expressing- and informing me about their horse, where they ride, how long they've been riding, combined with a full verbal and physical demonstration of their riding technique. All the while I'm thinking to myself, “What a great client this will be for me” because they're passionate and committed to attaining their desired goal.

One day while I was running by a horse farm in Connecticut, it occurred to me that all of my riding clients throughout the years have told me the same thing at one point or another, “Be as one with the animal.” As I remembered that, I instinctively looked at my heart rate monitor, then looked up at two beautiful horses off in the distance. I thought to myself: what a great way to inspire my clients to increase their workout intensity and frequency by suggesting that they attempt to synchronize their resting heart rate with their horse's heart rate. They loved it!

Optimal heart rate

Detecting the heart rate during physical activities can be a great motivational tool while targeting desired intensity levels and gathering data, as well as assuring safety for high risk individuals. It's also

a sensible starting point, or a baseline, in which all improvements can be measured over time. That information can be very useful in planning the best course of action in one's goal of optimal health and wellness.

You can begin by either manually taking your pulse or by using a bluetooth heart rate strap, which sells for around sixty bucks, and is compatible with your smart phone when you download one of the many available free apps. (I personally have had great success with Polar, and the free Polar Beat app). Second, check your pulse within 15 minutes of rising on two consecutive mornings, then determine your average resting heart rate. You have to remember that the heart is the most important muscle in your body, and it is often overlooked in the planning of- and adhering to a credible fitness program. You can then follow the Karvonen Formula (see below) to determine training zones for your overall program design. Having a resting heart rate goal of fifty beats per minute may just add more rhythm between you and your four-legged best friend. Train smart and ride safe. ●

Two facts about resting heart rates:

- The average resting heart rate of adults is between 60-100 beats per minute.
- The normal resting heart rate of an adult horse is between 40-50 beats per minute.

The Karvonen Formula:

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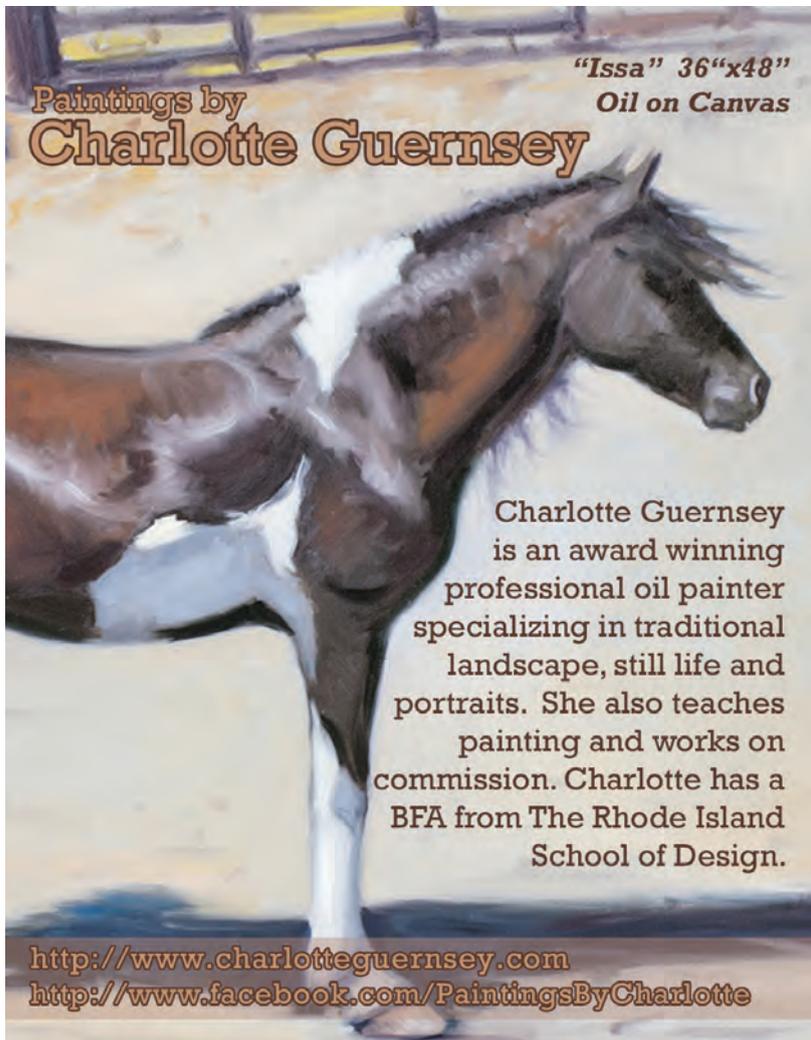


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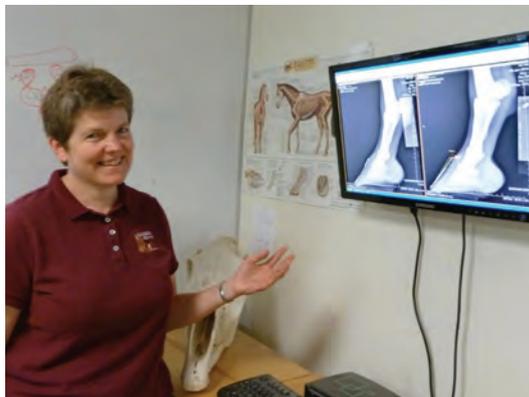
By Christine Bates
christine@mainstreetmag.com

In June, Main Street Magazine visited the hospital at Rhinebeck Equine, which cares for horses in the greater Hudson Valley as well as surrounding states. We spoke with Dr. Amy L. Grice, one of four partners, who built this specialized horse hospital in 2002.

How would you describe Rhinebeck Equine's business?

We focus on specialized, high-end equine veterinary services, while also providing comprehensive well-care. We provide veterinary care for all equines, which includes horses, ponies, donkeys and mules, and even zebras, but 99% of our care is directed towards horses and ponies. The practice began as a general veterinary practice in the 1940's but by 1967 the group started focusing only on large animals, and by the 1980's most of the patients were equines. It wasn't until 1996 that the name was changed to Rhinebeck Equine, and we became a LLP. In 2002, in response to clients' needs, we purchased acreage and built this medical and surgical center. In 2013 we expanded our facility to double our capacity. We now have 19 stalls, an isolation unit, a surgical suite, and an imaging room including nuclear scintigraphy.

We also have eight vet trucks, fully equipped mobile units that provide care in a 50 mile radius surrounding Rhinebeck, including horses on both



Above: Dr. Amy Grice, one of the founding partners of Rhinebeck Equine LLC, examining an X-ray of a horse's ankle. Photo by Christine Bates.

sides of the Hudson River, all of Dutchess and Columbia County and western Connecticut and Massachusetts. We believe that by only working with equines we offer better outcomes. It is virtually impossible these days for a veterinarian to remain well versed in all the species of animals; even within the equine species there are veterinarians that concentrate only on cardiology, or on reproduction. Most importantly, we offer a very high level of caring that goes beyond just medical intervention; we understand how much our clients love their horses.

When did you decide to be a vet? Was it the science or the animals?

I decided when I was six or seven after we took our dog to the vet. He was our neighbor, and his office was at his house. He had beautiful artwork of animals in his waiting room, and it seemed like working with animals and having an office with beautiful artwork was the coolest thing ever. Later, in school, I loved science, I loved horses, and I loved being outdoors, so it was the perfect fit.

Tell me about your patients?

About one third of our patients are Thoroughbreds and Standardbreds that are used in the racing industry. We are not close enough to a track to handle daily racing activities, and although we do see some horses with racing injuries from Belmont or Saratoga, most of our work is breeding related. We examine ovaries with ultrasound and calculate the predicted time of ovulation so appointments can be made with stallions. We do artificial insemination for Standardbreds. In this group of patients, the horses typically have less personality because they are generally treated as livestock. Often we don't have the opportunity to ever meet the owners, and health treatment is purely a business decision. Oddly, this group is the least likely to have health insurance, despite the horses' often high value.

Another third of our patients are "athletes" used in competition but not racing. They are the polo ponies, hunters, jumpers, and show horses that compete at a high level. And the remaining third

are the horses that are family members. These are horses that are kept for pleasure as part of the family and treated like pets. These two groups have owners that are very attached to their horses, and have developed strong relationships with them. These horses have distinct personalities and our staff becomes very fond of them. Their owners often visit daily, and it is amazing to watch the patients perk up when they arrive.

Is the horse market growing?

Nationally horse ownership is declining; however, in the Mid-Atlantic region, there is actually growth – estimated at just under 1% a year. Our practice is located in a geographically horsey area with many equine activities – high quality polo at Mashomack; fox hunting with the Millbrook Hunt; many high class three day eventing venues such as Coole Park and Fitches Corners; many quality hunter jumper horse shows including the HITS show series in Saugerties; a plethora of dressage events and many Thoroughbred breeding farms.

How many people work here?

We have 13 veterinarians including four partners, five associates, and four interns. Interns are newly graduated licensed veterinarians in their first year of practice. We are fortunate to attract the brightest and best each year. The interns learn from us but we also benefit from the latest research being conducted at their schools. The rigorous learning atmosphere at the practice benefits all of us in staying at the highest level. Among our veterinary staff we have three specialists: two surgeons and one internist, called Diplomates in our world, that have completed an additional four years after veterinary school in a specialty – it's really difficult, not only to be accepted into these programs, but to pass the specialty examinations. And we have another vet who has developed a special interest in equine dental care, and has additional training in this area.

Continued on next page ...

Altogether we have about 30 employees. We never have trouble finding great employees because everyone here wants to care for horses that need help. We have a great team. About 85% of our staff are women.

I noticed that several of your doctors speak Spanish. Is that important?

It's really important because so many people involved with horses speak Spanish as a first language. It could be an Argentine polo player, or a Spanish-speaking trainer, or the groom that will be providing the prescribed care. Doctors need to communicate in order to understand what is happening with the horse and provide instructions about treatment.

Is there a busy season in your business?

Spring, when mares have just given birth and it's time for them to breed again, is the busiest time for us. And many of the competition horses spend the winter in Florida and return in the spring, often with soundness issues that need attention. All of our patients typically have a spring visit for health maintenance services like vaccinations, dentistry, and soundness evaluations before the riding season. It all happens at once! November through December is the really slow time when we have a chance to catch our breath.

How much do you charge for a night's stay in a horse stall?

A night's stay in a thoroughly cleaned and disinfected hospital stall is \$45 for a single horse or \$60 for a mare/foal pair. This is because a mare and foal require more bedding and make more of a mess. This includes feed, bedding, and general horse care such as stall cleaning, turnout, and blanketing. A totally separate charge is for hospital care, which is charged according to the level of care needed. This can be as simple as oral administration of medications and a daily physical exam or as intense as a patient in a sling or down on a mattress requiring a 24-hour dedicated attendant. The charges vary accordingly and are adjusted for each day of the hospital stay depending on the level of care required.

What might be an average cost for surgery and hospital stay?

A colic surgery that requires no removal of intestines and has no complications in the postoperative period generally stays in the hospital about a week and has a bill of about \$6,500. It is variable with the size of the horse and also how sick they are when they arrive.



Above top: The anesthesiologist takes the horse's vitals before surgery in the padded induction room after it has been anesthetized. Above left and right: Veterinarians go into this field for love of the animals, whether it be handling them or healing them. Photos by Thorunn Designs.

How many patients can you handle at once? How do you get a horse on the operating table?

We typically have no more than three or four elective surgeries scheduled in a day but we are available for emergencies 24 hours a day seven days a week, so sometimes we do surgery through the night! We have everything a hospital for humans has – but on a much larger scale. Our operating table can handle a 2,500-pound animal. The horse is anesthetized in the padded induction room staffed with three handlers then hoisted and moved with the help of an elevated track, and finally lowered onto the operating table. After the surgery is complete the horse is lifted up again with the hoist and carried into a recovery room. The horse is laid on a thick mattress and watched carefully as it regains consciousness and is assisted in standing up.

What is the most dangerous emergency you deal with?

Horses sometimes get life threatening colic; really a disruption of their gastrointestinal system. Colic simply means abdominal pain. They can get it for a lot of different reasons: eating the wrong kind of grass, or eating too much or drinking too little, or swallowing gravel, or having anatomic defects or tumors. Sometimes the intestines become completely knotted up or twisted so that they have no blood supply. This is really painful and life threatening; you have to operate in those cases. Fortunately

90% of horses with colic signs only have a simple indigestion that responds to medical therapy.

How do the horses get here? Do you have a horse ambulance?

