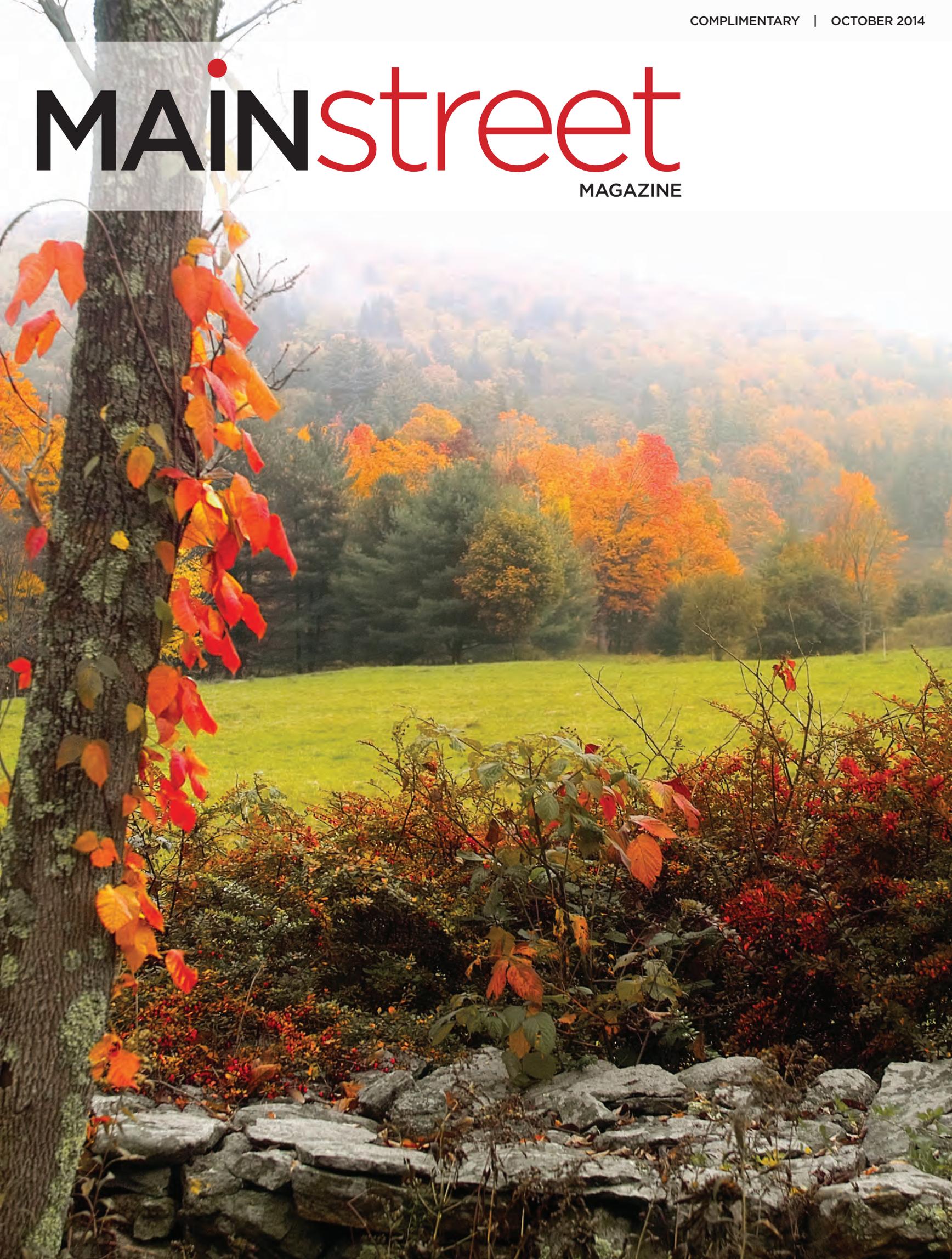


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## IT'S HARVEST SEASON

How can it be autumn already? Where does the time go? I cannot believe that it's October (or it will be by the time that you read this). It feels that we were just trying to escape on that last summer vacation before it was back to school time. Do you also feel that the older that you get, that time just starts flying by more quickly? And when it comes to the magazine, it felt like I had just finished the September issue and was catching my breath, and then it was already time to start working on October!

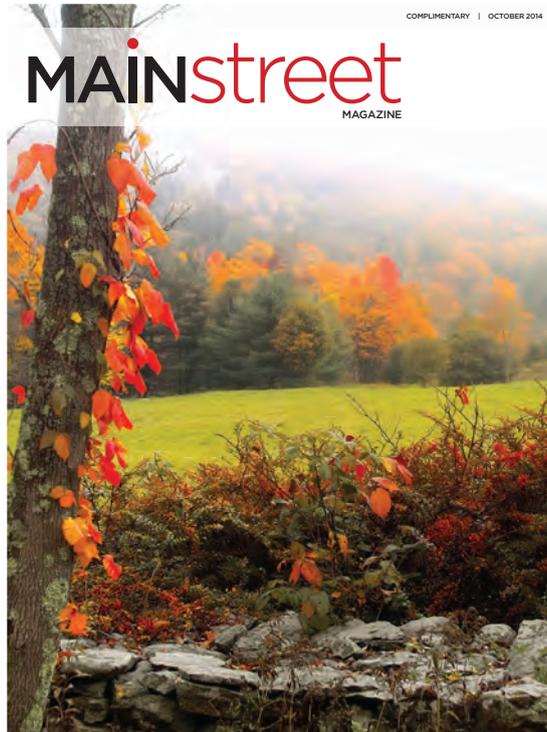
This October issue is actually our largest issue thus far, coming in at 56 pages. And yes, I'm saying "holy moly" to myself. The best part about the growth is that you get to read more great local stories and to see advertisements from more local businesses. Isn't that fantastic?

This October issue also became our "Harvest Issue" because we've got quite a few cool harvest and farming related features – all local of course. This month we're bringing you stories about Battle Hill Forge, our featured artists; Elyse Harney of Elyse Harney Real Estate, our featured business person; Weatogue Farm in Salisbury; we bring you the real estate market of Salisbury Connecticut; and just south of Salisbury in Sharon, we bring you the story of their Twin Oaks; and to fall in with the Harvest theme we have a story about Permaculture where we first define what that is and tell you how the Renner brothers of Sharon are teaching some of our young citizens about it; we also bring you a story on Webutuck Central School's garden club; as well as a banding together of some of the Copake, NY residents and how they're working with local farms and businesses; we also feature local Millertonite Claire Markonic, who's a student-athlete and doing some great things! These are just a handful of the stories in this Harvest Issue that we hope that you'll enjoy, along with everything else in this issue.

### Two corrections

In the September issue, we forgot to mention in the Chef feature of Michel Jean of The Stissing House that the Thai Chili Margarita was created by Sally Rich and that the photo was taken by George Pruitt. And in our real estate feature, it was written that Harvey Weber is the head of the Taconic Shores homeowner's association, but Shawn McClain is the president of the association with Harvey serving on the board of directors. We just wanted to clarify these two points. Thank you for reading!

- Thorunn Kristjansdottir



OCTOBER 2014

Fall has arrived in all of its glory. Fall foliage in the morning mist on Popple Swamp Road in Cornwall, CT at The Local Farm. [www.rlocalfarm.com](http://www.rlocalfarm.com).

Cover photo by  
Lazlo Gyorsok

## CONTENTS

- |   |   |
|---|---|
| 6   SOLID STEEL<br>battle hill forge, metalwork                           | 35   BATACLYSM!<br>what is it about bats?   |
| 9   FRIENDLY FACES  | 37   THE 2014 WALK TO DEFEAT ALS  |
| 11   STAYING ON TRACK<br>maintaining a healthy lifestyle                  | 41   WEBUTUCK'S GARDEN  |
| 13   THE QUEEN OF SALISBURY<br>business profile                           | 43   STILL MEADOWS<br>an insider's look at unique area properties   |
| 17   LA PUERTA AZUL<br>great gastronomy                                   | 47   A COPAKE RENAISSANCE<br>the new copake front porch market  |
| 19   WEATOGUE FARM<br>tales of a farm groupie                             | 49   MILLERTON'S CLAIRE MARKONIC  |
| 21   HAPPY DAYS ARE HERE AGAIN<br>the real estate market in salisbury, ct | 53   BUSINESS SNAPSHOT<br>clarke outdoors<br>hudson valley furniture makers<br>the wish house - gifts and crafts<br>race mountain tree services, inc. |
| 25   REFLECTIONS<br>sharon's twin oaks                                    | 54   MONTHLY ADVICE COLUMNS   |
| 29   PERMACULTURE<br>regenerating nature and ourselves                    | 55   HOROSCOPES<br>LISTINGS   |

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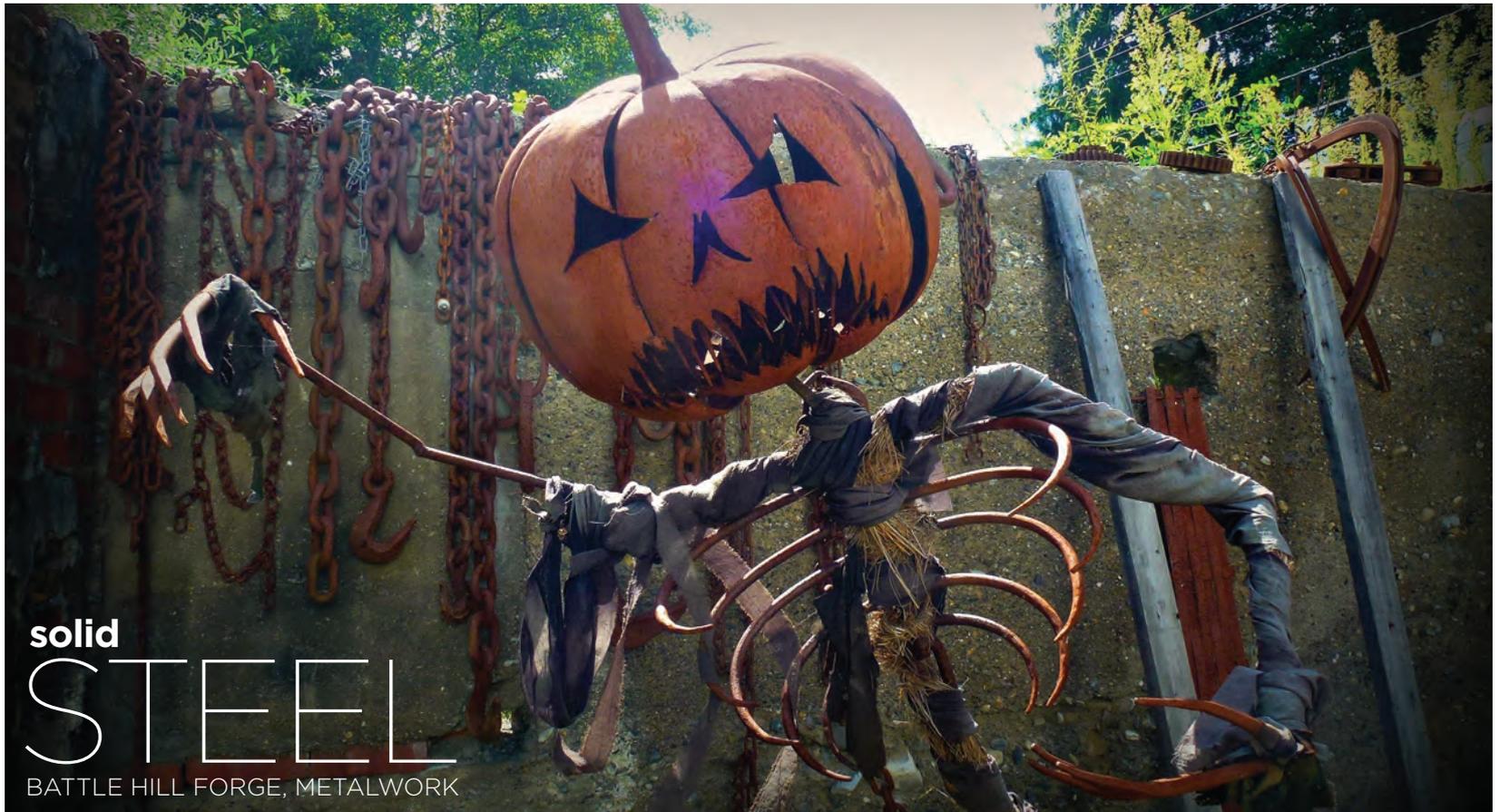


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By Brandon Kralik  
arts@mainstreetmag.com

Battle Hill Forge is located in downtown Millerton, NY, just behind Gilmore Glassworks and specializes in one-of-a-kind metalwork. The business was founded by Izzy Fitch and Willy Blass in 2004 and has been growing ever since. Izzy has a variety of skills but his history of working with metal and fire is a long one. As a youth he would melt down lead with his grandfather and make things out of it.