We do not have an ambulance but Corinne Weber of Red Hook operates a horse ambulance service that clients use regularly. The horses are generally brought here in trailers. We have a big turn-around area in the back to make it easy for people when they are stressed and it is dark. After unloading, we take the horse to the appropriate stall. Previously clients in the Hudson Valley had to drive to Cornell in Ithaca or Tufts Veterinary Hospital in Massachusetts to get this level of care.

You went back to graduate school and got an MBA. How has that been helpful?

For me the most useful aspect was strategic analysis. For example, looking ahead to the future we realize there will be more independent solo vets because of lack of job opportunities. We plan on working collaboratively with these doctors so they will feel comfortable about bringing their patients here. About 25% of our surgeries are referred by other veterinarians.

Continued on next page ...

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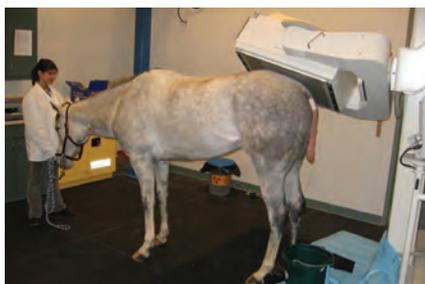
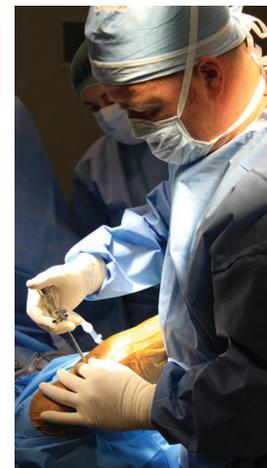
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Left: A foal receives special TLC after a procedure. Photo courtesy of Rhinebeck Equine. Center, top: A veterinarian and her helper ultrasound their patient's ankle. Left: A patient being scanned by nuclear scintigraphy equipment to determine inflammation related to lameness. Photo courtesy of Rhinebeck Equine LLC. Right: The anesthesiologist keeps a close eye on her patient during surgery. Top, right: Dr. Jim N. Nutt performing a surgery. Bottom: Great care is taken at all levels. Photos by Thorunn Designs (unless otherwise specified).

Also learning about the right way to do accounting was very useful. My own area of concentration was Ethical Leadership which taught me how to handle negotiations and conflict more effectively.

There seems to be a lot of high tech equipment here. Why do you have it? What does it do?

In 2005, we added nuclear scintigraphy, which images areas of inflammation that could be the cause of a lameness that could not be diagnosed by other means. A radioactive isotope is given to the horse, then a gamma camera records that amount of radiation emitted and creates a colorful image that indicates abnormal inflammatory activity. We also have our own lab to do diagnostics quickly, which is essential for emergency patients. This year we purchased software that provides us with complete, online medical records for our patients, allows us to visualize each hospitalized horse's treatment record on a central monitor, and helps track profitability so we can keep our business healthy.

What is the most difficult aspect of your business?

The nature of the work itself is difficult and can be dangerous. Often you have little control over what happens. Everyone here has dedicated their lives to caring for animals and emotionally you can become worn out. And then there is the physical fatigue and the pressure.

I am especially worried about the new vets who have high educational debt and insufficient earning power. They want to live the dream of loving their work, but the economics don't make sense.

Do you think of yourself as an entrepreneur?

Definitely not. I think of us as servant healers who apply their skills in the equine world. On the business side I have belonged for nine years to a national Veterinary Management group where we learn about business topics and best practices. Veterinarians are often bad at business; they just want to heal the animals. But providing the best care can only happen if a veterinary business is healthy.

Are banking relationships important to Rhinebeck Equine?

We work closely with our community bankers on lines of credit, lease financing and so forth. A good relationship is critical, and I meet with them regularly. Having a strong relationship with our community bank, Rhinebeck Bank, has made the growth of our business much easier. Our relationship banker, Carolyn Bernitt, is always there for us, and we are grateful for her exceptional service.

Did the recession affect your business?

In 2008 our business was going gangbusters but in 2009 and 2010 the Thoroughbred breeding stopped dead as the sales prices for Thoroughbreds collapsed. That's a third of our business, so the demand for our services fell dramatically from that group of clients. I ended up with my own wonderful horse then. My friend and I had bred him to sell as a yearling in the fall of 2008, but there were no buyers for the midrange price horses, so we kept him instead. I am very glad; he's a wonderful horse. His name is Tom, which is short for See You Tomorrow.

What advice do you have for young vets?

They need to understand that they are working in or running a business. It is wonderful to love what you do, but if you can't pay your bills when you are working very hard, you will become bitter and sad. I would suggest the business sessions that the American Association of Equine Practitioners provides to its members and probably an accounting course.

What's next for Rhinebeck Equine?

We still have room in the back to expand our facility in the coming years and we are focusing on supporting our colleagues in providing the next level of care for their patients when they need us. We want the horse community to think of our hospital as a resource whenever their horse needs special care.

What time do you get up? What do you do for fun? Do you ever wish you'd picked another occupation?

I have a lot of irons in the fire. I get up at 5 a.m. or a little before. For fun I ride my amazing horse Tom, take riding trips to beautiful places, read, and bake. No, I've never thought of doing anything other than being a vet. ●

Rhinebeck Equine is located at 26 Losee Lane in Rhinebeck, NY. They can be reached via telephone at (845) 876-7085 or through their website at www.rhinebeckequine.com.

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By Thorunn Kristjansdottir
info@mainstreetmag.com

If you're even just a little bit familiar with this area, you're familiar with Four Brothers. They have numerous locations throughout Dutchess and Columbia Counties in New York, from Dover Plains and Amenia through Hillsdale and Valatie, and even have one location in Great Barrington, Massachusetts. It's my understanding that the original four brothers were either directly from Greece or had Greek roots, and for that reason you'll notice many Greek-inspired dishes on their menu – Spanakopita anyone? But they are perhaps most famous for their Greek salad and their own Four Brothers Homemade Dressing. It's hard to go to any of their restaurants and not have that Greek salad! (See picture far right).

On the menu

There are a total of nine Four Brothers locations throughout our area, each with a slightly different look and feel, but all boast the same menu.

When it comes to salads, besides their famous Greek salad, you can also get a tossed salad which consists of fresh mixed greens topped with tomatoes, red onions and cucumbers; an antipasto salad which also has fresh mixed greens with tomatoes and cucumbers, and kalamata olives, peppers, and red onions topped with egg and meat rolls; a fried goat cheese salad which has Mesclun salad tossed with balsamic vinaigrette and is served with fried goat cheese from the Brother's own local farm – I've also tried this salad and it's very good; and an additional four salad choices.

If salads aren't your choice for an appetizer, there are plenty of other choices to choose from, ranging from chicken wings or tenders, fried mozzarella or calamari, Greek yogurt, spinach and artichoke dip, coconut shrimp or fried ravioli. Or if you want to keep it simple, the garlic bread is always a good choice, as is the French onion soup on those cold winter days (which I hope are still far-far away).

It starts getting a little complicated when you look at the entree choices. It's easier to go in craving something specific, but if not, you have quite a few items to choose from. They offer about half a dozen wraps, such as the crispy chicken wrap, or the BBQ chicken wrap, or you can combine a wrap with the Greek salad and the house dressing by ordering a Four Brothers wrap – the best of both worlds!

The grinders and gyros are also another staple. I've been known to order a chicken gyro or two (see large image). They're the perfect combination of hand made pita bread (which is oh-so-good), chicken, lettuce, onion, tomato, and the Greek tzatziki sauce. It's pretty healthy, too! Well, as long as you just order the gyro and stay away from making it a deluxe and getting French fries, curly fries, or onion rings with it. But with that being said, the onion rings are pretty darn good!

They also have burgers and pizza on their menu, to cover all of the basis. And every Wednesday is pasta night. So let's look at the pasta choices for a minute, because I've been partial to the chicken parm for years. I deviated for a while, getting the chicken and eggplant parm because they add ricotta cheese to that, which is like the dot over the 'i' and makes it a little bit creamier. But if that's too much cheese for you, you can stick with other pasta classics like garlic and butter; Brothers sauté which comes with sausage, broccoli, sautéed in their garlic butter sauce and served over linguini; mac and cheese; chicken and broccoli alfredo where they grill the chicken breasts and sauté them with broccoli in their rich and creamy alfredo sauce and serve it over linguini; or you can get the primavera pasta and add chicken (small picture above), I like it because it comes with nice vegetables, just enough pasta, and plenty of protein in the large chunks of chicken, and it's in a light garlicky sauce instead of a less healthy cream sauce.



Dinner and a movie in Amenia

I've barely scratched the surface of their menu choices, but at least I've given you an idea of what's to be found on the menu, and made some recommendations. Oh, I almost forgot! The fried chicken is very good. And it's a good deal, because you get two large pieces of chicken with sides and a salad for about thirteen bucks.

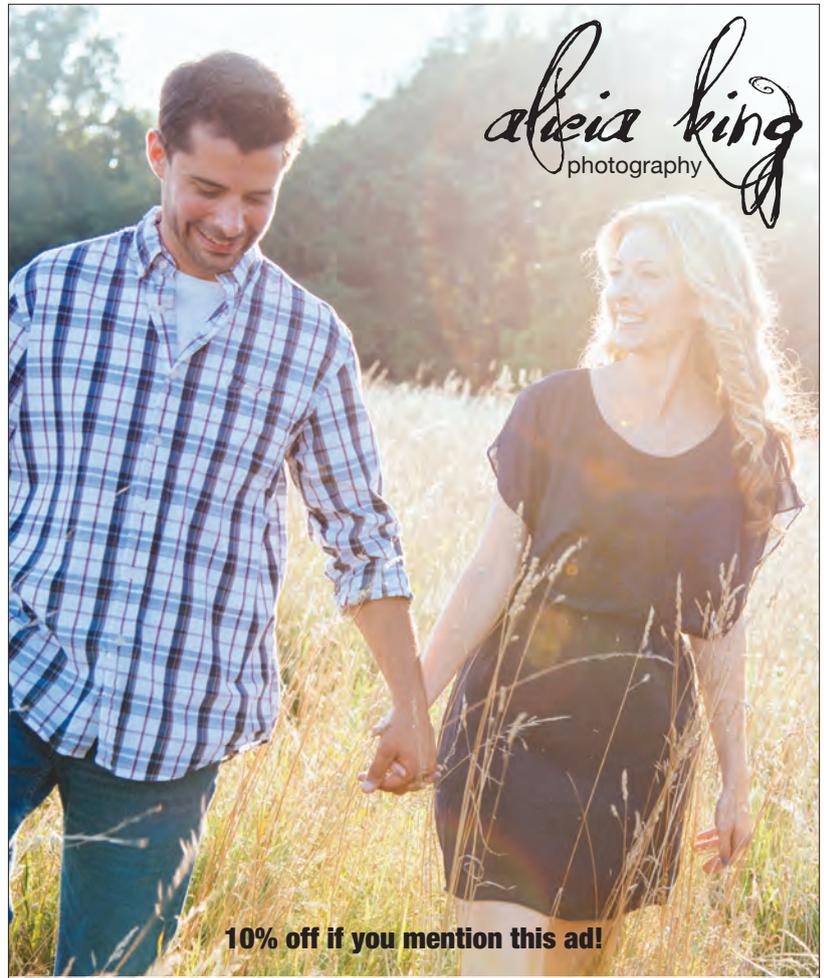
Out of all of the nine Four Brothers locations, the Amenia location is just a little different. They have a drive-in movie theater behind the restaurant. They show first-run movies, seven days a week. For me, this is the American dream, the stuff you see in the American movies: a drive-in movie theater. So I'm pretty excited that there's one right here in our neck of the woods! But if that weren't exciting enough, there's of course a little bit of a Greek twist to this drive-in: you can order food from the restaurant and they will bring it out to your car before or during the movie. Popcorn is overrated anyway. So you can sit back, relax, and watch two great new movies on a summer evening, and order a gyro that will be delivered to your car window by the Brothers' car hop service. Way cool! And what a fun thing to do on a summer night. ●

To learn more about Four Brothers visit www.fourbrothers-pizzainn.com or to check out the movie schedule for the drive-in go to www.ameniadrivein.com.



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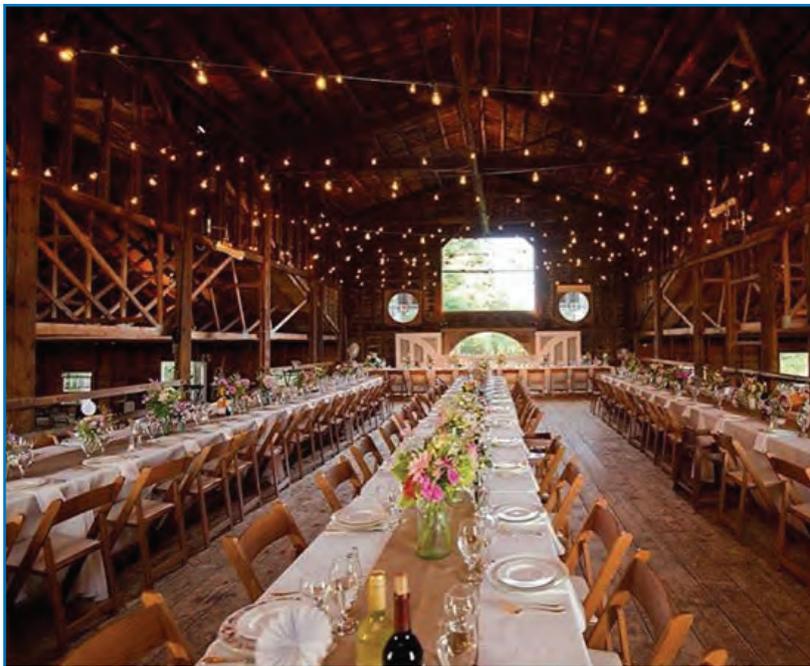


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mx morningstar farm

COPAKE WELCOMES A NEW FARMER TO TOWN

By Memoree Joelle
info@mainstreetmag.com

Max Morningstar didn't always want to be a farmer. He grew up in the suburbs of western Massachusetts, where grocery stores outnumbered farms, and "farmer" didn't seem like a practical career choice. His love of food, however, began at an early age. The satisfaction that came with creating something beautiful and delicious for others to eat drove him to work his way up through restaurant kitchens throughout his high school years.

"What I loved about being a cook was the intensity that came with working in a kitchen, the satisfaction that came with creating something people enjoyed and appreciated. But I also had a longing to be outside, and farming is the way I could still work with food, and enjoy working outdoors at the same time." And just like that, a farmer was born.

Starting a new farm

This Spring is Max's very first harvest at his new location in Copake, but his eleventh year as a working farmer. Before forming MX Morningstar, he served as founding manager of Siena Farm in Massachusetts, a start up that he grew into a sixty-acre sustainable operation. When he heard about the Farmland Renewal organization in Copake, he seized the opportunity to settle down here and start his own farm.

Of the one-hundred twenty-two acres of land owned by the Copake Agricultural Center, Max Morningstar leases sixty-five. The remaining acres are leased out to Tiny Hearts Farm, and Sparrow Arc Farms. Welcomed by the community and neighboring farmers, he is excited to be working in new surroundings and has embraced the change. I asked him if there was a difference in growing conditions compared to his former home, and he explained the type of soil in Columbia county is Blasdell channery loam.

"The river bottom soil I was working with in Massachusetts is considered ideal, but I actually prefer the loam and gravel soil composition here because the pH is easier to balance, and it drains well."

He leaves thirty-two of his acres fallow in order to build soil fertility, and plants cover crops throughout the season. Being a holistic and sustainable farm, soil health and land stewardship is of utmost importance, and crop rotation is a large part of soil health. Max is proud to have signed the NOFA NY Farmer's Pledge, which upholds the standards of sustainably produced food and farmers of integrity, and he is currently pursuing organic certification through the USDA. But the proof of



Above: Max Morningstar with his crew at the start of the growing season in Copake. Right: Max with rainbow beets. Far right: Inside MX Morningstar Farm's greenhouse.

the care he puts into his vegetables comes by seeing and tasting them yourself. And what beautiful vegetables and herbs they are! August is peak season for an abundance of greens, tomatoes, and all that makes up the heart of the Summer. In a part of the world where our winters can be long and harsh, now is the time to savor everything fresh and colorful while we can.

The farm stand or become a CSA member

Visitors can buy produce directly from the farm stand, which recently went from a simple tent to a full store with all of the seasonal produce available from June through Thanksgiving.

The best way to ensure you get a bite of everything the farm grows, though, is to become a CSA member. Max offers a market style CSA, which means that instead of all of your vegetables being chosen for you and put in a box for pick-up, you come in with your bag and choose between items. Having choices offers more variety, but even more importantly, creates an atmosphere where people are engaged and interacting. At every CSA pick-up, whether it is Max himself or one of his five employees, a farmer is always there to talk with the people

in the community, and he emphasizes that community is the very definition of Community Supported Agriculture. So don't feel shy when you go pick out those beautiful varieties of kale, rainbow carrots, and wrinkled pepper cress. And if you're unsure what to do with all of those lovely greens, not to worry. Fortunately for you, this farmer has culinary expertise, so just ask him! U-Pick fields with everything from cherry tomatoes in the Summer to pumpkins in Fall let you get a taste of the farming experience for those who are inclined.

What I appreciate most about Max's vegetables other than being delicious and that they are organic, is the fact that he washes everything. This may seem like a small matter, but who enjoys washing a really dirty head of lettuce and soaking spinach multiple times? I'd much rather dig right in. •

You can get MX Morningstar Farm vegetables at the farm store on Mountain View Road in Copake, at the Hastings-on-Hudson farmer's market, at the Chappaqua farmer's market, as well as the Herondale Farm Store in Ancramdale. Visit the farm's website for more information or to sign up for the CSA. www.mxmorningstarfarm.com.

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horse country

AN INTRODUCTION TO EQUINE REAL ESTATE



Above: Berkshire Stud, a magnificent horse farm at 441 Carpenter Hill Road in Pine Plains, has been on the market for a number of years. Photo courtesy of Houlihan Lawrence.

By Christine Bates
christine@mainstreetmag.com

For Main Street's equine issue this month's real estate story focuses on the specialized market of horse farms and horse properties in Dutchess County, NY.

Horse breeding, training, and boarding is becoming an increasingly important part of our local and state economy. The New York State horse industry is estimated to add over \$4 billion dollars to the state's economy and to create over 33,000 jobs, according to a recent study by the New York Horse Racing and Agriculture Industry Alliance. The study estimates that there are about 157,500 horses in the state, with Saratoga County having the biggest population and sales volume. Dutchess County is a close second. While Dutchess County does not have any racetracks, it does have horse shows, polo, competitions, and the Millbrook Hunt. It's also close to the weekend riders of New York and second home owners.

A horse property is not necessarily a horse farm

A horse farm is typically run as a business and is distinct from, what Juliet Taylor of Elyse Harney Real Estate calls, "a horse property," and residents of horsey Millbrook describe as "equine estates." Horses are bred, trained, and boarded at a horse farm, although there also may be a very elegant residence. It's a business, which merits a separate agricultural classification (see the Introduction to Real Estate Classifications box to the right) distinct from vacant productive agricultural land, livestock, dairy, etc.

Horse farms sold in the last 10 years in Dutchess county range in size from under 10 acres to over 200 acres (see sales chart). In contrast, horse "properties" are more likely to be rural residences with substantial acreage and the infrastructure required for horses – stables, paddocks, rings, sheds, and trails. They may also offer other estate amenities like tennis courts, swimming pools, guest houses, and a stately mansion.

What do people look for in a horse property?

Buyers specifically interested in horse properties – commercial or residential – look for well drained, high quality soil, sufficient acreage, proximity to water, rolling hills without steep slopes, and proximity to equine events whether it's polo, the hunt, racing, or dressage. The horse infrastructure should be well maintained with paddocks, fences, barns, indoor rings, trails, and housing for barn employees.

Horses are not at the top of buyer's lists

"It's not the first question weekend buyers ask," says John Friend, a Houlihan Lawrence broker in Millbrook and former horse trainer himself. "Horses are more trouble than dogs and caretakers know more about mowing lawns than taking care of horses. Buyers are looking first for the right house, acreage, location, and privacy. A horse component might be nice, but it's not at the top of most people's list. A lot of the horse infrastructure goes unused."

"There is lots of demand for summer rentals near Mashomack for the polo season," according to Arleen Shepley of Elyse Harney Real Estate in Millerton, "but there is not so much interest in actually keeping horses. It used to be more active. Now people would rather board than maintain a barn and paddocks and hire a full-time staff."

Demand for all kinds of equestrian properties plummeted during the 2008-2010 downturn. According to horse farm owner and equestrian real estate broker with Houlihan Lawrence, Katherine Jennings, "Residential sales declined, but equine properties collapsed" during the great recession.

Drew Hingson of Klemm Real Estate concurred. "Interest in professional horse farms and equestrian estates is extremely cyclical."

AN INTRODUCTION TO NYS REAL ESTATE CLASSIFICATIONS

New York State classifies properties based on their use and size. Every parcel is assigned a three-digit code that signifies its specific use. Any owner can request their local assessor to change the property classification when a change in use occurs; for example, when a house is built on a vacant lot it would become residential.

Codes beginning with the number 1 are all agricultural properties, used for the production of crops or livestock. The detailed classifications extend from 105 productive agricultural vacant land to 190 fish, game and wildlife preserves. Horse farms are coded as #117.

Most residences are classified under codes beginning in the number 2 from 210, one family year-round residences to #283, a residence with an incidental commercial use like an office in the basement. An estate is category #250, which is over 10 acres with a "luxurious" house and auxiliary buildings.

Vacant land falls in the 300 classification and includes residential lots, forests, and vacant commercial property.

All 400 codes are commercial from apartments to night clubs and car washes. There's even a separate code for junkyards.

For complete details on property classification go to:

http://www.tax.ny.gov/pdf/publications/orpts/manuals/vol6/rfv_propclasscodes.pdf

Continued on next page ...



Top: Keane Stud, a Thoroughbred stallion operation, is on the market for \$9.8 million. Photo courtesy of Drew Hingson of Klemm Real Estate.

Center: 409 Overlook Road sold for over \$18 million in 2011.

Above: Equestrian facilities at Hidden Brook Farm in Millbrook include an indoor riding ring. Photo courtesy of Houlihan Lawrence.

Buyers right now are more interested in land suitable for organic farming, grazing shaggy beef cattle, or even raising hops, and interest in actual horse farms is limited. While six horse farms were sold in 2013 – double the number of any prior year – these were smaller properties at lower prices. Jennings points out that with the right trainer and farm manager, a horse operation could operate at break-even and potentially become very profitable with more than 25 horses. “Or at least you can defray the cost of keeping your own horses,” said Claire Glover, who owns a 700 acre farm in Millbrook which boards horses and grows hay and corn. Her own barn charges \$1,650 per month for basic boarding; a deal compared to over \$3,000 a month south of us in Westchester.

You can pay any price per acre for a horse farm

The most expensive horse farm sold in the last ten years in Dutchess County is 409 Overlook Road in Millbrook (left), which was purchased in 2011 for \$18,375,000. The property, with 50 mile views and a turn of the century stone mansion includes 276 acres, three houses, and five horse barns totaling over 27,000 square feet. Its original listing price was \$26,000,000. When the sale of this extraordinary property is not included, the average price per acre in 2011 drops to around \$30,000 (see sales chart).

At the opposite end of the spectrum is a small 10-acre horse farm purchased in 2004 for \$220,000. The parcel’s use was converted when

the new owner built a house and then changed its property category to a rural residence on 10 acres or more (see overview of real estate classifications.)

What’s on the market now?

Several horse farm properties with commercial breeding operations are on the market now. Summit Fields at the top of Yellow Mountain in Amenia is listed by Drew Hingson of Klemm Realty for \$9.8 million. The property includes the Keane Stud facility of 265 acres that was purchased for \$3.6 million in 2006, and an additional 214 acres of cropland and wooded trails. This is a breeding operation with 116 stalls, 39,000 square feet of barns, and three houses for staff. In Pine Plains, Berkshire Stud with almost 500 acres of land and commercial horse facilities has been on the market for several years at over \$15 million. A more typical horse property, not a commercial breeding or boarding operation, is Hidden Brook Farm in Millbrook with 142 acres, and superb horse components including an indoor riding ring and two staff houses – all available for \$3.75 million.

The take away

Real estate buyers are attracted to the inherent bucolic beauty of horse properties, but while they may ride, current buyers typically aren’t seeking the responsibility and expense of maintaining horses on their own property. Like any specific use commercial property, actual horse farms take time to find the right interested buyer. ●

2004 TO 2013, TEN YEARS OF SALES OF HORSE FARMS IN DUTCHESS COUNTY*

YEAR SOLD	SALES #	TOTAL ACRES SOLD	\$ TOTAL SALES	\$ AVERAGE PER ACRE
2004	3	279	\$4,545,400	\$16,285
2005	3	58	\$1,938,000	\$33,570
2006	3	317	\$8,875,000	\$27,984
2007	3	165	\$9,450,000	\$57,273
2008	1	15	\$600,000	\$37,383
2009	3	141	\$2,390,500	\$16,911
2010	--	--	--	--
2011	3	357	\$20,775,000*	\$58,213
2012	1	45	\$2,162,500	\$48,216
2013	6	509	\$5,470,200	\$10,740

*These figures are compiled from New York State sales data of horse farms with a 117 horse farm property classification sold in Dutchess County. 2011 figures include \$18,375,000 purchase of 285 acre facility at 409 Overlook Road in the Town of Washington (Millbrook).