“I’d pour it into coffee cans full of water and create these really interesting sculptures, like lava flowing into the sea.” He told me, eyes wide with excitement, his hands tracing in the air the visuals in his head.

“I began selling those at an early age. I would set up my stand on the street like a lemonade stand, but instead of lemonade I would sell lead sculptures.” A sure sign of an entrepreneur in the making.

#### The artist, the specialist

Now Izzy creates much larger and more ambitious projects at Battle Hill Forge and explains that he is much more than merely a metal fabricator. He prefers to be called artist, a specialist, and he is literally building the business on a solid foundation of guaranteed quality and craftsmanship.

One of the art pieces created at Battle Hill Forge even won the New York City Halloween sculpture contest a couple of years back. It can now be seen

in the courtyard beside the shop.

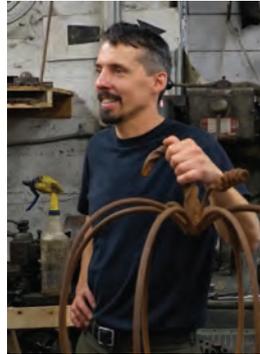
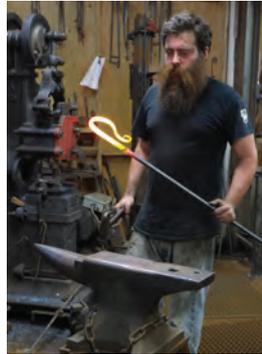
When I asked Izzy where he picked up his “tricks of the trade” he thought for a second. “They are not really tricks, I mean you can see it that way and I know what you mean, but really what we are talking about are techniques. They have blacksmith meets and I would go to those, I still do, and just talk to the guys who were there working with metal. If somebody asked me if I wanted to learn how to make a plug weld, some easy things and some more complex things, or if they wanted to show me their particular type of brazing, there are many kinds of brazing, whatever they were doing, I would watch and learn. Life experience is the best teacher.”

Over the years Izzy has applied these techniques to various designs. He showed me how he can use different techniques on the same piece or use a combination of say welds and rivets to assemble a piece. He has also found ways to expand on his initial designs to save time and materials. These are the sort of things that come with the experience that Izzy has accumulated.

“I like it when a client can’t quite figure out what I did, or how it is assembled. That is fun.”

#### Fences, gates, functional garden work, and a maze or two, too

Battle Hill Forge offers several beautiful fencing options, like their Shepard’s Crooks, Rings on Posts, and Fiddle Head designs, which are all simple and easy to install for events such as weddings and other gatherings, but which can also be



Opposite page: A Battle Hill Forge pumpkin-man is ready for Halloween. Photo by Brandon Kralik. This page, clockwise: A trellis designed to maximize growing space; flattening hot steel; a hand forged octopus hook; steel fencing at the Cloisters designed and created by Battle Hill Forge; Izzy Fitch; Ben finished bending a fence post on the anvil. Photos courtesy of Lazlo Gyorsok and Battle Hill Forge.

permanent and functional décor. At Battle Hill they can also work with customers to create designs specifically to suit their needs. They have created a flat wattle fencing for instance, for the Cloisters, and have completed other fencing projects for parks and zoos. In addition they create custom maze designs, gates, and functional, decorative garden work. On their website you can find their classic Onyx Tower, peony embracers, and they can even do Doric columns. Izzy believes in keeping it local, and buys as much of his materials locally whenever possible.

**The many ways to work with metal**

Each type of metal has a preferred way of fastening. Brass likes to be brazed, not welded, and aluminum has properties that call for a special type of welding. Steel is the primary metal being used at Battle Hill and its diversity lends it to a variety of interesting and functional uses which can be seen on their website. Steel can be welded or pinned, for instance, and both methods are incorporated into the designs, depending on what is called for or according to taste.

As far as the surface, some people like the natural rust effect on steel but it can also be galvanized, where the finished piece is sent away and dipped in a large vat of what is basically molten tin. Guard rails, for instance, are done this way. Another method is to clean the steel with acid and apply a patina to create various effects. He showed me a shiny piece of metal soaking in an acid bath and taught me that Japanese armor is famous for the brown patina they would use on it.

The steel can be made to look green or blue or even to look like wood if it is called for. They created a gazebo out of steel that looks like wood, aesthetically fitting into the existing garden, but having the strength and longevity that only steel can offer. A patina actually sinks into the steel, whereas paint sits on the surface. Steel can also be stained which is a current trend in the industry.

“We make things that people want, that are pleasing and which give them something they can enjoy, beyond being merely functional.” Izzy explained, “We offer our clients more than what they may be able to get elsewhere. We are not just fabricators, we are also artists and incorporate both into what we do. We notice nuances that other fabricators might miss. For instance, say a customer has a garden with sculptures by a French artist and he has a theme that runs through his work such as a fleur-de-lis. We can incorporate that into what we are making, like a gate or a fence, to create a more cohesive look and feel to their property.”

Izzy continued: “It is important to see the location and we like to work directly with the person who is going to live with the work, especially in the final stages. It is important to us to get to know them so we can bring something of them into the project. When one is working with a designer or a middleman, then you have their opinions and tastes, which may influence the final outcome.”

**We make antiques**

While I was visiting, a couple came in needing a hinge to match one which had broken and they

were quick to have their needs accommodated, even though it was a small job.

“Do you do a lot of that sort of thing?” I asked. “Oh yeah,” came the answer with a smile. “We like to help people out. We have all the tools for it and where else are they going to go? We make things that you just can’t buy.”

“We make antiques” is a motto at Battle Hill Forge. They guarantee everything they make and it is this kind of integrity and dedication to quality that has made them so successful and which so many people are looking for these days. People want alternatives.

“We create heirlooms.” Izzy said proudly, “These are things that will be passed down from generation to generation. Solid.” ●

*For more information about Battle Hill Forge, visit them at 2 Main St., Millerton, NY, online at [www.battlehillforge.com](http://www.battlehillforge.com) or give them a call at (860) 861-9455.*

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

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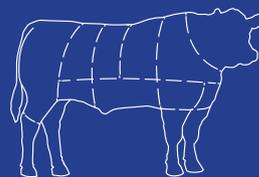
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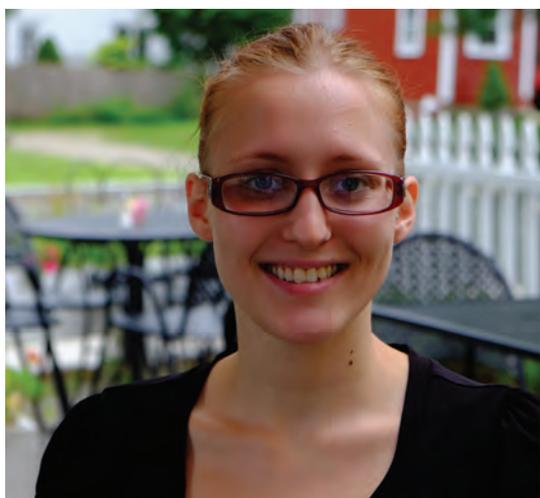
**Peter Broggi** has worked in the retail environments since 1979, but is proud to be an employee of C. A. Lindell & Son, Inc. in Canaan, CT since 2001. Peter is the hardware store manager and some of his priorities are customer satisfaction and employee performance. The most rewarding part of Peter's job is to receive positive feedback from customers and to see employees being successful at their functions and working as a team. Outside of work you're likely to find Peter spending time with family, working around the house, and enjoying home brewed beer. Peter is originally from Mill River Massachusetts. He and his wife, Dawn, moved to East Canaan in 1990. Together they have twin girls, Jessica and Marissa, who are both presently in college.



**Lauren Beecher** is excited to have recently joined the Hylton Hundt Salon and Spa team, where she's offering six different facial packages for men and women – Oo that sounds like the perfect girl's-day-out activity! Lauren has been working in this industry for 35 years and so she has a great understanding of skin. She recommends treating yourself to a facial at the end of winter and summer for a fresh start, if not every four to eight weeks. She is working with YonKa products, which are straight from Paris. "They are all botanicals, so they are very good for your health as well." Outside of work, Lauren likes to spend time with her two children, garden, hike, and bike. She likes our unique Tri-Corner area and its offerings such as the Rail Trail that she often uses. So say howdy to Lauren the next time you spot her.



**John Parsons** is the newest member to First Niagara's Millerton branch, where he's the manager. Although he is new here, John has been in retail banking for 20 years and truly enjoys meeting business owners in the community and helping them to be successful at what they do. John stays busy outside the bank too as he is very involved in community organizations. He has been a Rotarian for seven years, he is the Treasurer of Stringendo Orchestra School, and is the Treasurer/Secretary of the Gallatin Fire District, is a 4-H parent/volunteer, and has a very small family farm. When John and his family get a chance, they love the water, and any opportunity to go paddling on Stissing Lake or down the Roe Jan River. Talk about a busy guy!



We caught up with **Sienna Finkle**, who is a server at The Country Bistro in Salisbury, CT, and lives in Millerton, NY with her family. She has worked at the restaurant since this past Memorial Day and says that she enjoys her job, especially interacting with people and her coworkers. She has a very busy schedule as she has two other part-time jobs as well. She is a graduate of Kingston High School and has taken a leave of absence from Hudson Valley Community College for a semester. Sienna enjoys spending time with her boyfriend, Joe, and her dog as well as going out for dinner and the movies. She likes the area because of the scenery, small town life, and the closeness of the community. Good to meet you, Sienna!



**Chris Brooks** is the manager of the newly reopened White Hart Inn in Salisbury, CT. A native of the U.K., Chris has been in the food and beverage industry for 30 years. Prior to his new post, he was the executive chef at Blantyre in Lenox. He, his wife, and daughter live just across the border in Egremont, MA. Chris says that he likes the area because it reminds him of the towns and villages of the U.K. He misses the pubs and good English breakfasts that he enjoyed in his native England, and plans to translate that feeling into the overall atmosphere of the White Hart. A car fanatic, you may have seen Chris around the area in his original 1972 green Mini-Cooper which he manages to keep close to the speed limit... Stop at The White Hart and say hello. Chris will greet you with a smile.



**Lyn Bouteneff** is the proprietor of The Bodhi Tree Gallery in Sharon, CT, which features the crafts of local artisans. She has owned the shop for the past four and a half years and recently moved next door to her previous location in The Sharon Sopping Center. She says she started the shop when she realized that she could use a spot for her own craftwork, which includes knitting and crocheting. She is also a Reiki master and offers her services in the shop after hours. She lives in Litchfield with her husband, Alex, who is a talented kaleidoscope builder. Lyn loves the hills and ambience of Sharon and the surrounding towns. She enjoys free time with her husband, her dog Cody, and dinner and a movie.



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# staying on track

MAINTAINING A HEALTHY LIFESTYLE



By Thorunn Kristjansdottir  
info@mainstreetmag.com

Last month I invited you to join me and to challenge yourself to take a six month journey to a healthier you. How's it going so far? At the time of this writing I've just entered into the third official week, and thus far things have been going well. The first week brought sore muscles, the second week brought tired muscles, but this third week is gearing up nicely though, and I seem to have more energy and feel better.

It takes at least three months to break a habit and to change a routine – and this definitely applies to how and when you exercise, as well as how, what, and when you eat. So just remember to stick with it and do a little bit every day.