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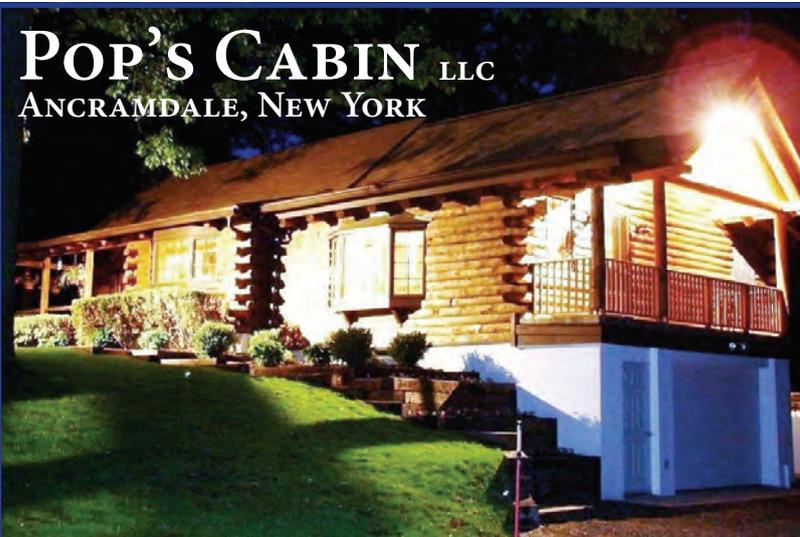
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REFLECTIONS ON MAIN STREET

By Melissa Batchelor Warnke
info@mainstreetmag.com

I've had the pleasure of working with Melissa for just over a year now. She's written numerous pieces for this magazine in that time, her topics ranging from people profiles, to profiling the local cocktails, to sharing her world traveling adventures. She is now about to embark on another amazing adventure: she has been awarded a Fulbright scholarship and is heading to Rwanda in early September, where she'll be living and working on her research piece for the coming year. We're very sorry to see Melissa go, she'll be missed. But we know that she'll stay in touch while away and perhaps – if we're lucky – she'll write a piece and share some of her African adventures with us. Safe travels and the best of luck!

– Thorunn



Above: Melissa in Rwanda in 2008. She is returning this September as a Fulbright scholar. Images left: Melissa, ever-smiling, will be missed by all of us.

Dear reader,

I have written for *Main Street Magazine* for just over a year. Last June, Thorunn picked up my profile of Faith Hochberg, a friend and accomplished multimedia artist. We ran from there. I've now written a wide variety of stories for the magazine, from the best wedding dance floor songs to the past, present and future of Latin in the area's high schools. Some have been long, involved profiles, such as the work on Christine Gevert. There was a three-part travel series on my trip across Asia, a piece on recreating Moroccan food using local grocery stores, on the Millerton Antiques Center, and many more.

In many ways, this is the most difficult piece I have written for them yet, because it's a letter to say I'm leaving my post as a staff writer.

Thorunn, *Main Street's* Editor, and Ashley, the magazine's Director of Advertising, have kept my nebulous freelancing career centered. They have encouraged me, listened to my crazy ideas, helped me pivot stories that aren't working, and enabled me to experiment on the page.

All writers know that the editor you work with impacts the piece in ways not always apparent to the reader. The process of writing is either a long, frustrating slog or a collaborative, enriching experience based on the level of trust and respect that exists in the relationship. Thorunn is simultaneously opinionated and openminded. She has discerning taste and serious design skills, as evidenced by *Main Street's* aesthetic sensibility. Beyond all of this, she is an advocate for her writers and for the area in which we live.

Ashley brings such generosity and enthusiasm to the spirit of *Main Street*. Whether delivering

the magazine to local retailers or snapping her "Friendly Faces" profiles, she's constantly on the go. But her main job is to work with advertisers and help them gain exposure in the magazine. Without the work she does to support its production, *Main Street* would simply not exist.

Twenty years ago, there wasn't nearly as much going on in downtown Millerton. The heart of the village has experienced a cultural and economic revitalization, largely led by local residents. *Main Street* is a critical piece of this flourishing. I'm proud to have been a small part of it.

Before Main Street

After graduating college, I worked as an anti-genocide community organizer, a human rights grantmaker across Africa, and in the Google Creative Lab. I was fortunate to find interesting and fulfilling work, but the desire to write was always with me.

A year and a half ago, I left Google to become a full-time writer. Of course, as I soon learned, there are very few of them. I soon picked up all different kinds of work – from nannying to web design to content strategy development – to put the financial pieces together. Forty hour weeks turned into seventy hour weeks, with conflicting deadlines. My sweet Google benefits evaporated overnight: there is no paid time off, no sick leave, no employer-sponsored health insurance. Pay for nonfiction writing is terrible. I ended up moving out of the city I'd lived in for four years because I could no longer afford it. I didn't ask many people what they thought of my decision to quit a thriving company without a secure plan. I know I was stupid to do it. At times I wonder what the hell I was thinking. Most of the

time, I think I've never been happier.

After Main Street

By the time you read this, I'll be knee-deep in a seven-week immersion French program in Middlebury, VT. No speaking, reading, writing, or listening to English. Not even a television show or a newspaper. I've been approved to break the Language Pledge once, for my best friend's wedding.

In September, I'll start my new post: a year-long assignment as a Fulbright scholar in Rwanda, studying memorial design and foreign direct investment. I traveled to Rwanda for the first time in 2008, funded by a research grant from my university. Often I think that the story I want to write about Rwanda is too big and complex for someone with my level of experience to tackle. There are a number of ways in which I could mess it up and embarrass myself. But I am honored to have the opportunity to try.

I have a strong feeling that I'll be back at *Main Street* one of these days. This part of the world is blessed with extraordinary beauty. Its people are the best people on earth. I feel so lucky to be from Lakeville. I can never stay away for long.

I am grateful to everyone who read my stories and wrote to me or stopped me on the street. I have a lot to learn and can be very self-critical. The support you have shown me has moved me to tears at times. To the town of Millerton, to all the small towns we cover, and most of all to Thorunn and Ashley, thank you from the bottom of my heart. It's the best job I've ever had.

Til soon – Melissa ●



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yoga at space

PLAYFUL PRACTICE FOR BODY AND MIND



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

For more than 10 years now the roadside sign for Yoga at Space has been beckoning yoga students to enter. Located in an airy renovated carriage house, it continues to be an oasis of bliss on the road between Sharon and Lakeville, Connecticut. In this simple yet tranquil studio, replete with mats, props, and blankets, students and instructors create positive intentions, breathe more expansively, practice poses, and recognize the connection between their mind and body.

Founded by Sarah Getz in 2002, Yoga at Space is dedicated to all things yoga and continues to expand. Even with 20 years of teaching behind her, Sarah remains a student of this ancient practice and to reflect this, her approach has evolved over the years. She and her team of instructors offer an array of classes at varying skill levels and intensities.

Sarah is fiercely proud of her team of teachers. She credits them as being both continuing students of yoga, as well as certified and registered instructors, who are continually honing their teaching skills and refining their own practice. They include Nancy Causey, Nicolas Dalton, Eleanor Miller, and Cindy Vannoy. Sandrine Harris, Feldenkrais practitioner and KINESOMASM founder (who is currently offering a popular program of monthly workshops called 'Whole Body Wellness through KINESOMASM') rounds out her permanent team.

Guest instructors include Zelina Blagden, Kathy Voldstad, and meditation instructor Gala Narezo. Between all of them are thousands of hours of breathing, posing, and releasing and helping others to do the same.

Yoga at Space has achieved much of its success through word of mouth and inspires a loyal following. Students run the gamut and include locals and weekenders, yoga newbies and veterans, and retirees, students and working folk. It is also deeply community centered. In addition to its regular daily classes, each Sunday you can find one of its instructors offering a pay-what-you-can class or workshop on a variety of themes, making yoga accessible to anyone who wants to try it.

Mind+Body=One

There are many yoga philosophies and styles out there and finding one that is right for you is important if you are to derive the most benefit from your practice. Sarah teaches Embodyoga®, developed by Patty Townsend of Yoga Center Amherst, which Sarah describes as a “synthesis of classical yoga with cutting-edge principles from mind-body awareness studies.” It is a Hatha “slow flow” yoga with a Tantric foundation. So what does all that mean to you and me? Sarah explains that in the practice of Embodyoga, the mind-body relationship is experienced as unity, not separation. There is no disembodied sacred higher state to be achieved. The sacred is in this body, at this moment, with this hunger pang,

and this bad shoulder. While seemingly mundane, all of it is divine and all of it contains a lesson for us if we take the time to be aware, listen, and heed.

On a practical level Sarah is safety oriented and supportive of the individual with all of his or her physical foibles. During class it is not unusual to find Sarah or the other instructors roaming the studio and gently guiding students into a more anatomically correct alignment. Your own body's limitations are not an impediment to doing yoga, as instructors have an arsenal of modified poses for you to investigate.

Yoga “should be joyful and create an experience of confidence and ease.” Sarah believes that the poses are not ends in themselves but rather tools that can be used to explore the full experience of being alive.

Yoga ≠ Exercise

While many of us use it as a way to get or stay in shape that is not yoga's primary purpose. Sarah explains that practicing yoga helps to cultivate awareness, sensitivity, and compassion. She believes Western yoga has been “poisoned by an exercise agenda.” Trying to get a workout from yoga can lead students to dissociate from the experience of their bodies. While yoga can be dynamic and challenging – and many of Sarah's classes are – the

Continued on next page ...

experience is focused on being, rather than doing.

But what about the perfect poses we try to achieve – you know, like the ones in the yoga magazines? Sarah again patiently explains that dramatic advanced yoga poses might look really exciting but what’s important is the inner state they create. A pose is to be experienced from the inside, not admired from the outside. Ultimately, poses are play and exploration – not performance. Basically, spying our reflection in the studio mirror wearing trendy yoga togs while inwardly exclaiming, “Hot damn, I look good in Pigeon pose!” is really not the point.

Sarah readily admits that doing yoga feels good and definitely strengthens, stretches, tones, and stabilizes the body – and in our sedentary culture, that’s a good thing. Modern Western Yoga has become, in essence, another “movement modality.” But it is one that carries with it thousands of years of philosophy. At Space, you not only get the understanding of pose alignment but a glimpse into this philosophy – the “why” of yoga. Instructors include tips about the importance of the practice so you are not just moving through the motions. This allows the yoga student to bring a deeper intention and awareness to his or her practice and imbue it with a purpose beyond the physical pose. Yoga, Sarah says, can be described as “embodied inquiry.”

Our Western obsession with a go, go, go mentality is leaving us increasingly physically and spiritually depleted. Sarah observes an increase in weariness, anxiety and athletic injury in the people she encounters. So much so that she offers a class called Restorative Yoga, a practice all about conscious relaxation. While some students gravitate towards more active and dynamic classes, others feel nurtured by such classes offering deep therapeutic rest.



Above: A class in session at Space. Far left: The studio. Center: A yoga pose in progress. Left: The space sign. Below left: Inside Space. Photos this page, courtesy of Yoga at Space.

The breath will set you free

Yoga, Sarah explains, begins with the breath. It is a way to connect the physical and spiritual sides of you – a bridge between the tangible and intangible aspects of your being. She sees people, including herself, lost in their heads for most of the day. Breathing is a way to link our experience of mind and body. Most yoga classes start with a centering pose to still the body and bring conscious awareness to the breath. This allows us to guide the breath in a deeper more expansive direction before moving into the physical poses or asanas that are integral to Hatha yoga.

Putting in the hours

Recently, yoga has come under fire for the injuries one can sustain in its name. Sarah believes that this negative attention is ultimately a good thing. It highlights the need for more rigorous training and certification of yoga instructors. Because of its popularity, yoga schools are churning out instructors with a mere 200 hours of training time. In Sarah’s experience, this level of training tends to skimp on basic anatomy and physiology, as well as how to actually teach yoga to different levels of students. She believes standards, while “very tricky for the yoga world to agree upon and almost impossible to enforce” should be raised “out of respect for both yoga and the human body.” Yoga students should

inquire about training levels of their instructors and listen more to what their own bodies tell them. Everyone has limitations, so respect and work within them to remain injury free.

Driving the yoga bus

Sarah continues to evolve as both a student and instructor of yoga. However, she asserts that her deepest strength is an abiding love of yoga and the joy it can bring. She shares this love with her fellow instructors. Their playfully reverent passion is palpable in every class Space offers.

Sarah believes that she and her merry band of instructors are in essence bus drivers. They can guide you but you have to make your own journey. At Yoga at Space, the emphasis is definitely on the internal scenic route colored by our own life’s bumps, breakdowns, and aches. Then, around that bend comes the view with a big payoff – a glimpse of the divine in all of us and the joy that follows. ●

Yoga at Space is located at 228 Sharon Road (Route 41) in Lakeville, CT. For more information, class schedules and descriptions, instructor biographies, or to join the email list visit www.yogaatspace.com or email yogaatspace@yahoo.com.

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By Sarah Ellen Rindsberg
info@mainstreetmag.com

Freedom, the inalienable right, flourishes in the Berkshires and beyond. Imagine, for an instant, being part of a culture in America which governs everything in your life, dictating what you wear and what you read. *New York Times* bestselling author Deborah Feldman was raised in this type of environment in the Satmar Hasidic enclave in Williamsburg, Brooklyn. After enduring restrictions ranging from a high school education limited to three years for girls to an arranged marriage, she summoned the courage to leave. Today, she is based in our corner of New England, raising her son Isaac in a world of infinite possibilities.

Scandalous rejection...

In her first memoir, *Unorthodox: The Scandalous Rejection of My Hasidic Roots*, the yearning to break free is palpable. The struggle to sever binding ties requires tremendous strength. As an initial step, Feldman secured a scholarship to Sarah Lawrence College where she honed her writing skills. Her new blog took off and the first book deal was secured in record time.

In *Exodus*, her second memoir, published recently at the ripe old age of 27, Feldman describes a visit to the small town of Moss Beach, California. During a walk on the beach with her friend, Justine, the way in which a natural environment trumps that of an urban one for the writing life is revealed: "As I walked, I contemplated the value of a life lived in the wild, experiencing for the first time the peace inherent in isolation, and felt the first images of my future germinate quietly within my soul. If I was to find a real home someday, I thought, then it would be like this, surrounded by trees and water and birds, my identity allowed to grow into itself, privately and powerfully, without being shaped and molded by any community of humans."

After looking at various homes in the Berkshires, she settled on one located at the edge of a lake. Feeding birds and gardening offer the twofold opportunity to nurture and be nurtured.

A single, working and writing parent

Feldman's writing routine is designed to work in tandem with her role as a mother. Up at five, she allocates about ten minutes for reading, usually from one of her most admired authors: Rilke, Primo

deborah feldman

A CONVERT TO THE RURAL LIFE

Levi, Rimbaud, Jean Baudrillard, Peter Nadas, and Herta Müller.

"I really go for an old-world voice. The obfuscation in contemporary literary doesn't appeal to me," she explained.

After two hours of composing on paper, (yes, even this digital native prefers the tactile feel) she prepares breakfast and drives Isaac to school. After coffee and a workout, it's time to resume. This stint begins around 9:30 and lasts until a late lunch. After tucking her son into bed, work continues.

Non-domestic writing haunts include Rubi's Coffee in Great Barrington, MA, Chaiwalla in Salisbury, CT, and Irving Farm in Millerton, NY. The bar at Prairie Whale in Great Barrington also provides a comfortable place.

"People here [in the tri-state region] are super supportive. I feel super welcome," Feldman says.

Connection and communication with her readers and fans

Communication with followers is relished. "I think I'm rare in that regard," she observes. After her first memoir, *Unorthodox*, was published, she heard from readers on her site, at readings, and when "Skyping in" to book clubs. Input from readers regarding what they would like to see in her next tome is reflected in *Exodus*.

Feldman finds the opportunity to help those fac-

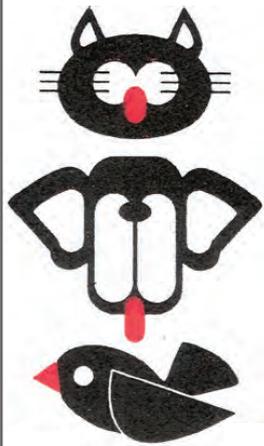
ing similar challenges immensely gratifying. She has met a young Hasidic couple who left their religious community together. The husband purchased *Unorthodox* for his wife and related the positive impact it has had on their lives.

A galley and a personal letter are produced from her handbag. In the letter, author, Una LaMarche expressed her appreciation for Feldman's oeuvre. "It did a service to women who feel trapped," Feldman related. The central figures in LaMarche's YA (young adult) novel *Like no Other*, are a Hasidic girl and a West Indian man, trapped in an elevator in Brooklyn. Feldman is currently crafting a blurb for the book's jacket.

The focus of future projects will be on other people's stories. A proposal for a documentary "exploring sexuality in the context of oppression" has been submitted with a Swiss filmmaker. Future book topics include this one and another on ethnic identities.

In the last chapter of *Exodus* Feldman wrote, "... what a marvelous thrill it is, at times – contemplating that unknown shore toward which my inner compass invariably strains." At the Millerton Diner, she pursues this thought: "I'm moving forward and it's going to be spectacular when I get there." ●

To learn more go to Feldman's website, www.deborahfeldman.com.



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jeff and his neumann fine art



By Melissa Batchelor Warnke
info@mainstreetmag.com

Jeffrey Neumann doesn't want to talk about himself. He wants to talk about art – specifically, the art of others. When I walk into his turpentine-scented studio and gallery, he's nestled behind a wall of the L-shaped space. Many artists feel most comfortable behind their work, and we stay there in conversation for a while. Over time, a picture of the artist himself starts to emerge.

Roadside Americana

Neumann started out in Iowa, but became aware of the world in Albuquerque, New Mexico. You can see the strong imprint of the rural southwest in his paintings of diners, motels, and dancers. It's in his silver belt buckle, his cowboy boots, and his jean jacket. Neumann's been painting what he calls "roadside Americana" in the same style since 1974. His father was a college football coach and they moved frequently across the southwest. Eventually his family made a leap east to Springfield, Mass., where he got his art degree. He set up in Hillsdale, NY twenty years ago, after meeting his wife. "Before that, I'm from everywhere. I spent my childhood looking out the back window on Route 66."

Route 66, a long highway from Chicago to Santa Monica, doesn't exist anymore; it was officially declared dead in 1985 after years of steady decline. The Interstate Highway System put many of the mom-and-pop shops that had dotted Route 66 out of business. Neumann believes in two mantras: "all great art is personal" and "all great art is about something." For him, a painting of a neon-lit diner or "No Vacancy" sign on a hotel is meaningful and personal. It represents both the past and a rapidly eroding present.

Neumann doesn't set out on many trips any-

more. He paints off of photographs he took years ago. They have to be his own photos. Being there is a significant part of the experience; he can't approximate it. At the diners, he'll go in, have a meal, meet the proprietors. I ask him how he could keep with a single style and a single subject for 40 years, if it indicates something about his personality. Sure, he says, he's Germanic, methodical and into controlled realism. More concretely, he's "just been trying to get it right." And it's different now than it was when he painted early on. The dimensions and the lines are where he wants them to be. But "now I bring more emotional depth to the painting, because I've lived that much longer," he says.

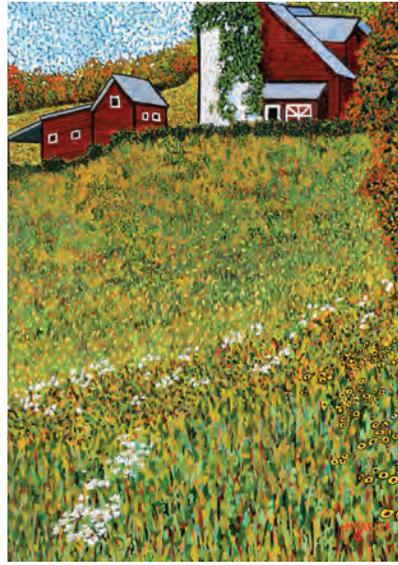
The ever-evolving artist

He's lived variously, in incarnations as a paper executive, a blues harmonica player and singer, an art teacher, painter and a galleryist. Frequently those roles have overlapped. He went back to school at age 54 and got his M.Ed in art teaching, working in the art departments at Monument Mountain and Taconic Hills. He practices constructive teaching, where he guides students as they experience their own knowledge.

"Art schools crank out students by the thousands and they're so hopeful, but they might as well be trying to be NBA players," he says. There are, however, benefits to the practice itself. "America needs big picture-thinkers and pattern recognizers. That's what an art degree gives you."

Neumann is now taking on a new role: writer. After putting together a few essays for the blog

Continued on next page ...



Top left: Griffith, *Northroad*, oil on panel. Center: Saffer, *Rigor Hill Farm*, oil on panel (cropped slightly). Above: Young, *Rain*, oil on canvas. Far left: Goldfinger, *Bidwell Black Bottle*, oil on canvas. Left: Neumann, *Collins Diner*, oil on canvas. Images supplied by Jeff Neumann.

“Roadside Online,” he realized that pairing his photos with written reflections would make a great coffee table book, tentatively titled *Vanishing America*. “Often I’ll paint something, and then it disappears,” he tells me. “The neon signs are replaced by generic, backlit plastic.” And some of the neon signs that still exist are chipped or broken. In his paintings, he’ll alter subjects to suit his own aesthetic and emotional desires. He’ll remove a car that doesn’t work, give clarity to blurred areas. His work privileges beauty – even beauty in the strange – above objectivity.

These paintings take weeks and months – he estimates that each painting takes 100 hours of work. In a good year, he’ll sell six or seven.

Neumann Fine Art

And then there’s the gallery. Neumann Fine Art – that small studio and gallery space – is a simple white building, right off Route 23 in Hillsdale, NY. It started as Neumann’s studio in 2009 and he put up its first group show in 2011. The gallery features five other artists, a tightly curated group whose work is woven throughout the space.

Joel Griffith is the Deputy Mayor and official Painter Laureate of Tivoli, NY, where he’s lived all his life. Neumann saw Griffith’s painting “Corner of Washburn Ave,” on the cover of *Chronogram* magazine, called him up and recruited him on the spot. Griffith had never felt like he got gallery people, but this one clicked in. He admired Griffith’s dedicated technique – setting up a car battery and a rig to create light on the evening streets, painting

on location. This quiet processing comes through in Griffith’s work which, like Neumann’s, operates in nuance – while Neumann’s subjects are both comforting and melancholy, Griffith’s dark streets are serene and ominous. “Joel’s work is much more slick than mine,” Neumann says. “These look just as good up close.”

Ken Young’s goes the opposite direction. He has an entire series inspired by looking through a rainy windshield; it’s wiggly and impressionistic. His street scenes are more active than the others’. In one painting, we see a man entranced by his iPhone while walking past a group of buskers. It happens so often in the real world, but with Young’s use of motion and vivid color, the humor in the everyday is elevated.

Ron Goldfinger had a 35-year-career as a practicing physician, painting all the while. He is the “academic realist” of the group. He has lush landscapes, perfectly arranged tables with dusty grapes and golden vases, the most bravado brush strokes.

H.M. Saffer is the most well recognized. His style is idiosyncratic pointillism, with strong references to the brush painting he learned while living in Japan. Like the others, he’s a renaissance man – a muralist, a music producer, and a chef and restaurant owner who’s lived on several continents.

The furniture is made by Joel Mark, who has beautifully crafted Danish Modern and Art Deco pieces. There are also kilms and handmade jewelry for sale.

The business of an art gallery

The gallery’s demographic is largely second homeowners who live around Hillsdale. Art galleries,

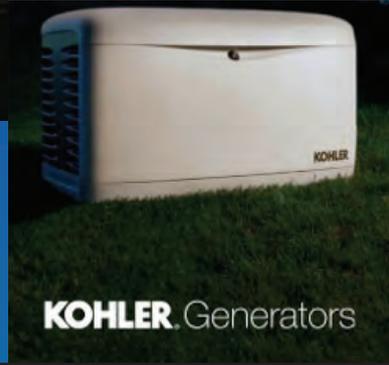
even in big cities, are notoriously punishing to run. The art world is fickle, with many more artists than buyers. The very high end is doing well, as the work of blue chip artists – “anyone in an art textbook,” Neumann says – is all but guaranteed to increase in value. The low end also flourishes because people often feel that they can buy it on impulse; a \$200 painting at a local crafts fair won’t break the bank. But it is difficult to sell the work of mid-career artists, who need to get a certain amount for their paintings but are not household names. The original art in the gallery runs from \$750–\$10,000. The prints are significantly cheaper, from \$200–\$480.