## A learning experience

There are two important things that I've learned thus far. The first was when I just recently had my body fat measured. In last month's article I wrote that if you're going to accept my challenge and join me on the journey, that you have to be honest with yourself and seeing things written out in black and white doesn't afford you the courtesy of fudging the facts. Well, having your body fat measured falls into that category. Your body fat percentage is as black and white as it gets!

When you weigh yourself you only see your overall and combined weight, but what you don't see is what percentage of that weight is muscle and which is fat. Knowing this is important, because that's the true number. I had had my body fat measured once before (over 10 years ago), and at that time it was far below the norm because of how thin I was. My body fat now, on the other hand, was in the 'norm' for a somewhat non-active woman of my age. That's never the answer that a woman wants to hear! So understandably, I didn't like hearing that – who would? But I didn't take it negatively or let it discourage me, instead I took it as motivation and intrigue. As a result of learning my true body fat percentage, I've added my body fat percentage goal to my list of goals. My goal is to get my body

fat to the lower half of the scale, where my body fat would have me falling into the "fit" category (which is in the low twentieth percentile).

The second important thing that I've learned in the last few weeks from my personal trainer Kevin Finn is to not let 48 hours pass without moving. How does the mantra go? "A body in motion, stays in motion." When he told me about the 48 hour rule, it made perfect sense and it was kind of a "duh" moment. We can all commit to moving, even if it's just for a walk, to get your blood flowing and your heart rate up – right?

There is something else that has happened in these past three weeks that I didn't quite expect, but that's that my cravings have been curbed. I no longer crave a snack after dinner. I no longer crave the sweets or other foods that aren't healthy for us, and honestly, they just don't taste as good. Perhaps it's my commitment shining through and affecting my subconscious, but whatever it is, it's all working hand-in-hand.

## A trip to the book store

Since taking on this challenge of mine, I've become even more curious about the technical aspects and research behind "diet and exercise." For that reason I recently paid a visit to Oblong Books & Music and took a look at their health section. They've got quite a nice selection of books, so if you're in the neighborhood, check them out.

I ended up purchasing about five books, including one from one of my favorite doctors and authors, Deepak Chopra. But that read will have to wait because I started by reading *The South Beach Diet* by Dr. Arthur Agatston. The reason for this purchase was that Kevin had told me that it was a good resource for explaining how our body and blood chemistry work and are affected by what we eat. I have only just begun reading the book, but it's an easy, enjoyable, and interesting read. The good doctor explains how and why we gain weight, how and why our bodies process carbohydrates,

sugars and fats, and then how and why our bodies store fat – and how we can get rid of that fat. That's probably what some of us are looking to learn.

## The journey for the next three weeks

For the next few weeks, I'll continue on my path. To achieve my ultimate goals, I continue to make better and healthier eating choices, something that I had already been doing for quite a while before starting this challenge. But honestly, I may re-evaluate that a little bit after I started reading *The South Beach Diet*, but I'll first see how the reading continues before making a final decision on that front. We each have to find what's right for our bodies when it comes to eating and exercising, and knowledge is always key.

As for other changes in my lifestyle as of late, I've become more active. I'm an office-jockey, my work is done by sitting at a desk and in front of a computer screen. There's been a vast array of research that's come out this past year about the impacts of a sedentary lifestyle and jobs that involve sitting all day. The results are not good! For that reason, if you have an occupation like I do, by all accounts it seems that it's even more important now than ever to stay active to counter the results of our seated professions.

In employing a more active lifestyle, I do get up more during the day and walk back and forth in my office to get out of the chair and to get my blood flowing. I try to go for a power walk every day, and every day I make my walk a little longer. And then I continue to work with Kevin every week, who pushes and challenges me differently each time.

It's a process, but so is everything in our lives. Everything worth doing is worth doing well, and it's worth spending the time to do it. Our health and life are definitely worth the effort! ●

*If you accepted the challenge, feel free to email me your progress, goals, and achievements.*

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ELYSE HARNEY OF ELYSE HARNEY REAL ESTATE:

# the queen of salisbury

By Christine Bates

christine@mainstreetmag.com

*This month Main Street visited Elyse Harney, founder of eponymously named Elyse Harney Real Estate, in the glorious garden behind her home and office on Main Street in Salisbury, CT, just across the street from the White Hart Inn. Her husband of 61 years, John Harney, founder of Harney & Sons, was interviewed in Main Street's first issue in March 2013. He was mourned by our entire community when he passed away unexpectedly in June of this year.*

## How did you go from being the front of the house at the White Hart Inn for twenty three years to selling real estate?

When the Inn was sold in 1984 I thought I would just go and get a job as a secretary at a prep school, but John said, "You've been on your feet talking to people for 23 years. You can't sit behind a desk."

In 1985 I ran for First Selectman in Salisbury and came close to winning, but it didn't seem like I had a career in politics. Then I took a real estate sales course in West Hartford, passed the state test, and went to work for George Devoe in Sharon. I was a salesman for two years, took more courses and more tests and became a broker. All this time John was starting his tea business in the basement of our former ranch house, where we raised our family of five children.

In 1987 I showed a client the White Hart Inn; it was for sale again, and this house across the street had just come on the market. John and I had always thought it would be a great addition to the Inn with room for a pool and a tennis court in the backyard. My client was not interested, but we were and paid full price. Then people started asking if I was going to start my own brokerage business. I hadn't really thought about it, but it seemed to make sense. My feeling is you just jump in and start doing.

## How did you and John meet? Was it difficult after working together for so long to start your own separate business?

John and I met in Vermont the summer after high school. I applied for a waitress job at the hotel owned by his uncle. One of John's jobs was to open and sort the hotel's mail. In those days you had to include a photo with your application so he knew all about me before we even met.

After that summer John joined the Marines and I went to college. When he got out four years later my mother and I encouraged him to go to college under the GI program. He went off to Cornell Hotel School in Ithaca when I started graduate school at Columbia. By the end of the first semester we



Above: Elyse and John Harney, together for 61+ years. Above, small photo: Elyse Harney with Clarence, a rescue dog who is the newest addition to the Harney family. Photos by Anne Day.

decided to get married and for 61+ years we were never apart until John died in June this year.

We always supported each other. In the early days of the tea company my real estate activity brought in cash when John needed it. We have always shared contacts; it's a very small world. For example, an executive from Barnes & Noble was looking at houses up here and that led to them carrying Harney Tea in all of their stores.

## What are the important decisions you've made?

The decision to have a website about 10 years ago was critical. I don't know much about technology, but people I respected were going online. It was a whole new thing. I figured that if we didn't do it we would be going down. You have to keep up. Our website was just recently redesigned and we are active on Facebook, Pinterest, and all that. It means that brick and mortar offices are not important. It increases our exposure and decreases our expenses.

I firmly believe that state lines aren't important to buyers. This led me to make the decision to register our brokers and our LLC in three states. We are one of the few firms to operate successfully in New York, Connecticut, and Massachusetts.

Another decision that has shaped my business is

not wanting just to be a high-end boutique broker. Our firm serves the whole community. Recently we worked with a young couple who are teachers to find a house in Lakeville and settle into a new chapter of their life. It was very satisfying.

## What happened to your business during the real estate crash of 2008?

It was so bad that I was delighted when I sold a house for \$200,000. Some of our brokers had to get full time jobs. But a downturn is a good time to really learn the business. You have to hustle and be creative. And you have to cut expenses – like reducing advertising.

## What makes your real estate firm distinctive?

I believe it's our commitment to building a tradition of trust, teamwork, hard work, and honesty. We love to help our customers find a house that can become a happy home.

Continued on next page ...

**What is the most annoying thing about real estate brokerage?**

Showing a house to a client on Easter Sunday, although you do get used to working on weekends.

**What's the craziest sale you have ever made?**

I sold a house located on the lake from the dock at the Interlaken. It was an estate sale we had just listed and I couldn't show it because the family was there. The clients saw it from across the lake and put in their offer.

**What's the most important quality in a real estate broker?**

It's mostly personality, although many of our brokers, like Barbara Roth, who was one of our first agents, had serious real estate experience. Having patience with people is key.

The hospitality industry is great training for selling real estate. You learn to make people comfortable. Many of our brokers have that kind of background.

**How many brokers work at Elyse Harney?**

We have 28 agents working out of five offices. Our Salisbury office across from the White Hart Inn and our Millerton office, which is next to The Moviehouse, are our most visible locations.

**How do you train a new broker?**

We just have new agents work alongside someone more experienced. We help them handle the complicated paperwork and teach them organizational and scheduling skills. We recommend spending time with the client to understand their needs before ever taking them out to look at a house. We've learned that this is time well spent. Most important is to know your product. The Internet provides buyers with so much information, agents need to be able to answer questions.

**Have you ever had agents that didn't work out?**

Sometimes we make a mistake. Usually it's because the person is not a team player. I always try to put two agents on a listing because it's hard for one person to be available 24/7.

**Do you consider yourself an entrepreneur? What is your recommendation to people starting a business?**

Of course I'm an entrepreneur. I started my own business didn't I? You've got to be determined, and not afraid to try. There's really nothing you can't do. Nothing is given to you, you have to work for it. We don't want to lose entrepreneurship in our country.



Above: 11 Main Street in Salisbury, CT is the main office of Elyse Harney Real Estate and the Harney home. Below right: Harney agents feel at home at work. This picture is of Juliet Moore's desk, looking out at the White Hart Inn, was taken on her birthday.

**What do you think is most important in building a business?**

The most important thing in building a business is to have a trusted staff who share your commitment and passion for what you are doing. In real estate your agents are all independent so it is even more important to have them committed to the ideals of your company.

**Is there any business leader that has inspired you?**

My husband, of course, was an inspired business entrepreneur. His dream became a reality because of his drive, dedication, and love of people.

**Do you think your business would have been as successful in another market?**

There is no place I would rather be. We lasted 23 years at the White Hart because the people here are so wonderful. And it's relaxed without a lot of tension.

**Is there still an opportunity to start a real estate business? Would you do it all over again?**

There is always an opportunity but, as with every business, the small owner has to demonstrate unique qualities that will draw and attract clients.

Would I do it all over again? Of course! My daughter, Elyse, shares my enthusiasm and has her father's charm, dedication and work ethic. She and her husband Scott have kept the company growing in this new world of technology, but with the old fashioned principles of customer service.



**What's next for you?**

I think you should start a new business every twenty years. Big national firms are always asking about our interest in selling, but it's a family business and we aren't interested. We intend to stay local. Maybe I'm slowing down a little. The days of showing five or six properties in a day are over, but I'm very active on the listing side and take over when decisions need to be made. My experience makes a difference.

**What are your other interests?**

I love music and reading. Every day I read the *Wall Street Journal*, but not as thoroughly as John used to. ●

For further information about Elyse and Elyse Harney Real Estate, call (860) 435-2200 or visit them online on their new website at [www.harneyre.com](http://www.harneyre.com).

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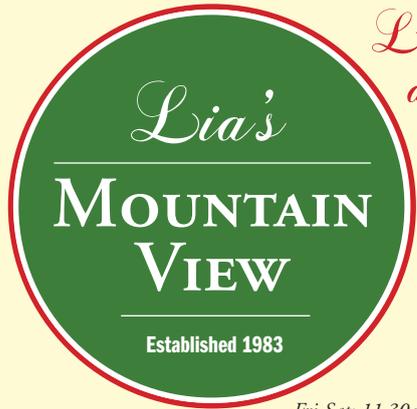
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# la puerta azul

## GREAT GASTRONOMY



By Thorunn Kristjansdottir  
info@mainstreetmag.com

Holy guacamole! Have I got a different kind of restaurant for you. But firstly answer me this: do you like Mexican food and guacamole? If so, you should head down to Millbrook and experience La Puerta Azul. And yes, I did say experience.

Fortunately for us, we had made a reservation on the Friday night that we headed down for a fiesta. As soon as you walk in the signature blue door (La Puerta Azul means blue door in Spanish), you can't help but feel the electricity that's in the air. You see, the restaurant is not just a Mexican restaurant, but it has a fantastic bar scene, as well as live music on weekends. We had arrived at 6:30, and boy was there ever a line of cars pulling into the restaurant's parking lot. They were coming from both the Taconic State Parkway, as well as from Millbrook and Route 82. The restaurant seemingly appeals to both the second home-owners that were heading up for the weekend, as well as the full-time locals, both of whom came to enjoy a nice drink after a long week, or a delicious and fun dinner. So it was understandable that the bar scene had just started gearing up upon our arrival at 6:30, and there was a mixed and interesting group of people gathered.

Whereas we were more interested in the dinner offerings, we were escorted to the left and over the little bridge where the water flowed beneath the glass entryway, away from the bar and to the restaurant side. There we settled into our Mexican inspired booth that was located close to the open kitchen. I thought that the kitchen set-up was quite cool, because you can see the chefs hard at work and the food coming out – making you hungrier.

The entire atmosphere and decor is very Mexican indeed, but I was curious to see how authentic the food was. You see, once you've been to Mexico and or have dined on *real* Mexican food, you know what's what. For that reason, I was very curious to try their guacamole, because for me, if the guac is good then you know the rest will be spot-on.

### The lava guacamole bowl

As soon as you're seated, you receive a bowl of tortilla chips and what I think was mild salsa. But we were quick to order our guacamole so as not to fill up on just the delicious chips. And before we knew it, there was a gentleman hard at work at the far end of the restaurant making some noise and mixing things together in an odd bowl. We should have paid more attention because he was making our guacamole!

The guac was brought over in a large (and heavy) bowl that looked like it was made out of a lava rock. Upon first scoop and bite, yes this was the real thing. The guacamole gets two large thumbs up. So now that that was taken care of, we began studying our menus as our drinks arrived. As already mentioned, this is a Mexican restaurant and where else is it more fitting to order Margaritas or Mojitos? I ordered a Passion fruit Mojito, which hit the right spot after a long and hard week.

### On the menu

As you can imagine, we found some of the staples of a Mexican menu such as tacos and fajitas, but they have a number of very interesting dishes. For example, we also opted to try the Camarones a la

Parilla, which is grilled shrimp on top of an onion ring with guacamole, pico de gallo, and chipotle aioli (see image top left). When it arrived, just as the lava bowl emptied, we were quite impressed with the presentation and the dish's beauty. And the taste? Oh my goodness, it was delicious. A little spicy, I will admit, but then again I'm not a big spice person – but it didn't stop me from eating it. It was fantastic.

### How to choose?

When it came to the main course, it was honestly hard to choose. The people sitting next to us had had three or four dishes come out while we ate our appetizers, and one looked better than the other. But we finally decided on the Chicken Enchiladas which consist of braised chicken, corn tortillas, ranchero beans, cotija cheese, pico de gallo, and your choice of salsa, and a Chimichanga which you fill with your choice of meat and other Chimi sides, and it is then deep fried and served with red sauce.

When our entrees arrived, the presentation and size were impressive, but we realized that we had ordered too much food – mainly thanks to the gracious portions. That didn't stop us from digging in. The combination of flavors and textures was impressive. In one chew you'd have spice, the next would be crispy, while the third was sweet. Spectacular! So if you're looking for something different to spice up your life, I highly recommend heading down to La Puerta Azul. ●

To learn more about La Puerta Azul call (845) 677-2985 or visit them at [www.lapuertaazul.com](http://www.lapuertaazul.com).



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# weatogue farm:

## A SALISBURY INSTITUTION

By Memoree Joelle  
info@mainstreetmag.com

Fall, especially in October, is my favorite time of year. The heat is behind us, the tourists have all gone home, and orange and golden leaves line the way through one of the most scenic drives in the country. It's the perfect time to take a leisurely trip to a local farm stand and load up with the ingredients for soup. Weatogue Farm, whose quaint stand on Weatogue Road in Salisbury, CT, is bursting with beautiful vegetables in warmer months, and still has plenty to offer throughout October and November. Tomatoes and butter lettuces may be long gone, but Gordon Whitbeck and Elvia Gignoux are growing gorgeous winter squashes, kale, and potatoes, among other things. I paid them a visit when summer was just winding down, and patiently waited my turn to examine boxes of cherry tomatoes, melons, and even a highly sought-after pint-sized box of okra (I challenge you to find other farms growing okra nearby).

### A tradition of farming

Most of their customers are loyal locals, and most of them heard about the farm through simple word of mouth. And just as the road from Millerton to Salisbury was a long and winding one, so has been Gordon Whitbeck's farming life. Weatogue Farm has been in his family for four generations, and both he and Elvia have spent their entire lives in Salisbury.

Gordon's grandfather operated the farm as a dairy, and while Gordon followed in his agricultural footsteps, he chose vegetable farming over cattle, and became certified organic in the 1990's. He closed the farm stand in 2001, but reopened it with Elvia, his life and business partner, in 2011. Their stand is one of my favorites because, just like Elvia and Gordon, it is warm, welcoming, and doesn't make you feel pressured to buy. Because it is a help



Above: A new lamb plays with its mother; the Weatogue Farm farm stand; and the Weatogue chickens. Photos by Gregory Whitbeck. Below left: Gordon Whitbeck and Elvia Gignoux stand in their farm stand's doorway. Photo by Claire Scoville.

yourself model, with an honor system that lets you make change and pay for your vegetables on your own, you can take your time and change your mind if you need to. It's perfect for cooks like me, who like to shop without a list, peruse what looks best, and skip the grocery store line.

Most of the time, you'll see Gordon or Elvia on the property, since they conveniently live in the house across the street, and are happy to answer your questions. I was surprised to learn that, while it is a small operation at under two farmed acres, Gordon does it all himself, mostly by hand. (Elvia does the flowers and plant sale in Spring, but she has a full-time real estate career). And if you've ever worked on an organic vegetable farm, you know that it is labor-intensive. "I'd say that I will retire soon," Gordon joked, pointing out a row of weeds that needed to be pulled that afternoon, "but then, I say that every year."

While the farm is no longer certified organic, they do follow organic growing practices – just minus all the paperwork. You can be assured, though, that no pesticides are used. And, after all, isn't it better to know that rather than a USDA stamp, you can simply trust the person who grows your food? Trust, and knowing I'm supporting farmers who care about what they do is what keeps me coming back year after year.

I asked Gordon what keeps him from retiring, and he replied, after a thoughtful moment, "I like the diversity and surprises that come with working with nature. The cool summer we had was good for

the lettuces, and it was the best year for potatoes we've ever had. Every year is an adventure, really."

Elvia adds to that, "We also like the people who come here, and we've enjoyed getting to know the people who buy from us over the years."

### Weatogue in the Spring

In Spring, don't miss their plant sale, when you can find an abundance of flowering plants, herbs, and vegetable starts. Beginning in May, vegetables are available at the stand throughout the growing season, as well as fresh eggs from their free-running hens. Recently, a small flock of sheep joined the Weatogue Farm family, and those are sold as whole animals. You'll also see two very handsome and rather charming Llamas roaming about, who apparently make great sheep guards. They're certainly more interesting to have around than sheep dogs, and so far, no sheep have been killed despite the looming threat of bears and coyotes. Their presence adds a certain peaceful air to the farm, and they watched nearby while the three of us talked about the vegetables, the changing of the seasons, and farm life, which is, in the end, a very nice life.

"I guess I'll retire eventually," Gordon remarked, as we parted ways. Then he got back on his tractor and headed off into the field. ●

*If you'd like to buy produce and fresh eggs from Weatogue Farm, the farm stand is open seven days a week at 78 Weatogue Road in Salisbury, CT. Email them at weatoguefarm@gmail.com or call (860) 435-0345 for further information about buying a whole lamb.*

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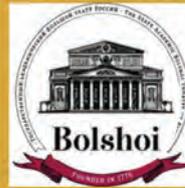


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# happy days are here again

## THE REAL ESTATE MARKET IN SALISBURY, CT

By Christine Bates

christine@mainstreetmag.com

*The town of Salisbury, Connecticut, which includes Salisbury, Lakeville, Taconic, Amesville, and Lime Rock, was the first local real estate market Main Street Magazine analyzed when we began publication 18 months ago in March of 2013. Another 18 months confirms that the market is steadily improving.*

### Do 18 months of improved sales make a trend?

In the beginning of 2013 Salisbury realtors felt that the real estate market might be reviving, but they were cautiously optimistic. John Harney, now with William Pitt Sotheby's International, wondered at the time, "Does this activity have legs or is it just spill over from 2012?"

When the full year 2013 numbers came in, the total dollar value of all homes sold had increased 27% over 2012. And 2012 was a big improvement over a dreary 2011 and 2010 (see chart). Despite the extreme winter, the first six months sales volumes of 2014 are over 30% higher than the same period in 2013, with almost 40% more transactions, in part because of a rush of condo sales in the spring. With high consumer confidence, stable home prices, and low interest rates, realtors hope that the rest of 2014 will continue at the same pace as the first six months.

But don't expect a rerun of what Amy Raymond, SVP of Retail Lending at Salisbury Bank and Trust Company, calls "the anomaly of 2006 to 2008 which spoiled us." She sees the local real estate market returning to the pre-bubble, relatively stable real estate markets of 2002 to 2004. Despite improving real estate prices, first mortgage activity is not gaining momentum. While interest rates remain low, 3.375% for a 15-year fixed mortgage and 4.25% for a 30-year mortgage, demand has been stagnant.

"New federally mandated lending rules put in place in January by the *Consumer Financial Protection Bureau* have increased the 'ATR' rules, – the ability to repay," according to Raymond. "This really affects the people who live and work in our region." These rules make it more difficult for banks to lend to the self-employed and owners of small businesses. "Home values have increased recently, and as a result, down payments have increased, but wages and small business incomes have not."

### Strength in all segments of the market

Median (midpoint) and average sales prices have risen steadily since 2011 and all price segments of the market have improved. The last 18 months show sales activity across the market, with the large increases in transactions and volume in homes



Above: Salisbury's White Hart Inn was sold by Pat Best and is now open for business again.

priced over \$1,000,000. This trophy segment typically constitutes about 50% of Salisbury real estate sales value. Will the last half of 2014 show a pick up in high-end sales like 2013? Realtors warn that at higher price levels, just one sale can distort the results.

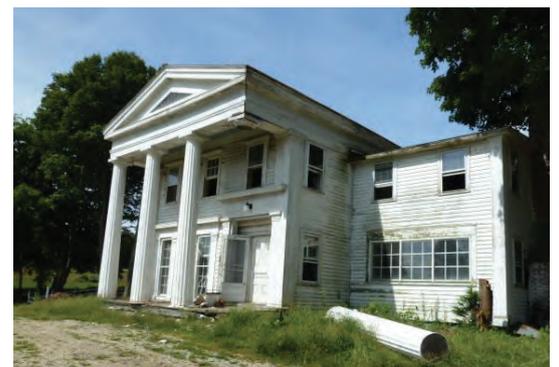
Homes sold between \$500,000 and one million also picked up speed in the first half of 2014. Pat Best of Best & Cavallaro attributes the performance to "more young Wall Streeters who are first time second home buyers" coming back cautiously to the market and more empty nesters. "Our whole office is busy. People are looking again."

Activity below \$500,000 was also very strong with 24 homes sold in six months, 26% more than in 2013 with dollar sales volume up 19%. Elyse Harney of Elyse Harney Real Estate provided some perspective. "Our number of sales is higher than 2007, but prices remain below the peak."

### Signs that the improvement is for real

There are signals not reflected in numbers or charts that predict the real estate market will remain on track. When realtors like Pat Best build a new house for themselves, the outlook must be steady.

Renovation projects are underway. Look at the ambitious restoration of a Greek Revival mansion on Belgo Road or the transformation of the



Above top: An old schoolhouse on Route 44 was purchased with an intact classroom and is now being renovated into a home. Photo courtesy of Peter Greenough. Above bottom: A Greek Revival house is being restored on Belgo Road.

Continued on next page ...