Though Hillsdale is several hours away from New York City, the Northeast’s gallery center, Neumann hopes that his gallery will become a destination for art lovers. As Hillsdale becomes increasingly gentrified, with Rail Trail access, home décor shops, and another gallery popping up, there is potential for the hamlet to become a cultural center.

Two percent of the American population will buy a piece of original art in their entire life. “Perhaps that is because there is a lot of ugly art out there,” says Neumann. “I like artists that make something beautiful and I don’t think there is anything wrong with that.” For those who agree, Neumann Fine Art is well worth a visit. ●

For more information you can call (413) 246-5776 or visit the gallery online at www.neumannfineart.com.

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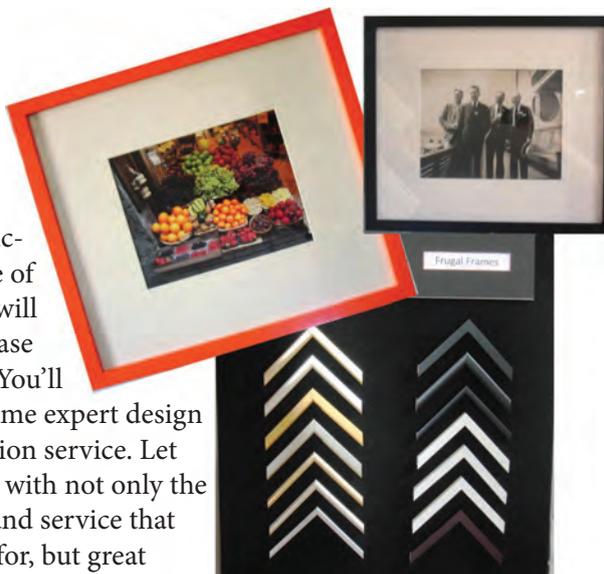
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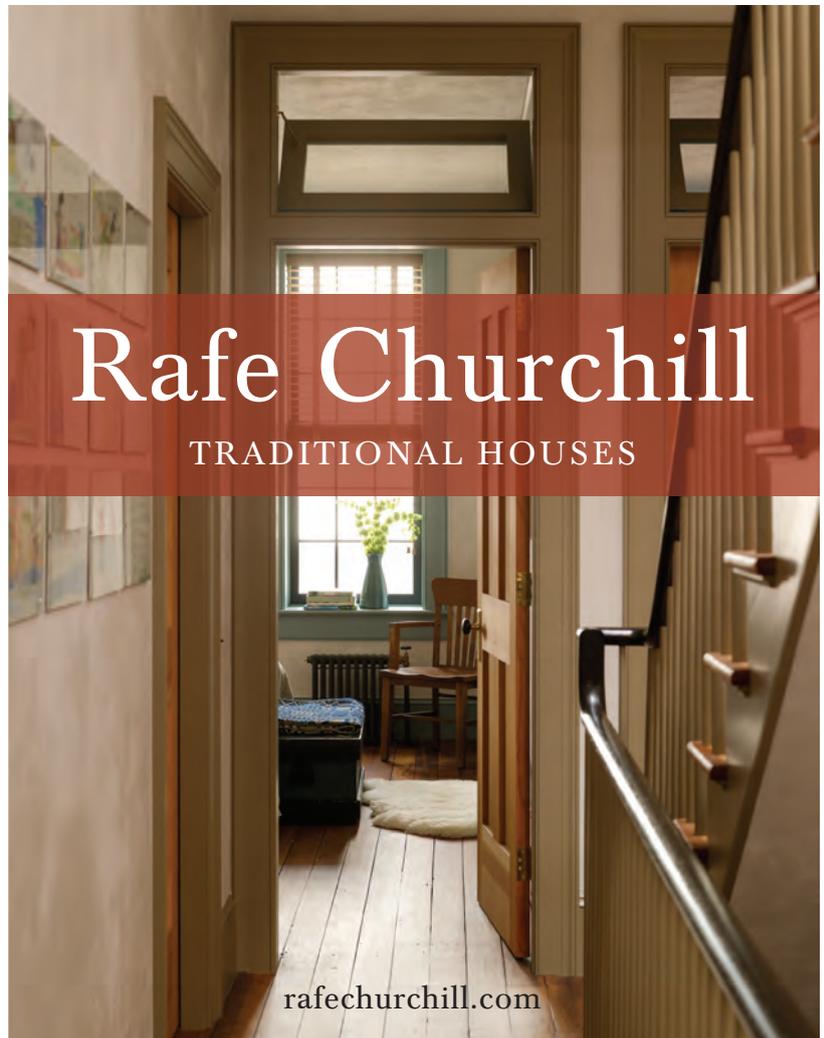


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the buzz about bees

PART TWO



By Claire Copley
info@mainstreetmag.com

You were not only introduced to Claire Copley in our June issue, but she also educated us on the pollinator's plight and how the bees of this world are in danger, which in turn greatly affects us, too. In that first installment, Copley wrote of the larger issues that plague bees, why they are suffering and how, and then she shared what she is doing to help. She was becoming a beekeeper in June and was about to get a few thousand bees of her own in efforts to help the pollinators. Before ordering- and receiving her bees, Copley took numerous courses to learn about bees and about beekeeping, as well as constructing the hives that the bees would call home. In late June, Copley picked up her bees, transferred them to their new homes, and has been getting to know her bees. Here is the second installment of Copley's bee adventures.

Early in June I got the call that the bees I ordered were ready to be picked up at Honey Bee Lives. They would give a demonstration about how to get the bees out of the box and into the hives, and I could pick up my bees then. My hives were already built and painted and treated with a propolis-based liquid to sanitize them. I had sited them near the wetland, facing southeast as I had been instructed. I was all set. So off I went on another trip to New Paltz to pick my bees up.

Bees 101

What I picked up were two "Nucs" or wooden boxes that contain a queen and some ten or twenty thousand bees. Bees are workers. In a tree or in a wall or in a hive, they are building comb and filling it with pollen, nectar, and bee eggs (brood). In a

hive they do this on wooden frames, spaced evenly so that a beekeeper can remove them and check on the health of the hive. My Nucs were sort of mini hives, containing five frames each. The bees had been working hard on these frames: building, storing and tending the young bees the Queen had laid. These frames had to be transferred to my waiting hives along with the bees. I was moving them into ten-frame hives, which meant that the bees now had five more frames to build out and fill.

Comb is the foundation of the hive. Young bees spin out a pristine waxy substance from their bellies. It is translucent, white and perfectly formed into hexagonal chambers known to be the most appropriate geometric form for maximum use of a given area. They build comb at a 15-degree angle front to back so that the contents don't fall out and they cap each cell according to its contents. They start the construction of a new frame from two or three different points and form chains of bees to simultaneously extrude and build. Even though they work from different starting points, and they are working in a three dimensional mode in order to have cells on both sides of a frame, the junctions are invisible and never is a hexagon malformed. It is perhaps the cleanest, loveliest, and most architecturally perfect structure I have ever seen. Once they build comb, other bees come along and fill each cell. Cells are filled with pollen and nectar (for food and honey), and eggs that will become the workers who will in turn fill more cells.

Bee transfer and Chalk Brood

I successfully transferred them (accomplishment

#1) to the new hives! Since then I have opened the hives a few times to lift each frame and take a look at the brood, nectar stores, and pollen. It seems my bees came with a mild case of "Chalk Brood," a condition that turns brood eggs into a chalky substance that the workers clear out as fast as they can. Other than this the hives seem healthy and productive.

I located the queens and they both seem healthy and busy laying. Because of the Chalk Brood, Beekeeper Chris Harp suggested that I feed the bees a sugar water solution that contains some herbal supplementation. Even though there is plenty of pollen about, the bees are gobbling down the "Bee Tea" as fast as I can fill the feeders (surprise #1). This is probably a sign that their population is not yet sufficient to handle the work that must be done on the new hives: comb construction, entrance guarding, cleaning, capping brood production, nurturing brood, and foraging.

I recently added honey supers (additional shallow boxes with shallow frames) on top of the hives in case they are ready to start producing and storing excess honey for the winter. Apparently they are not, as the top boxes remain empty. They are still busy filling the frames in the lower box. Production will expand as population grows. I realize it will be another year before they have honey to spare.

Learning from mistakes made

Keeping the Bee Tea feeders full is a challenge.

Continued on next page ...

Making the tea is not hard (but requires *a lot* of cane sugar), but filling the feeders involves interaction with the hives.

One day late in June the feeders were again empty. I didn't really have time to suit up and fire up the smoker so I concluded that I could just whisk in, grab the feeders, and whisk off to fill them. Bad idea (mistake #1). The bees were wary (the feeling was mutual, I haven't quite conquered my fear yet), and came after me. I was stung twice, on the eyelid and jaw. Within 24 hours my face resembled a deflated soccer ball; eye swollen shut, the whole nine yards. While I had no other symptoms (shortness of breath, difficulty breathing, scratchy throat) and the swelling stayed localized, the physiological reaction unsettled me. I did go to the doctor and received a prescription for an "Epi Pen;" a pre-loaded injectable dose of epinephrine, which, as far as I am concerned, everyone should have on hand if you are tending bees.

My reaction was not life threatening, but it was somewhat severe and I think these sudden reactions are common and could be dangerous so, yes, have an Epi Pen handy. Thus (lesson #1) I now know never to approach the hive under-prepared, in a hurry, or stressed. I always tuck my pants into my boots and wear a heavy shirt and my beekeepers hat with veil. It is especially important, I learned, to protect your face. And to use a smoker; it seems to calm them and works like a code to let the bees know its you.

The President creates a bee task force

Meanwhile, out there in the world, bees are still making headlines. President Obama announced in June that he was creating a Task Force comprising various U.S. agencies to "address the issue of rapidly diminishing honey bees and other pollinators." The announcement cited the importance of pollination to our food supply, the contribution of pollinators to our economy, and how little we really know about the decline in pollinator numbers. The Task Force is charged with researching causes and developing a federal strategy to protect pollinators and reverse the declines that have been suffered by honeybees, bats, and butterflies.

Recent scientific research has focused more broadly on pollinators that are, one by one, suffering sharp decline: bats, monarch butterflies, bees, and now apparently birds as well. We are looking at the possibility of a domino effect of decline and extinction whereby decline of some species leads to subsequent loss of other species that directly or indirectly rely upon them. We know that ecosystems are large webs of interaction, bees are just a part, an important part, of this puzzle.

New findings have identified the world's most widely used insecticides (Neonicotinoids) as the key factor in the recent reduction in numbers of farmland birds. Birds! The finding represents a



Above top: Copley's bees busy working in their new hives. Above left: Copley's hives with Bee Tea feeders, honey supers, and smoker atop the hives. Above right: Copley transferring her new bees to the hives she constructed for them.

significant escalation of the known dangers of these insecticides. One report in Europe found that at least 95% of Neonicotinoids applied to crops ends up in the wider environment, killing the insects the birds rely on for food.

This pollinator decline just keeps expanding. Gardeners and landowners need to respond. Bat houses may be purchased and installed, bird feeders replenished, and bee habitats of all kinds constructed. The use of any of this class of chemical agents (under any of the various names) should be discontinued immediately. Remember to ask your local nursery person whether seeds or plants have been pre-treated with fungicides or pesticides and speak to your tree service about alternatives to Neonicotinoids. Plants that attract pollinators should be added to our gardens. I have come up with a list of my own which I will include here, but there are many such lists on the Internet.

So, as of this writing, my bees are buzzing busily in the hives and on my July blooms. I still have not succumbed to an electrified bear fence, but have put that (unappealing) step on hold. Chris Harp says he is having a very "bear active" year and electric fencing is the only effective deterrent. The period between September and January (before the bears go to sleep, but after much of their food supply disappears) could be rough. And then comes winter. The bees have so much to do to build up their stores and get ready. There are big jobs for the beekeeper too to help ensure survival of the hives. But for now I can sit back and watch and learn what it all means, and how to help. There is still so much to learn. •

Flowers I recommend to attract pollinators:

Annuals; Bachelors Button (Cornflower), they are annual but do self-seed; Cosmos; Larkspur; Poppies; Sunflowers; Zinnias; Perennials; Achillea (yarrow); Agastache (hyssop); Rudebeckia (Black eyed Susan); Caryopteris (though mine all die); Echinacea (coneflowers); Foxglove; Hollyhocks (singles only); Lambs ear (not my favorite but the bees love it); Monarda (bee balm); Alliums; Penstemon; Russian sage; Echinops ritro; Scabiosa (though here the deer always get it first); Herbs; Basil; Borage; Catnip; Comfrey (it gets big and falls over after blooming but comes back and blooms again!); Coriander (cilantro); Dandelion; Dill; Fennel; Lavander; Clovers; Mint (watch out for its spread!); Oregano; Rosemary (annual here); Tansy (spreads like crazy); Lemon balm.