**RESIDENTIAL SALES TOWN OF SALISBURY 2010 TO JUNE 30, 2014\***

	<b>2014 6 MONTHS</b>	<b>2013 6 MONTHS</b>	<b>2013 FULL YEAR</b>	<b>2012</b>	<b>2011</b>	<b>2010</b>
# Houses Sold	39 Homes	28 Homes	62 Homes	55 Homes	50 Homes	35 Homes
Total \$ Sales Volume	\$22,427,164	\$17,063,731	\$44,785,631	\$35,409,545	\$27,443,075	\$26,898,500
Change in \$ Value Previous Period	+31.4%	+5.0%	+26.5%	+29.0%	+2%	--
		<b>Average Price</b>	<b>\$722,349</b>	<b>\$643,810</b>	<b>\$548,862</b>	<b>\$768,529</b>
		<b>Median Price</b>	<b>\$450,000</b>	<b>\$425,000</b>	<b>\$372,000</b>	<b>\$705,000</b>

**PRICE RANGE OF SALISBURY HOMES SOLD 2010 TO JUNE 30, 2014\***

<b>Homes Sold Over \$1,000,000</b>						
# Homes Sold	6 Homes	3 Homes	10 Homes	9 Homes	8 Homes	9 Homes
Total \$ Sales Value	\$8,987,177	\$5,975,500	\$22,550,000	\$17,892,000	\$11,099,875	\$14,390,000
% of Total Market	40.1%	35.0%	50.4%	50.5%	40.4%	53.5%
<b>Homes Sold \$500,000 &lt; \$1,000,000</b>						
# Homes Sold	9 Homes	6 Homes	14 Homes	12 Homes	14 Homes	12 Homes
Total Sales Value	\$5,859,121	\$4,736,131	\$10,073,631	\$8,506,000	\$9,621,800	\$8,202,500
% of Total Market	26.1%	27.8%	22.5%	24.0%	35.1%	30.5%
<b>Homes Under \$500,000</b>						
# Homes Sold	24 Homes	19 Homes	38 Homes	34 Homes	28 Homes	14 Homes
Total Sales Value	\$7,580,475	\$6,352,100	\$12,161,500	\$9,011,545	\$6,721,400	\$4,306,000
% of Total Market	33.8%	37.2%	27.2%	25.1%	25.1%	16.0%

\*All data compiled by Main Street Magazine from the records of the Salisbury Assessor

**SALISBURY LAND SALES 2010 TO 2014 AND CURRENT SALES LISTINGS\***

	<b>2010</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014 6 MONTHS</b>	<b>ON THE MARKET NOW</b>
# of Transactions	0	0	6	7	4	23
Total Sales Value	0	0	\$1,414,000	\$2,304,000	\$1,493,000	\$28,937,500
Price per Acre	0	0	\$40,205	\$38,775	\$32,260	\$29,545

\*Historic land sales compiled from Assessor's records. On the market compiled from listings on realtor.com and individual broker sites. Does not include sales of excess acreage.

**HOMES ON THE MARKET NOW IN SALISBURY\***

	<b>&lt;\$500,000</b>	<b>\$500,000 &lt;\$1,000,000</b>	<b>+\$1,000,000</b>	<b>Total Market</b>	<b>Median Price</b>
Number of Homes Listed	36	30	25 Homes	91 Homes	\$599,000
Total Value	\$12.1 Million	\$21.2 Million	\$57.0 Million	\$90.4 Million	--
% of Market Listing Value	13.4%	23.5%	63.2%	100%	--

\*Data compiled from Realtor.com listings on September 1, 2014. In the intervening month homes may have sold or listings removed.



Above: A 1929 mansion on 10 acres with 400' of waterfront is on the market for \$3,895,000. Photo courtesy of Roger Saucy, Klemm Realty.

old school house on Route 44. And flippers are returning to the market. A home on Pettee Street purchased last October for \$197,000 is back on the market with a listing price of \$399,000.

Most telling may be the revival in land sales. There were NO sales of land in 2010 or 2011 – none. In 2013 seven parcels were sold and 2014 is on track to finish the year higher in terms of value and number of transactions (see chart). Prices for an acre of land remain in the vicinity of \$30,000, but the range is enormous from a three-acre lakefront parcel at over \$200,000 an acre to under \$14,000 for 38 acres on Route 7.

**Where is the market headed now?**

In September there were only 36 homes under \$500,000 for sale in Salisbury. Realtors agree that below this price level it's difficult to buy land and build, or to renovate an existing property. While this segment typically accounts for around 25% to 35% of sales value, it accounts for less than 14% of the value of all residential properties listed for sale on www.realtor.com. To some degree this reflects the overhang at the high-end of the market where 25 homes are listed over \$1,000,000 averaging \$2,000,000+ each.

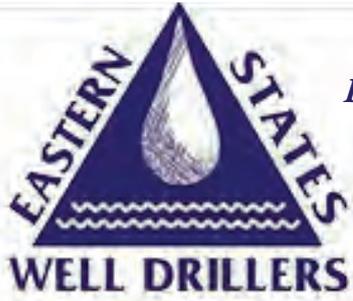
It's still a buyer's market in the view of most realtors, with cash buyers able to extract discounts for a quick and easy sale. The exception is a WOW property in great shape. Elyse Harney (see this issue's entrepreneur interview) observed that, "Listing times are down and new properties that are priced correctly are selling quickly."

Roger Saucy of Klemm Realty, who closed the highest sale in Litchfield County in 2007, is seeing several higher-end deals pending. "Salisbury is experiencing a good run in the \$1,000,000+ sales."

"With six lakes, private schools, good public schools, proximity to the Berkshires, community activities from the Grove in Lakeville to the Ski Jumps, and a low 10.5 mil property tax rate, Salisbury attracts an educated, affluent home buyer," according to Barbara Bigos, Salisbury's Assessor. "Buyer's know that a home in Salisbury is easy to resell."

The center of Salisbury is lively again with beanbag games outside of Peter Beck's store, coffee drinkers on the grass in front of Sweet William's bakery, and, best of all, the reopened White Hart Inn. Salisbury is definitely back. ●

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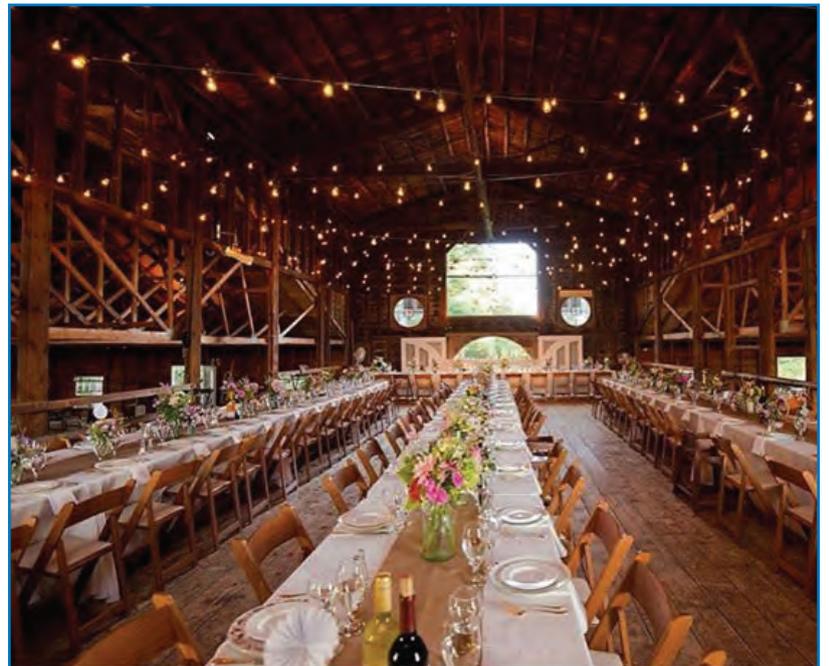
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# reflections

## SHARON'S TWIN OAKS

By Brandon Kralik  
arts@mainstreetmag.com

This beautiful landscape, looking out from Route 41 toward the twin oaks field looks much like it has since the days of our country's founding fathers. This particular view is said to be one of the most beautiful in all of New England. The two white oak trees, which stood majestically in the field for over 250 years, were iconic symbols in the region and have been drawn, painted, and enjoyed for generations. The Native Americans in the area would boil and eat white oak acorns. Wood from trees such as these is impervious to liquids and has been used extensively for ship timbers, barrels, and casks.

The White Oak is the state tree of Connecticut and the image that adorns the Connecticut state quarter is of the Charter Oak in Hartford. Along with that famous tree, the twin oaks of Sharon are among some of the most famous in all the North East. Such a powerful symbol of fortitude and strength it can seem like trees such as these have lived for ever and will never die. But they do.

### The Sharon Land Trust and the purchasing of the oaks

In the late 90's it was announced that the field where the trees stood was to be developed and the public outcry was loud. It became the task of the Sharon Land Trust, a non profit organization, to negotiate with the owner of the land and try to convince him to sell the land at a reduced price to the land trust so that the field with its mighty oak trees could be preserved.

The Sharon Land Trust worked alongside the more experienced Salisbury Land Trust who shared the view. The owner was reluctant but the two land trusts worked together in an effort to raise the large sum of money needed to purchase the twin oaks field. This had not been done in the area before. They initiated a public campaign and when the town members decided to picket the office of the field's owner, he decided to sell it to the Land Trust. Still, it was not cheap and money had to be raised.

There were no known grants available at the time for such land purchases, but members of the public stepped up and made generous contributions to the cause. There was an agricultural lease that had to be purchased, which the Blum family aided considerably with. The public felt so strongly about the land that they came forward with the additional donations that were necessary. In 1998 the twin oaks field became part of the Sharon Land Trust and along with the field, 30 acres of marsh leading to Mudge Pond are now protected for all time.

### The impact of Sandy felt close to home

Arborists had paid close attention to the trees and it was known that the trees were very old and that they both suffered health issues as a result of their age. Still, when the first of the trees split apart and fell during Hurricane Sandy, the community was shocked and saddened. We have heard about couples that after having lived together for decades, like Johnny and June Carter Cash, how they find it impossible to live one without the other. When one died, the other was not far behind. So it was with these two majestic oak trees, which along with the clock tower are symbols of Sharon. Within seven months of the first one, the second split apart and toppled.

The public was asked what it thought should be done with the field and it was democratically decided that two young oaks would be planted and they were, on April 25th, 2013.

Less than a month later, the second of the original twins split and fell leaving the two younger oaks to stand watch. It was then decided by the public that the wood from the fallen trees was to be given to local artisans to create with, and then their creations would be part of an exhibition and



Above top: The Sharon Twin Oaks as they majestically stood for over 200 years. Photo by Ray Shine. Above middle: The Twin Oaks in winter after one had fallen. Above bottom: The oak after it was split by Mother Nature. Photos by Jonathan Doster.

Continued on next page ...

fund-raiser for the Sharon Land Trust. That exhibition will be held on October 25th at the Tremaine Gallery at Hotchkiss.

### The personal connections to the oaks

In preparation for this article I talked to both members of the Sharon Land Trust and local artisans who are working with the wood. As I visited with these people I heard a number of interesting stories as each of the artisans has a personal connection to the trees and to the project.

**Kathleen Fuhr** described how a portable mill was brought to the site and along with 29 artists they cut the trees up into various sizes according to the properties of the tree and the needs of the individual artists. Afterwards the wood was set to dry. It was then that it was learned that oak, being an incredibly dense wood, takes five years to dry properly before it can be worked with. Not having the time for such a wait, it was decided that the wood should be dried with heat, which it was. Within a year the wood was handed out to the artists to begin working with.

**Alistair Jones** is one of the artists I talked to. He is making a Campeche chair, among other things from the wood, some in collaboration with **Shaari Horowitz**. This style of chair, he explained to me was very popular in the early days of our country, when the twin oaks were young but already standing in the now famous field. Thomas Jefferson had two Campeche chairs, which are a type of lounge chair, at his home in Monticello so Alistair thought it would be interesting to use such a design to create a chair out of the oak, which he has done and which will be displayed at the Tremaine Gallery exhibition.

In Millerton, at the Gilded Moon Frame shop I visited with **Jill** and **Paul Choma** about the beautiful frame that they have made out of a portion of their wood from the Sharon twin oaks. They told the story of how they just happened to be near the Sharon transfer station when they saw an American Flag which had been thrown into a dumpster. Paul fished around and rescued it only to find that it was not an ordinary American flag. It had only 48 stars. They agreed that the fate of this flag was not to be



Clockwise: Alistair Jones with slabs milled from the Oaks; Paul and Jill display a 48 star American flag with a frame they made from the Sharon Oaks; Twin Oak console by David Bowen and Salisbury Artisans; Elfin table by Ian Ingersoll who also poses with the table top in progress; and a closer look at the frame from Gilded Moon Framing. The bench, here in an unfinished state, is by Alistair Jones and Shaari Horowitz. Photos courtesy of Alistair Jones, Shaari Horowitz, David Bowen, Ian Ingersoll, and Brandon Kralik.

thrown away but to be preserved, like the memory of the twin oaks is being preserved. They found the flag just before the oaks fell and when they were presented with the opportunity to work with some of the wood it felt natural and obvious to build a frame for the flag, which they have done a fantastic job of! It is beautiful.

**Peter Kirkiles** is another local artist who expressed interest in working with the wood from the white oaks. Peter has exhibited his work at a number of galleries over the years and is well-known for his series of tools, often made larger than life. He loved the natural color and grain of the wood and added a large Rule to his series of rules which he made out of thick slabs of the white oak. His work will be displayed at the upcoming show at the Trumaine Gallery. Kirkiles has left some of the natural occurrences in the wood, the grain and the mill lines that give character to the art. He plans to exhibit this large measuring rule, folded into a circle on the floor, to give us an idea of the mighty oaks circumference.

**Ian Ingersoll** is a cabinetmaker but does a whole lot more than just make cabinets. He has several wood shops operating in West Cornwall and has taken some of his wood allotment from the trees to make tables with. Ian explained to me that it was not so much that he decided to make a table out of it, but that the wood tells you what you should do with it. I sat with Peter and Ian as they talked to me about the chemicals in the oak, not just how it smells when working with it but how it affects the body, how certain people respond to various types of wood differently, how their sweat,

when it comes into contact with certain wood takes on different colors. Their conversation revealed many years of hidden knowledge about the area, and working with wood, in addition to the obvious knowledge that one can see automatically in their creations. There is a spirit to it. In addition to the tables Ian and his craftsmen are making other things from it as well. One piece he showed me was a long thin slice of beautifully grained white oak which had warped. Ian's plan was to make a clock out of it and he explained it to me: "We are going to have different price ranges so that it will be a little easier for people to be able to have something for themselves from the trees."

### The upcoming exhibition

Much of the upcoming exhibition at the Tremaine Gallery will focus on larger more ambitious pieces, but I have been informed that there will be pop-up shops where smaller carvings and items made from the tree will be available to the public.

*Reflections* is the name of the exhibition that will feature 29 artists who have created objects of art from Sharon's twin oaks. It will be held at Hotchkiss Tremaine Gallery and the gala opening will be Saturday, October 25, 2014 from 5pm until 7pm. All crafts and projects from the trees will be authenticated as twin oak wood. This will be your one and only chance to own a unique piece of Sharon history! •

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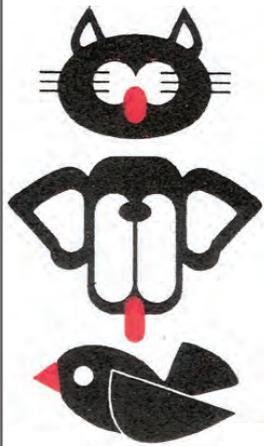
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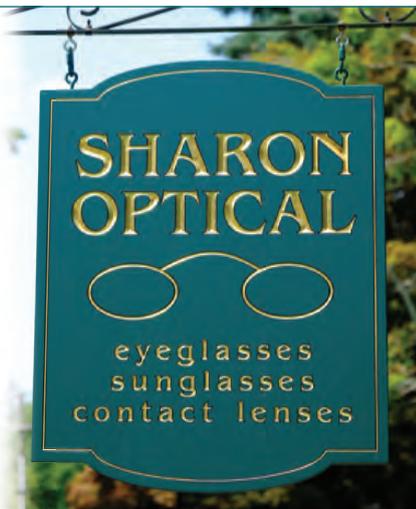
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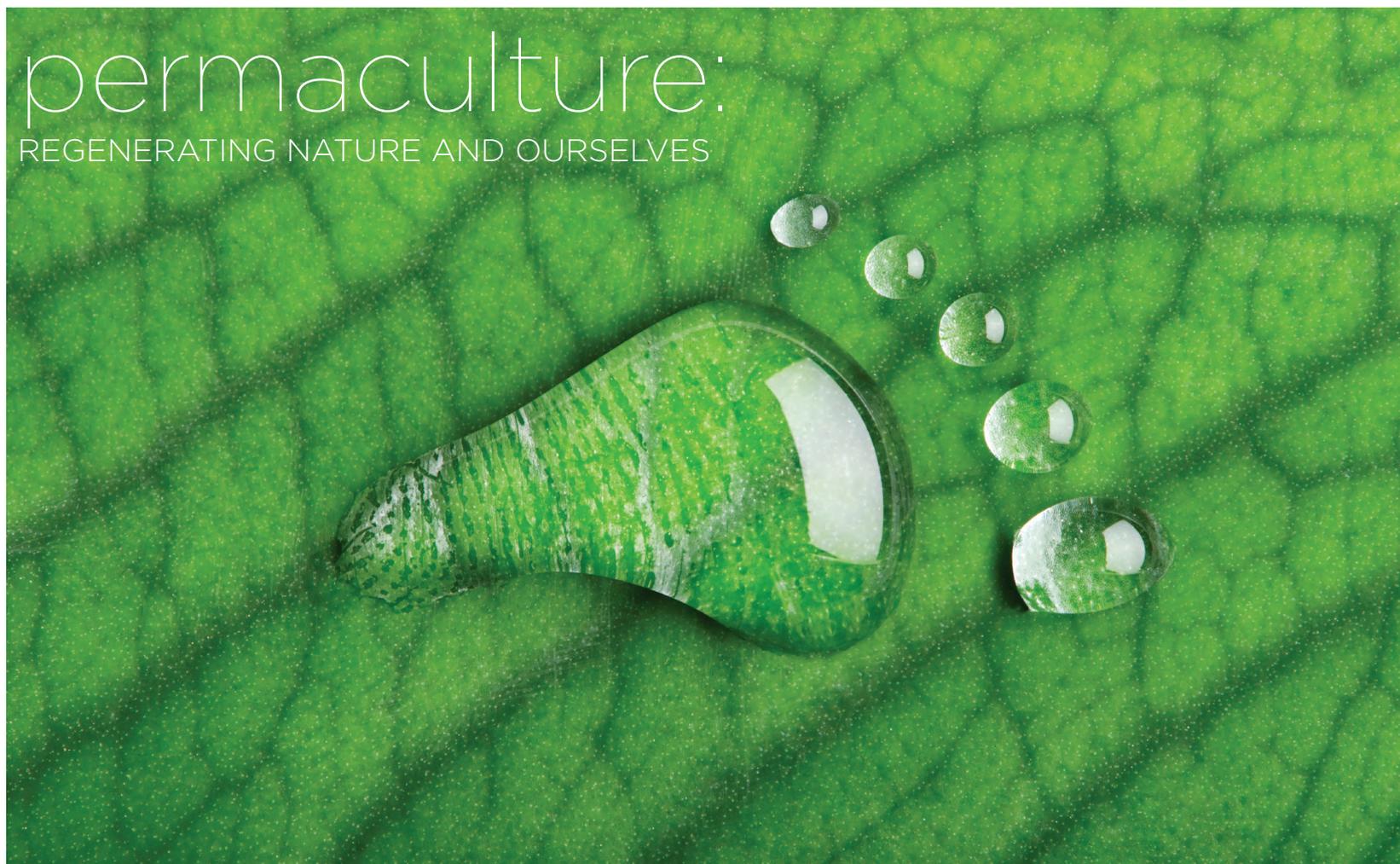
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# permaculture:

REGENERATING NATURE AND OURSELVES



By Mary B. O'Neill  
[info@mainstreetmag.com](mailto:info@mainstreetmag.com)

Photos courtesy of  
 Max & Jake Renner

Sustainability, eco-friendly, green, carbon footprint – these are all terms to which we have grown accustomed. From the cleaning products we use and the cars we drive to the way in which businesses conduct their affairs, these words are part of our vernacular. Yet they are on the verge of becoming empty concepts we throw around to feel virtuous about helping the environment, because if we really started thinking about the enormity of the problems facing our planet we might be paralyzed to inaction.

### The evolution of a world view

There's another word in the environmental lexicon that has been around since the 1970s – permaculture. First introduced by Australians Bill Mollison and David Holmgren, it is a combination of the words permanent and agriculture. Permaculture is more than just a vague concept, it's a world view. Although it started as a way to interact with the land, over time it has become a political philosophy of self-reliance, regeneration, and mindful engagement with the world around us. It spills over into areas such as education, culture, health, technology, economics, and building processes.

Philosophically and politically, permaculture seeks to instill a sense of self reliance reminiscent of the days before our dependence on oil and the industrialization of need satisfaction and food production. Practically, it translates into us living in rhythm with nature, mimicking its patterns and

viewing our relationship to it in an immediate way. Thus we can provide for ourselves and regenerate the interconnected and interrelated systems on our earth.

In the early writings of Mollison and Holmgren, permaculture was “an integrated, evolving system of perennial or self-perpetuating plant and animal species useful to man.” Over time it has morphed into a more comprehensive concept that moves beyond agriculture. It now represents sustainable or permanent cultural interactions and encompasses “consciously designed landscapes that mimic the patterns and relationships found in nature to yield sufficient amounts to provide for local needs.”

### An ethical model

Permaculture possesses an ethics that governs our lives together. It assumes that we are individuals embedded in a web of relationships with others and with nature. The more complex that a society or set of relationships become, the more we need a system of ethics to fall back upon. Yet the principles that we accept do not have to be complicated. In fact, permaculture ethics are grounded in ancient communitarian concepts. There are three principles: care for earth, care for people, and fair share.

Care for earth translates primarily into care for the soil, which according to some measures is the best indicator for the health and well-being of a

Continued on next page ...

society. If that sounds too farfetched, think back to the Dust Bowl and you will see the relationship between the microbial health of dirt and our ability to provide for ourselves. People care expands outward from self, to families, to communities, and ultimately to the world. It also involves personal responsibility, resourcefulness, and resilience, particularly with regard to the non-material aspects of our lives. With this principle we are less apt to produce, consume, and own things that we do not need and have little lasting impact on our health and well being. Fair share advocates taking what we need and sharing the rest. This mentality reduces our fixation on both material accumulation and a growth economy mind-set.

**From principle to action**

Derived from the ethical tenets are 12 design principles that are rooted in “systems design” which sees the earth as a large network of interrelated and overlapping systems. Elements of these systems have varying degrees of impact. Think of it as the tower of Jenga blocks standing in an alternating pattern of stacks of three. Sometimes you can remove a block and nothing happens – yet. Remove the wrong one or one too many and the whole Jenga block system tumbles. So it goes with our natural world.

While these principles first applied to land use and stewardship, they can also govern our individual lives. For example, the first principle commands us to observe and interact. When it comes to the land this means to observe and study the land – the patterns of plant life already present, rockiness of



Above: Jake and Max Renner raising awareness and funds. Below left: The Renner brothers comply with permaculture principles when it comes to composting. Here you see their vermiculture composting areas.

the soil, shady areas, and how the sun moves across it over the course of the day. This observation and careful inventory of the strengths and weaknesses of our surroundings will guide what and where we plant so that we do not use needless energy to maintain the garden. This principle is useful in our own lives – stop, look, and listen to ourselves and our environment so we are not working against the flow but in tandem with it.

Principle six exhorts us to produce no waste. Mollison considers a pollutant anything that is a system output not being used productively in any other part of the system. This again requires a more mindful investigation of what we have and how it can be used creatively in other areas of our garden or our lives.