Neonicotinoids (by any other name...):

Acetamidrid, Clothianidin, Dinoteturan, Imidacloprid, Nitenpyram, Thiocloprid, Thiamethoxam

Bee websites:

HoneyBeeLives.org, BackyardBeekeepers.com, Pwrbeekeepers.com, Beefriendly.ca, Beesource.com, Pollinator.org

Bee supplies, classes, and bees:

Brushymountainbeefarm.com, Honeybeelives.org, Hudson-Valleybeesupply.com, Betterbee.com, Dadant.com

Bee reading:

*First Lessons in Beekeeping, by C.P. Dadant
The Queen Must Die, by William Longwood
A Spring Without Bees, by Michael Schacker
Honeybee Democracy, by Thomas Sealy
The biology of the Honeybee, by Mark Winston
Natural Beekeeping: Organic Approaches to Modern Apiculture, by R Conrad
The Beekeepers Handbook, by Samataro, Avitabile, Caron (4th ed.)
Handbook for Natural beekeeping, naturallygrown.org*

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By Thorunn Kristjansdottir
info@mainstreetmag.com

In our July 2013 issue, we introduced you to Paul Alward and Hudson Valley Harvest. They work with small Hudson Valley farms and farmers to provide transparent, local, traceable food, and make that food available year round by freezing and canning. As Alward told us last year, what differentiates them is the unparalleled quality of the food that the farmers that they work with grow and raise, and the level of work and service that their organization provides. They provide their customers all over the tri-state area with year-round access to fresh Hudson Valley foodstuffs, a unique service.

Hudson Valley Harvest was only two years old when we spoke with Alward last year, and in most instances a lot can happen in the first five years of a small business' life. For that reason, we wanted to check in with Alward to see what has taken place in Hudson Valley Harvest's third year of business. Here is what Alward had to tell us:

As is true with lots of things in life, when you start at the bottom there's no place to go but up. Hudson Valley Harvest was founded in July of 2011, just in time to watch Hurricane Irene and Tropical Storm Lee deliver a one-two punch to local agriculture that left many local farmers, and us, as a brand new company, on our backs. Our timing couldn't have been worse, and yet couldn't have been better.

To continue the boxing analogy, we made it off the canvas and we got through the round. And

although a little wobbly we pushed on. As the fight to preserve local agriculture has progressed we've started hitting our stride. We've been working tirelessly, and the result is that we've been growing fast. The dedicated and skilled farmers we work with are second to none, and we've been very fortunate to find committed supporters. Add to that customers like Whole Foods, FreshDirect, and The New School, and you'd be hard pressed not to feel positive. These kind of "marquee" customers have provided the critical mass necessary for us to grow, to buy more from local farmers, and to start to effect real change in the food system. Their commitment encourages growth and investment. They make scale possible and share a vision of more sustainable, local choices. And Hudson Valley Harvest gets to be part of changing the paradigm.

More than just lip service

We know "Local" is a popular word right now, and I don't want to offend anyone, but farmers need more than lip service. They can't pay their property taxes with admiration and compliments. They're a for-profit business, and to succeed they need to drive sales, improve margins, and find new revenue streams like any other small business. That's what we're trying to help with.

Our mission is to rediscover old markets and create new ones. Remove layers and overcome the barriers that separate consumer from producer. By

drawing upon the bounty of many farms we can collaboratively compete against the large monocropping operations located elsewhere.

It's a virtuous circle right now and for that we're very thankful. We're in the process of raising capital to fund a move to a new facility with more capacity (which we really need), and to fund the necessary infrastructure to open new markets. With customers like ours providing support and making commitments, there is momentum, and that drives change. They haven't just said local agriculture is important to us, they're putting their money where their mouth is and buying more locally. They've also provided us with the visibility to allow us and some of our farmers to put plans in place for the future, beyond just this year or growing season.

We've got a long way to go before New York feeds New York, but as we finish our third year I have never felt more optimistic about that dream becoming a reality. ●

Hudson Valley Harvest is available locally in New York at numerous locations including Marona's Market in Millbrook; Red Devon in Stanfordville; Local 111 in Philmont; Black Forest Flammekuchen, a Hudson Valley food truck; Gusto in Poughkeepsie; and Ella's Bella's in Beacon. For a complete list of all locations to find their products, as well as a full list of their farming partners and all other information, visit their website at www.hv-harvest.com.

Photos provided by Hudson Valley Harvest.

Profitable growth through design, marketing and branding:

It's all about you

It's all about aiding you and or your business in achieving profitable growth. I am here to serve you, my clients, whether you have design, marketing, branding, photography, web, web hosting, or social media needs.

I will not talk over your head by throwing corporate jargon at you, that is not who I am. Instead I work WITH you at a human level to better understand not only your business but your very specific needs. Every business is different. And I approach every business' needs with that in mind – there is no such thing as a cookie-cutter solution. My design, marketing, branding, and web solutions are as individualized as you are.

Design

To design is to create, execute or construct according to a plan. I design by creating according to your very specific needs. There are many design solutions, but by getting to know you and your needs, the solutions become fewer and clearer. My design bias and passion is always to strive to create the "wow" factor. My design bias is fairly Euro in that I like clean lines, beautiful typography, and a clear hierarchy. With that being said, every client's needs are different and I design based on my client's needs.

Marketing

Marketing is done by a process or technique of promoting, selling, or distributing a product or a service. There is no one marketing solution that works across the board – that is my belief at least. Every client's marketing needs are different, and so the marketing plans that I develop for

my clients are all custom-made for them, their business, and for their specific needs, to try to achieve their desired outcome.

Branding

Branding is the promotion of a product or service by identifying it with a particular brand. (A brand is a class of goods or service or business that are identified by a name as a product of a single firm or manufacturer). In creating a brand for my clients, I establish what makes my clients different and what makes their brand unique, what makes them stand out from the rest and their competition. I help them promote those assets and often utilize those features when creating and designing a logo and their overarching brand and identity system.

To learn more about design and marketing go to my website www.thorunndesigns.com.

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Samantha Free Interiors LLC

Small and large interior projects. (917) 710-2125.
www.samanthafreeinteriors.com

At the age of 22, Samantha, of Samantha Free Interiors, started working part time for her mother, who also worked as an interior designer, and Samantha also attended school at The New York School of Interior Design. After completing school, she eventually began working as a partner in the family firm. Today Samantha and her team service all geographical locations from Florida to Maine. Depending on the size of the project and the time frame, they often times add specialists to assist and supplement their staff as needed. They do all levels of interior design: from the small one room project to a full large home project. They will also work with the architect on new construction, an addition or renovation to all the final details, colors, furniture, art, draperies, etc. Samantha feels it is important to spend time getting to know her clients before starting on a project, and she tries to anticipate what her clients want in the final product. One of the most rewarding parts of her job is making a home for people – to have a place that shows who they are and that makes them feel good. At the end of the day, communication is key between the designer and the client. Samantha and her staff will work with you, your schedule, and with your ideas to make your dream space a reality.



Snyder Printer

For all of your printing needs. (518) 272-8881.
www.snyderprinter.com

Snyder Printer planted their printing roots on October 24, 1895. Today they are fifth generation owned and operated. They offer high quality offset and digital printing ranging from a sheet as small as 3.5x5 up to 28x40. From stationary to calendars to golf ball boxes, Snyder Printer can complete it all. Bottom line is, if you can dream it, the staff at Snyder Printer can print it and make it happen. Are you worried about cost? Quotes are free, and with the years of experience they're able to help educate their clients in not only achieving a great printed piece but to getting the biggest bang for their buck. Snyder Printer services the entire capital region, New York City, Vermont, Connecticut, and Massachusetts but are not limited to geographic locations abroad. Their user-friendly website allows you to upload your project from virtually anywhere! They truly like what they do and want to form relationships with clients. Their motto is "Look Closer." It is important to feel comfortable with the printing company that you choose, so contact Snyder Printer today for your next printing project and find out just how easy it is to bring your creativity to life.



Taconic Wayside Inn

Historic restaurant and tavern. (518) 329-4401.
108 State Route 344, Copake Falls, NY.

Joe and Ruth Cipkowski took over the Taconic Inn in 1971, a historic restaurant and tavern originally served the Copake Iron Works, now Copake Falls, since 1857. Their son, Joe Jr. and his wife Diane, took over the business in 2005. Today you'll find great food and lively spirits! Live music will also occupy the premise most Saturday nights, often made by the fine players of Bash Bish Bluegrass. The restaurant and bar are popular destinations for all the folks who live in the Roe Jan community. The authentic regional atmosphere is irresistible! The Wayside Inn is one of the longest-lasting businesses in the Harlem Valley and still has all its historic details, charms – and plenty of ghosts – from the surprisingly few families who have operated the business since 1857. The staff at the TI is honored to be part of the generations of families that have celebrated special events – weddings, funerals, birthdays, holiday parties. Going forward you will see more of the same – good food, drink, music and atmosphere. Copake Falls Day is on August 16th, and the TI is located in the heart of Copake Falls where Joe's famous BBQ, as well as their regular menu, will be served all day with the Bash Bish Bluegrass Band playing on the front porch. How many of you knew this was also a baseball legend, Babe Ruth's favorite hideout!



Amelia's Holistic Facial Rejuvenation

Facial rejuvenation. (518) 320-8314.
Route 23 Village Square, Hillsdale, NY.

It's easy to get distracted with the hustle and bustle of life, and forget to take time for yourself. Truth is, this unisex facial will only take 90 minutes of your day and you'll feel like a million bucks! Amelia of Amelia's Holistic Facial Rejuvenation is a licensed aesthetician and has been practicing facial rejuvenation for 20 years. She has a great wealth of knowledge when it comes to the body systems, herbs, nutrition, message therapy, and more. She explains that a facial can rejuvenate not only the face, but the body, too. She calls it psyche-nourishing, because it is deeply relaxing – often times better than a good night's sleep. Treatments are both conducted at Amelia's comfortable studio, located in the village of Hillsdale, or she can come to you for a house visit. Amelia travels to the Berkshires, Columbia, and Dutchess Counties. Each treatment includes a message of the head, neck shoulders, and upper arms, a warm herbal compress, cleaning and organic mask to draw out impurities. You will end up looking and feeling like you had a two week vacation without the airfare. Doesn't that sound so relaxing right about now? Call Amelia today to make an appointment for yourself or to buy a gift certificate for your loved one.

INSURING YOUR WORLD

Horses, a cure or a curse? For most of us horses represent much joy and pleasure, riding, grooming, feeding, etc. From an insurance perspective though, they can be a curse if you haven't fully discussed the liability aspects with your agent. If you have a standard homeowners policy, most carriers will cover the liability arising out of the ownership of one horse on the insured premises. The problems can occur once the horse is trailered to a show and hurts another bystander! One must endorse their policy with a farmers comprehensive personal liability endorsement or FCPL, to cover this exposure. What if you own a horse and board it at another stable, the same coverage issue will apply. How about if someone else trailers your horse and the vehicle gets in an accident, do you have mortality or surgical coverage? Or worse yet, you have a few horses and they get out on the public highway and another vehicle hits one and the horse not only damages the car but the occupants in the car? You better have that FCPL endorsement or you will have no coverage. Simple situations such as allowing another person to use a pasture on your land that is not being used, not only will you be responsible but so will the owner of the horse – do they have the appropriate coverage?! There are many potential situations with horses that can cause uninsured claims so remember the old saying, "People don't plan to fail, they fail to plan!" Talk to your agent today.

Kirk Kneller
Phone 518.329.3131
1676 Route 7A, Copake, N.Y.



Brad Peck, Inc.

A few things you should know about horse feed.

There are many different horse feeds on the market today. A few of the biggest factors that you should take into consideration are:

- What is the quality of my hay?
- What is required of my horse?
- What kind of budget do I have?

If a horse owner has access to good quality hay they should be able to feed a more economically priced feed. If the horse is under a heavy work load, a feed with an enhanced vitamin/mineral package with high fat content may be required to maintain body condition and allow the horse to bounce back from a competition. There are also many specialty feeds on the market for overweight horses, tie up horses, seniors, lactating or pregnant mares, foals – and the list goes on. All of these feeds are designed to address specific issues, problems, or situations. For answers to your horse feed questions, and which feed would best suit your horse, please visit our website or you can speak to one of our friendly in-store sales associates.