Principle eight advises to integrate rather than segregate elements in nature. This commands us to view our system in a more wide-ranging manner. It entails a more spacious perspective and a dedication that each element in the system performs many functions and that each function is composed of multiple elements. These multi-use elements and functions serve as a safety net for each other with none of them bearing too much of the responsibility for the overall health of the garden. Permaculture gardening and philosophy emphasizes symbiotic and supportive relationships, just as healthy relationships on our lives do as well.

This is all well and good, but daunting isn't it? Like any other change in viewpoint, practice, or even your diet, adopting permaculture gardening techniques and philosophy requires baby steps, patience, and a commitment to see the changes take root over the long term. Otherwise the transition to a more self-reliant life cannot be sustainable and lasting. You can start small by converting part

of your yard from manicured lawn and ornamental annuals to gardens that are useful perennial plantings that complement each other in their function. Or you can do what Jake and Max Renner from Sharon, CT have done....

**Seeds of Permaculture principles in Sharon, CT**

In verdant Sharon, Connecticut permaculture is blossoming. At Mudge Pond, the local town lake, two lifeguard brothers are employing permaculture principles and philosophy to make a difference to a cross-section of Sharon's future – the young children who attend the Little Rascals Summer Day Program there.

Max Renner is a sophomore at St. Michael's College and a certified permaculture garden designer. His brother Jake is a senior at University of New Hampshire. Together they have founded Sharon Organic Composting Operation, an educational organization that embraces the mission that “educating our youth about sustainable agriculture is important for healthy growth in the local economy and in human character development.”

Visible from Mudge Pond Road, the garden is not a full-fledged permaculture garden area – yet. Max is careful that I understand that. However, it does employ several permaculture principles including a vermiculture composting area. It also possesses the vision of these two young men to live and teach a regenerative lifestyle to a generation of children that according to Max is more likely not to have a full understanding of “where the food on their plate comes from.” So passionate are Max



Continued on next page ...



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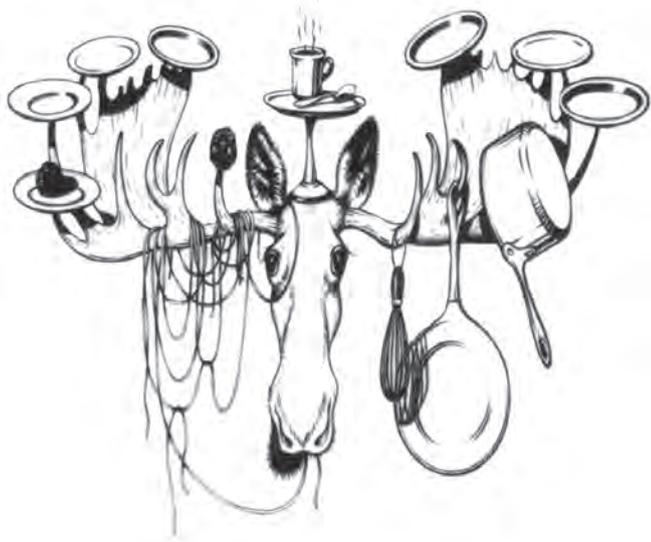
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and Jake that they have volunteered their time and personal funds to make the garden a reality.

**Garden of eatin'**

The garden itself is modest and simple with a whimsical pint-sized entrance for its diminutive farmers and several raised beds spilling over with bounty. Max doubles his long frame to enter and point out that the plants growing there serve several purposes or “stacking functions” as he calls them – food for the Little Rascals; pollinators for bees; those with deep tap roots to draw nutrients up from the soil; aromatic confusers to keep the bad bugs at bay; dynamic accumulators to gather and store nutrients; and nitrogen fixers to give nitrogen to the soil. Most of the plants are annuals.

Jake reels off a surprising depth of offerings for such a humbly-sized garden – beans, radishes, cucumbers, cherry tomatoes, squash, zucchini, and watermelon. In line with permaculture ethics of sharing the abundance, later in the season after Little Rascals ended, the garden offered eggplant, crookneck squash, zucchini, and sweet orange peppers that were available PYO to anyone that wanted to stop by.

**From each according to her labor**

The rules of engagement in the garden are simple and reminiscent of our early colonies. The Rascals need to work to eat, they need to eat what they pick, and waste must be minimal. Whatever “waste” there is goes into the compost heap. According to Max, the Rascals are towing the line and consuming the harvest without protest. Somehow the message of “eat your vegetables” must sound more credible coming from cool college-aged lifeguards than mom, the nutritional ball and chain. Make no mistake, these are not the wimpy veggies found in our grocery stores coming from halfway around the globe. Jake expands on exactly what went into each bean or tomato. During the summer he says, Little Rascals “have access to fresh,



Above: Phases of the garden beds. Above, top right: Many (big and small) hands are required to raise cucumbers. Below left: Crookneck squash.

organic, local produce on an almost daily basis. We use organic seeds and organic compost made from Mudge Pond lake weeds and local horse manure.”

**Accentuate the positive**

There is so much to be depressed about with regard to our environment yet Max and Jake choose to apply a facet of permaculture philosophy and focus on what can be done, not on what can't. Max says he sees all the potential in the earth and in people. “I eat food like everyone else but now I can have an impact on others through this garden. Even how I interact with my friends is different. I see small change in their attitudes and actions.”

Max holds some worry for his hometown and the local area. “Just because we have a lot of green around here I hope people are not just focusing on the aesthetics, but what is happening under the surface.”

He notes that the process toward their garden vision is slow while there are encouraging signs of support, there is also resistance – something his youthful optimism can't quite grasp. Out loud he wonders, “I mean, how can someone have a problem with teaching kids how to garden and where their food comes from?” I don't have an answer for that one.

**Living the dream**

Ideally, Max and Jake would like to see a forest garden nearby. He points to an impenetrable thicket occupying the plot of land just beyond. There he says you could have three levels of perennial food production – trees, shrubs, and ground cover producing sustenance and all working with

the patterns of the soil, water, sun and shade in one supportive system.

I hope Max and Jake recognize that beyond what they are teaching the Little Rascals about gardening and food, they are planting other seeds as well – the seeds of empowerment. Two local guys can look around their town, identify a need, take an inventory of the capacities and capabilities available to them, persist in the face of adversity, and ultimately change the world and themselves in a small but meaningful way. This is the true power of permaculture – individual acts within a web of nature and community to regenerate our earth and ourselves at the same time. ●

*Jake and Max Renner also brew a liquid fertilizer that is high in phosphorous and defends against root related disease made out of worm castings. A 5-gallon bucket is \$25. They feed the worms kitchen scraps and coffee grounds from Irving Farms of Millerton, NY.*

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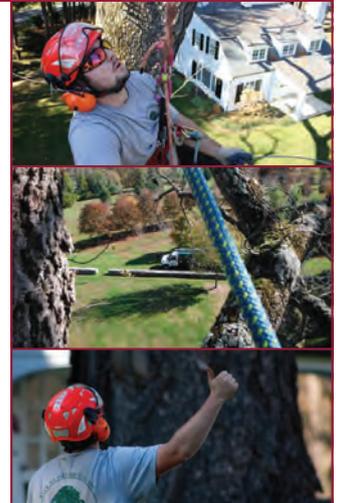
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# bataclysm!

WHAT IS IT ABOUT BATS?



By Claire Copley  
info@mainstreetmag.com

So many of us find them to be repulsive, scary creatures. Some refer to them as “Flying Rodents” while others associate them with Vampires. We picture attics full of bats and the diseases they are rumored to carry. Still, we rarely think about them, except at Halloween when, oddly, they seem to represent the very essence of nighttime terror. So it’s hard to get people to care when they hear that the bats in our area are dying off, and some species are at imminent risk of extinction.

In Western cultures bats are seen throughout history and literature as symbols of witchcraft and Black Magic. Remember the Weird Sisters in Shakespeare’s *Macbeth* (1603-1605) who added bats to their brew? Bats are the primary animals associated with darkness and evil, maybe because they are nocturnal and fly at night. And then there is Dracula (shudder). But let’s not forget Batman (yay!).

## Mammals, just like us

First off, I have to say that bats are not rodents. Bats are the only mammals that can fly. Mammals like us! They have fur, give birth to live babies, and care for and nurse their young. While I can’t say I find them exactly cute, bats are far from the nasty-rat associations we harbor. We hear sometimes that bats carry rabies, which is a vastly overblown myth. While a small percentage of bats do contract the disease, it is a very small percentage.

Bats are the ultimate insect-eating machine, devouring thousands of mosquitoes and other flying insects in a single night. They hunt by means of echolocation (also called biological sonar), relying on sounds too high for people to hear. Bats can consume more than their body weight in insects in a single night, or over a thousand insects an hour. In fact, bats provide free pest control to U.S. agriculture and homeowners estimated at a value of 22.9 billion dollars per year. They eat agricultural pests as well as mosquitoes. They scoop the insects up in their tail or wing membranes and then place them in their mouth; this is what gives them such an irregular flight pattern. In addition, some bats are pollinators and due to the current pollinator crisis we can ill-afford to lose another species.

## White Nose Syndrome

As temperatures decrease in the fall and the number of insects diminishes, bats migrate to their hibernacula in caves or mines for the winter. This is where they are being infected with a virus called White Nose Syndrome (WNS). The caves are cold and damp and dark and make the perfect breeding ground for the fungal spores of *Pseudogymnoascus* (*Geomyces*) *destructans*, the fungus that causes White Nose Syndrome. WNS is not transmittable to humans, but is killing our bat population at a truly alarming rate. As one observer noted, the decline in bat population is “...the most precipitous decline of North American wildlife in recorded history.” There is no known treatment or cure for WNS and it is only affecting bats.

The first deaths from WNS were recorded in a cave near Albany in 2006. Since then all six species of New York State Cave Bats have become affected. Indiana bats, a state and federally endangered species, are perhaps the most vulnerable. Half the estimated 52,000 Indiana bats that hibernate in New York are located in one former mine that is now affected with white-nose syndrome. Northern Long-Eared and Little Brown Bats are also dying. Little Brown Bats, the most common hibernating species in New York, have sustained the largest number of deaths; their population has declined by more than 90 percent. Additionally the population of the Northern Long-Eared Bat, once common, has declined by an estimated 99 percent, prompting The United States Fish and Wildlife Service to list it as an endangered species. WNS continues to spread rapidly. On the back of this year’s extremely cold winter, it moved into Michigan and Wisconsin. It is now confirmed in 23 states and five Canadian provinces.

## A day in the life of a bat

A healthy bat is extremely long lived. The oldest bat ever documented was documented here in New York State where it had been banded (for identification) 34 years earlier. All six species of New York’s cave bats spend the winter months hibernating in caves. Bats usually return to the same caves every year. These habits make contracting WNS from the

fungus in the caves almost inevitable for cave bats. The regions three bat species that do not hibernate in caves have not contracted WNS.

Another source of demise for bats are wind turbines. The problem is obvious when you think about it. This problem is fixable if the energy companies would adjust the timers on their turbines to allow for peak bat activity. Surely turbines and wildlife can coexist.

“So what” one might ask. But bats are critical to the ecology of the United States because of their appetite for eating insects and ability to pollinate flowers and plants. They provide enormously beneficial agricultural pest control. If we lose the bat population we will have to increase pesticide use, which, as we know, kills off pollinators and desirable insects, pollutes our soil and water, and poisons our crops.

## What we, the humans, can do to help

The National Wildlife Service would like us all to know some simple things we can do to mitigate this alarming die off. First and foremost is to stay out of caves and mines where bats are hibernating during the winter. Humans have been instrumental in spreading the pathogens from cave to cave. Honor cave closures and if you are an ardent caver, check with your state agencies and the National Speleological Society for the status of caves and caving in your area. We can try to reduce disturbances to bat habitats around our homes by reducing outdoor lighting, minimizing tree clearing, and protecting streams and wetlands. Putting up bat houses helps bats have a place to live in the summer, and nurture their young. It also adds precious guano (bat droppings) to your gardens. Bat houses should face East and South, be at least fifteen feet above the ground and have an unobstructed flight path for at least twenty feet.