Phone 518-789-4471
Route 22 Millerton, NY
www.agwayny.com



Electricity and livestock

An emergency source of power is important for most people, but especially important for farms and livestock. Loss of power during or after a storm for farms with critical equipment and pumps for water, heating and cooling particularly in rural areas that may often experience power interruption can not only be inconvenient but devastating.

During hot weather we often have severe thunder and lightning storms in our area that cause frequent power outages. When the power is out, it is critical for most farms to have an alternative source of power to keep well pumps going to provide water for livestock, fans running for relief from the heat and lighting to continue daily farm operations. As we have seen over the years, power outages can last a few hours or for days even after the storm has passed.

A standby electric generator could prevent costly losses during a power failure. There are many reasons to consider an on-farm generator. Depending upon the situation, a one-time loss may more than cover the cost of purchasing and installing a standby generator system. For example, if you have a barn that is housing a large number of animals, significant stress from heat and lack of water can result in loss of income, low production, costly veterinarian bills, and much more during a prolonged power loss.

Being well prepared before a power emergency happens can be crucial. We all know how every time a big storm hits, there's a mad dash to the home improvement store to buy a generator, but when we have VERY large storms (like the ice storm of 2007 hit), you couldn't find a generator – stores sold out. Lots of people bought whatever size generator that was available – whether it was what they needed or not and then scrambled to figure out how to hook it up. For those concerned about having reliable electric power, we recommend knowing what your power needs are, what right size generator would be and the correct installation and looking into purchasing a generator now, before it becomes an emergency. This will save you both aggravation and money in the long run.



Office (518) 398-0810
berlinghoffelectrical.com
40 Myrtle Ave, Pine Plains, NY

HELPFUL REAL ESTATE TIPS WHEN BUYING A HORSE FARM...

When purchasing a farm for horses there are a few things to look for. Begin by looking for an existing horse farm that has good fencing, preferably a horse barn or one that can be converted into stalls. If an established horse farm is out of your budget, then you can look at land which would need to be converted to a horse farm. When looking at open land to make a horse farm it would be preferable if it is open, level, and rolling with good soil for growing different kinds of grasses. The rule of thumb is 2-5 acres are required for each horse, and this is on the conservative side depending on the type of horse. A dressage or show horse would need their own paddock, while some horses can share a paddock. A must is a good water source with multiple well sites available – ponds and streams are very good to have on the property for this purpose, but too much water can be a problem (more water equals more flies, which can be problematic for some horses). If riding in the Millbrook Hunt is important to the buyer, then finding a farm or land close to the hunting trails is best and it will cut down on long trailering time.

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Elizabeth van Diepen, broker
The Millerton branch on Main Street • (914) 474-9817

LISTINGS:

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agwayny.com

Millerton Veterinary Practice
518 789 3440
millertonvet.com

Petpourri
860 435 8833

Rhinebeck Equine, LLP
845 876 7085
rhinebeckequine.com

Thor Icelandics
thoricelandics.com

ANTIQUES

Millerton Antiques Center
518 789 6004

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518 329 0411
tristateantiquerestoration.com

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518 789 4961

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charlotteguernsey.com

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52main.com

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518 592 1700

Church Street Deli
518 329 4551

Harney & Sons
518 789 2121
harney.com

Hillsdale House
518 325 7111

Local 111
518 672 7801
local111.com

NECC Farmer Brunch
518 789 4259
neccmillerton.org

Red Devon
845 868 3175
reddevonrestaurant.com

Salisbury Wines
860 435 1414
salisburywines.com

Taconic Wayside Inn
518 329 4401

The Mount
518 325 4631
mtwashingtonhouse.com

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churchillbuildingcompany.com

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518 672 7712
lagoniaconstruction.com

Nailed It Building & Construction
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naileditbuilding.com

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Rafe Churchill
rafechurchill.com

ENTERTAINMENT

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herondalefarm.com

Hudson Valley Harvest
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ronnybrook.com

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robertdweckmd@gmail.com

Sharon Hospital
sharonhospital.com

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Paula Redmond Real Estate, Inc.
845 677 0505
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meltzlumber.com

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nickbees.com

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518 329 4889
pops.cabin.com

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Works & Sandblast
518 789 9497

STORES

Country-town Marble & Tile
518 325 5836

Hammertown
hammertown.com

Herrington's Inc.
518 325 3131
herringtons.com

Horse Leap
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horseleap.com

Sutter Antiques
sutterantiques.com

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a listing ad? Check out our
website for details!

WHAT'S YOUR SIGN?

ARIES (March 21-April 19)

The Universe's challenges are sometimes a challenge. But direct your attention towards new goals and ambitions.

TAURUS (April 20-May 20)

Try not to spend your whole day on what you get paid to do. Be careful not to let anything catch you off-guard on your journey.

GEMINI (May 21-June 20)

Do what you have to do, but place emphasis on keeping the air clear because then everything will go smoothly. A thing or two will appear that you thought lost.

CANCER (June 21-July 22)

Spend time contemplating the image that you portray every day and that others see. But remember that there are others involved in the story, let them share in and enjoy the victory with you.

LEO (July 23-Aug. 22)

You're very competitive and most likely have fist-in-hand. Remember to be decisive but compassionate.

VIRGO (Aug. 23-Sept. 22)

It takes a lot to look past people's faults and to let them keep their faults. Hold onto that quality and strength and your wishes will come true.

LIBRA (Sept. 23-Oct. 22)

You have a desire to teach someone younger about how the world is. Carefully examine the situation before you decide to make changes.

SCORPIO (Oct. 23-Nov. 21)

It's crucial to have someone whom you can share the good times and the bad with, because it's not healthy to keep everything bottled up inside.

SAGITTARIUS (Nov. 22-Dec. 21)

You have a lot of opportunities and it's hard to choose. Don't beat your head against the wall. Focus on showing the depths of your feelings and emotions.

CAPRICORN (Dec. 22-Jan. 19)

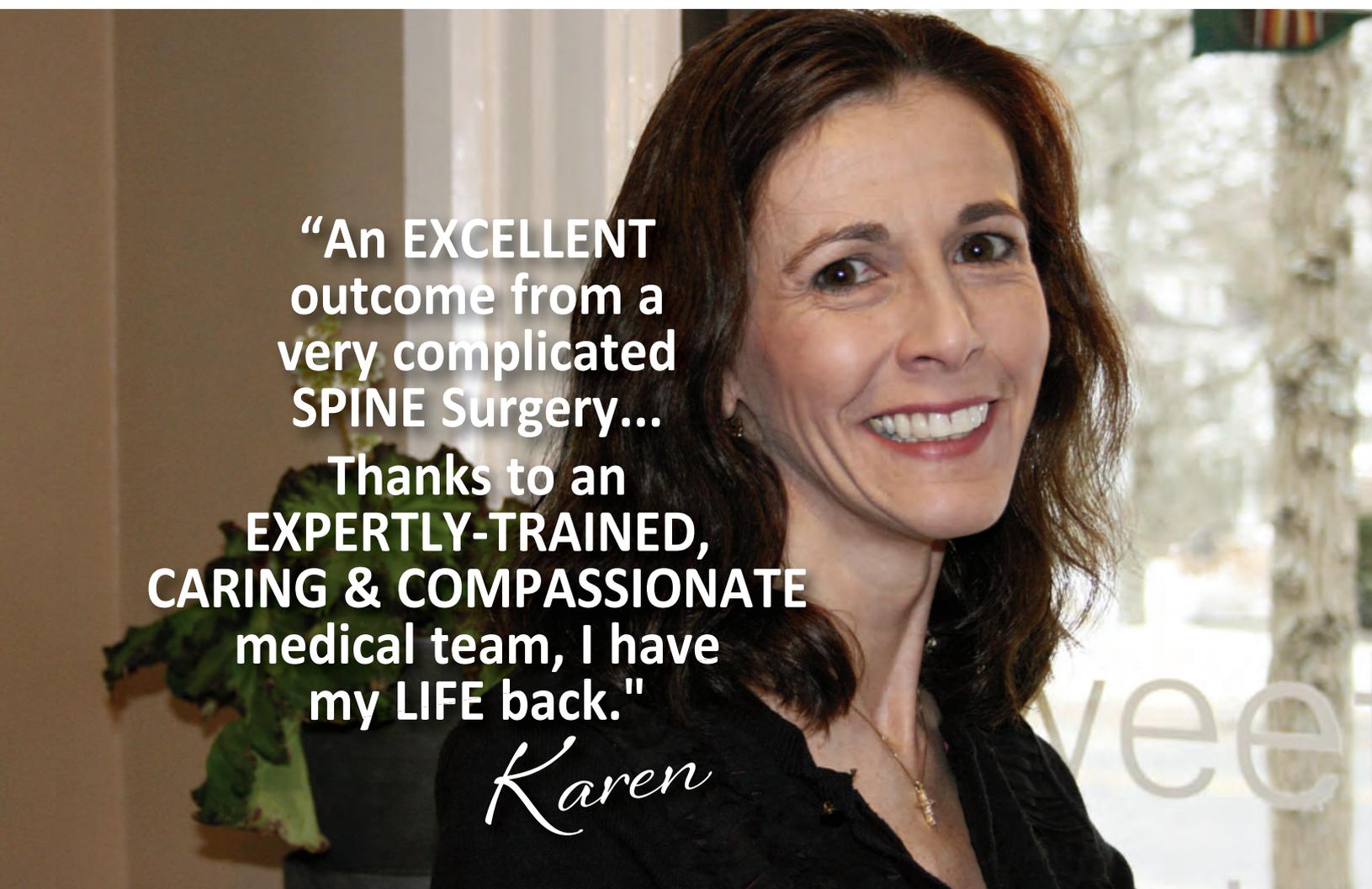
The one who has the power of choice, bears the burden as well. Examine things fully before diving in and don't be afraid to ask for help.

AQUARIUS (Jan. 20-Feb. 18)

It could be fun and educational to meet people from other countries. But even the most social of people need alone time.

PISCES (Feb. 19-March 20)

Keep your calm despite the chaos that can surround you, with people toppling over one another over personal agendas. Express yourself.



“An EXCELLENT
outcome from a
very complicated
SPINE Surgery...

Thanks to an
EXPERTLY-TRAINED,
CARING & COMPASSIONATE
medical team, I have
my LIFE back.”

Karen

**The
Center
for
Orthopedics
at
Sharon Hospital**

Quality,
safe, patient care
with excellent
surgical outcomes.

Enhancing
quality of life,
one patient
at a time.

“Having been a nurse for the past 26 years, I was dedicated to caring for my patients. I tried to maintain proper back care when lifting and transferring patients at all times. However, when an Emergency occurs, often nurses must gather super-strength to assist a patient... Dr. Astrauskas, my PCP, and Christine Lowell, PA, worked with me to gain strength through physical therapy and the use of steroid injections. I did not want to mask my back pain with medication because I had witnessed what prolonged use could do to a person.

Over the past year, it became apparent that the non-surgical interventions were simply not going to be able to cure my back problems. I needed help getting out of bed and moving from room to room. I would wake up in severe pain in the middle of the night. My quality of life was terrible.

Together, Dr. Dan George, Orthopedic Spine Surgeon and Christine Lowell, Orthopedic Physician's Assistant, talked to me about surgical intervention and the next options for my care. We decided to proceed with surgery. It was a complicated case; a fusion with rods placed in my back. From the moment that I presented to the Surgical Department at Sharon Hospital, I was cared for like a member of the hospital family. Not just because I had worked there, but because Sharon Hospital's team of caregivers treats each and every patient as if they are their own family.

There is a misconception among some people that you receive better care at a larger hospital. That is simply not true. I have also worked in large city hospitals in Hartford and Nashville, so I know first hand that the care that I gave at Sharon and the care that I received as a surgical patient at Sharon Hospital is just amazing... The entire team of expertly trained surgeons, nurses, and anesthesiologists were dedicated to making me comfortable each and every step of the way. I was nervous when I went to the operating room holding area but the surgical team's compassion and dedication to my safe care made me feel at ease.

Today I am able to do the things that I enjoy most with my family. I am also able to travel for work to our eight RegionalCare Hospitals. Running through the airport and lifting my suitcase into the overhead bin is no longer difficult. I have my life back. Thank you to Dan George, MD, Christine Lowell, PA, and the team at Sharon Hospital for giving me the ability to move freely again.

My name is Karen. I am proud to say, Sharon is MY Hospital; where the hospital family cares for their community family every day.”

Karen Arel, MSN, MHA, RN
Registered Nurse | Informatics Analyst
RegionalCare Hospital Partners



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