Probably most important is to recognize bats as our friends. So this Halloween, when you see a bat, or a child dressed as one, start up a conversation and praise the bats for all they do. ●



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# the 2014 walk to defeat ALS

THE LARGEST SUPPORT GROUP HELD 200 FEET ABOVE THE HUDSON RIVER

By Thorunn Kristjansdottir  
info@mainstreetmag.com

You're likely to have come across one or more news reports or Youtube videos on the ALS Ice Bucket Challenge this past summer and fall – everyone was participating in it, from celebrities to your next door neighbors. It went viral and did so quickly. As a result, it created great buzz, awareness, and it helped to raise money for the ALS Association. But way before the Ice Bucket Challenge, the Notre Dame Club of the Mid-Hudson Valley was working to raise awareness and money for the Greater New York Chapter of the ALS Association.

## What is ALS and is it the same as Lou Gehrig's Disease?

Before diving into local fund-raising and awareness, let's start at the beginning and explain what ALS is, because even though we may have seen the Ice Bucket Challenge video clips or seen it referenced in the news, it doesn't mean we know exactly what this disease is or how it works.

ALS stands for Amyotrophic lateral sclerosis. The disease is also known as Lou Gehrig's disease and is also (rarely) known as Charcot disease. This disease is a neurodegenerative disorder that has a number of causes.

To properly define ALS, here is how the ALS Association explains and defines it on their website: "ALS was first found in 1869 by French neurologist Jean-Martin Charcot, but it wasn't until 1939 that Lou Gehrig brought national and international attention to the disease. Ending the career of one of the most beloved baseball players of all time, the disease is still most closely associated with his name. Amyotrophic lateral sclerosis (ALS) is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. Motor neurons reach from the brain to the spinal cord and from the spinal cord to the muscles throughout the body. The progressive degeneration of the motor neurons in ALS eventually leads to their death. When the motor neurons die, the ability of the brain to initi-



Above: The starting line of the 2013 walk. Below left: A view from the Walkway Over the Hudson. Photos courtesy of Les McCarthy.

ate and control muscle movement is lost. With voluntary muscle action progressively affected, patients in the later stages of the disease may become totally paralyzed."

Les McCarthy, the Hudson Valley ALS Walk Co-Chairperson and Ancramdale, NY resident, says that, "The incidence of Ayotrophic lateral sclerosis in the general population is said to be about two in every one hundred thousand."

Wikipedia states that in Europe, two point two people out of every one hundred thousand are affected. In the United States 5,600 people are diagnosed with ALS each year, 30,000 Americans are affected by the disease, and the disease claims two people per one hundred thousand each year.

### The somber truth

As Les McCarthy solemnly put it: "It's like a death sentence. It's like no other disease. The life expectancy of an ALS patient is two to five years. There are no survivors – no one survives ALS. If you get it, it's just a matter of how many years you have left to live."

McCarthy further explained that the disease "only" affects two out of every one hundred thousand people, and is a very rare disease. He said that from the pharmaceutical standpoint it doesn't make much fiscal sense to develop a medicine or find a cure for a disease that *only* affects two out of every

hundred thousand. "A lot more research has been done on how to cure baldness, rather than a rare disease like ALS."

McCarthy continued: "You don't read about too many studies being conducted by big drug companies. It's purely economical. But a lot of research is being done at universities and private laboratories. But there is no doubt that this shot in the arm that we got from all of the publicity of the Ice Bucket Challenge is bound to help. It doesn't guarantee a cure, but here we are. The Ice Bucket Challenge will hopefully do for us what Lou Gehrig did for raising awareness for the disease when he gave his speech 75 years ago. He said that he was the 'luckiest man on the face of the earth' when he stopped playing ball for the Yankees. The truth was that he couldn't play anymore because he had ALS. Lou Gehrig's life expectancy 75 years ago was two to five years, which is the same as the life expectancy of an ALS patient today."

So much progress has been made with many other diseases, such as cancer, in the last years and decades, not to mention in the last 75 years. "Since Lou Gehrig gave his speech, we put a man on the moon – and brought him back. But we are still looking for not only a cure, but a treatment for ALS," said McCarthy.

Continued on next page ...

### Why get involved, and how to raise both awareness and money?

When asked why he got involved, McCarthy explained that his accountant and friend lost his life to ALS over 20 years ago. Then in 2005, he lost a good friend, business partner, and fraternity brother to ALS.

“In the spring of 2009 when our Mid-Hudson Valley Notre Dame Club member, Gus Raspitha PhD, became the third friend of mine to die of this disease in twenty years, I felt a calling to do something within the club in his memory. So we decided to hold a fund-raising walk and donate 100% of the money raised to the ALS Association Greater New York Chapter,” explained McCarthy.

The Notre Dame Club of the Mid-Hudson Valley is a service organization, and they were the first organization to hold a walk on the Walkway Over the Hudson, which is the longest pedestrian bridge in the world going from Poughkeepsie to Highland. It has now become a common site for raising awareness and funds for many great causes. In 2009, the club saw themselves as the catalysts for getting people thinking about what should and could be done here in the Hudson Valley to help ALS patients and ALS patients’ families.

In 2011, the club’s annual walk became a fully sanctioned ALS walk, which means that the club has full access to the ALS website and mailing list, which as McCarthy explains, is a huge partnership and is a win-win for both their club and the ALS Association.

There are 170 members that comprise the Notre Dame Club of the Mid-Hudson Valley. Through their efforts, they will be joined by a couple thousand people on October 19th to walk with them across the Walkway Over the Hudson.

### The walk and how it got started

The Walkway opened in October of 2009, and the club held their first walk on November 15, 2009. McCarthy explains that their first walk was purely a Notre Dame Club function, because of their personal loss, losing their friend and fellow member, Gus Raspitha.

In 2009, they walked with 55 people and raised \$5,000. In October of last year, almost 1,500 supporters and walkers showed up to join the cause. Since the first walk in 2009, they have held five walks and raised a total of \$508,000. McCarthy elaborated by saying, “We were very excited about the Ice Bucket Challenge and all of the success that it achieved, because it drew so much attention to the cause. You see, one of our challenges has been asking for support. It’s a hard sell knocking on doors and asking people to support our cause. We have to have broad shoulders because we’ve gotten a lot of no’s. When we don’t get a no, we encounter



Above: Different images from past Hudson Valley Walks to defeat ALS. Photos courtesy of Les McCarthy.

someone who has usually been impacted directly or indirectly by ALS. And when I say it’s a horrific disease, they personally know that and say horrific with a capitol H. When we put people like that together, people who are passionate and completely dedicated, just like the club has been, because we directly know people who’ve suffered from the disease.”

And to put it into perspective, McCarthy explained that at any one time in the Mid-Hudson Valley area, there are between 75 and 85 people suffering from ALS. It is for those 75 to 85 people that the Notre Dame Club walks and raises money, to help those Hudson Valley residents and their families. The club’s efforts have helped to raise awareness, funds, and other local businesses and organizations have joined their cause. The Vassar Brothers Medical Center, for example, donates a room at their facility where monthly support meetings are held. The meetings are run by a registered nurse who works for the local Greater New York Chapter and who makes house calls on ALS patients in the Hudson Valley.

Thanks to the club’s efforts and the money that the walks have raised, patients now have access to an equipment lending facility in Poughkeepsie where wheel chairs and speaking devices become available to ALS patients. The ALS Association has also been able to arrange for- and finance transportation and make it available for ALS patients,

which is extremely expensive for the folks suffering from this disease. A certain amount of the funds raised by the club also goes to research. The New York Chapter also receives funds raised by other walks in surrounding areas such as on Long Island and in New Jersey.

### This year’s walk, October 19th

This year, the sixth annual ALS walk will be held on October 19th. Les McCarthy and his fellow brothers and sisters of the Notre Dame Club of the Mid-Hudson Valley encourage you to come out and join them.

“We feel that we have accomplished a great deal in five years, but the challenge hasn’t lessened. The need for money to fund ALS programs continues unabated so the Mid-Hudson Valley Club invites everyone to participate in the 2014 walk. We’ve done a lot, but there’s much more to do. Robert Frost said it in a way that many of us can relate to:  
*...But we have promises to keep  
 ...And miles to go before we sleep.*”

*For full details about the walk, to contribute, to donate, to walk, or simply to learn more about ALS and the local chapter, visit [www.alswalks.org](http://www.alswalks.org) or email Les McCarthy at [les@macdulac.com](mailto:les@macdulac.com).*

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# webutuck central school's garden inspires young cooks, and encourages healthy eating

By Memoree Joelle  
info@mainstreetmag.com

*"We have to bring children into a new relationship to food that connects them to culture and agriculture."*  
– Alice Waters

Since Alice Waters pioneered the organic food movement and founded the first school garden back in 1995, edible schoolyards have been cropping up all over the country. Here in our own neck of the woods, both private and public schools have embraced the concept of a garden as a classroom, where students can learn about how their food is grown because they get to grow it themselves. At the same time, by bringing young people out into the garden, they are connected to what they eat and are more likely to choose to eat vegetables. This type of hands-on approach to encouraging good dietary habits.

## Farming at Webutuck Central School

Betsey McCall, of the Northeast Community Center in Millerton, leads an after school gardening program at Webutuck Central School. The Farm and Food program is one of many after school programs that are organized by the community center, and Betsey has acted as the after-school coordinator since 2012.

The program has been going strong since it was founded by Rebecca Cossa in 2010, and Webutuck teacher John Rocanova has also been instrumental in its growth. He built all of the raised beds on the school grounds with top soil that was donated by McEnroe's Organic Farm. The seedlings began life in the greenhouses of nearby Sol Flower Farm, and the garden is now going strong with twenty-five different crops, both annuals and perennials.

"We end up growing about three-hundred pounds of vegetables each season," Betsey told me



Above: Betsey McCall, Director of Food Access Programs and Coordinator, Jr. High School Clubs with students at Webutuck's school garden club. Below left: Interns conducting cooking demonstrations at the Millerton Farmer's Market. Photos by Jenny Hansell.

as she gave a tour of the garden. "The kids are really excited about the sorrel right now. It started with the seventh and eighth graders, and now the sixth graders have caught on. They absolutely love it, and even enjoy eating it raw. It's nice to see them get that enthusiastic about greens."

Time spent in the garden is divided into specific garden clubs, which are free of charge to seventh and eighth grade students. Because many of the students come from agricultural backgrounds, they have embraced the opportunity to socialize with each other doing something that they love, and that gives them another outlet. Not everyone wants to join the school track team, or debate club. This is yet another opportunity to offer a shared interest, give students something rewarding to do, and at the same time, teach them how to care for themselves.

Knowing how to grow your own food is empowering, and as Betsey explains, "We are also empowering them to make healthy eating choices beginning at a young age. It doesn't happen overnight, and we don't expect kids to come in asking for a kale salad as a snack. Sometimes it begins with mixing fresh herbs and making them into dips, which is delicious and a lot of fun for them."

## Showing their skills off at the Millerton Farmer's Market

She says that the students are increasingly eager

to incorporate the vegetables they grow into their meals, and many of them are part of the cooking club, another component of the Farm and Food program. You can even sample some of the dishes the kids whip up at the Millerton Farmer's Market on Saturdays if you drop by the NECC table. From what the locals say, we may have some burgeoning young chefs in our midst.

Beyond growing their own food and cooking it, learning how to take care of the earth is part of the experience, and they are learning how to compost and use organic gardening methods that improve the soil. No pesticides or fungicides are ever in use, and it is encouraging to see that young people in our area are learning to grow food this way.

Webutuck's school garden is currently operated as part of the NECC after-school program, sponsored by the Dyson Foundation. They have applied for a USDA grant so that they can expand their activities and make the garden an integral part of the school's curriculum – a mission that would make Alice Waters proud. ●

*To find out more about the Food and Farm program or to make a donation, contact Betsey McCall, Director of Food Access Programs and Coordinator, Jr. High School Clubs at [betsey@neccmillerton.org](mailto:betsey@neccmillerton.org).*



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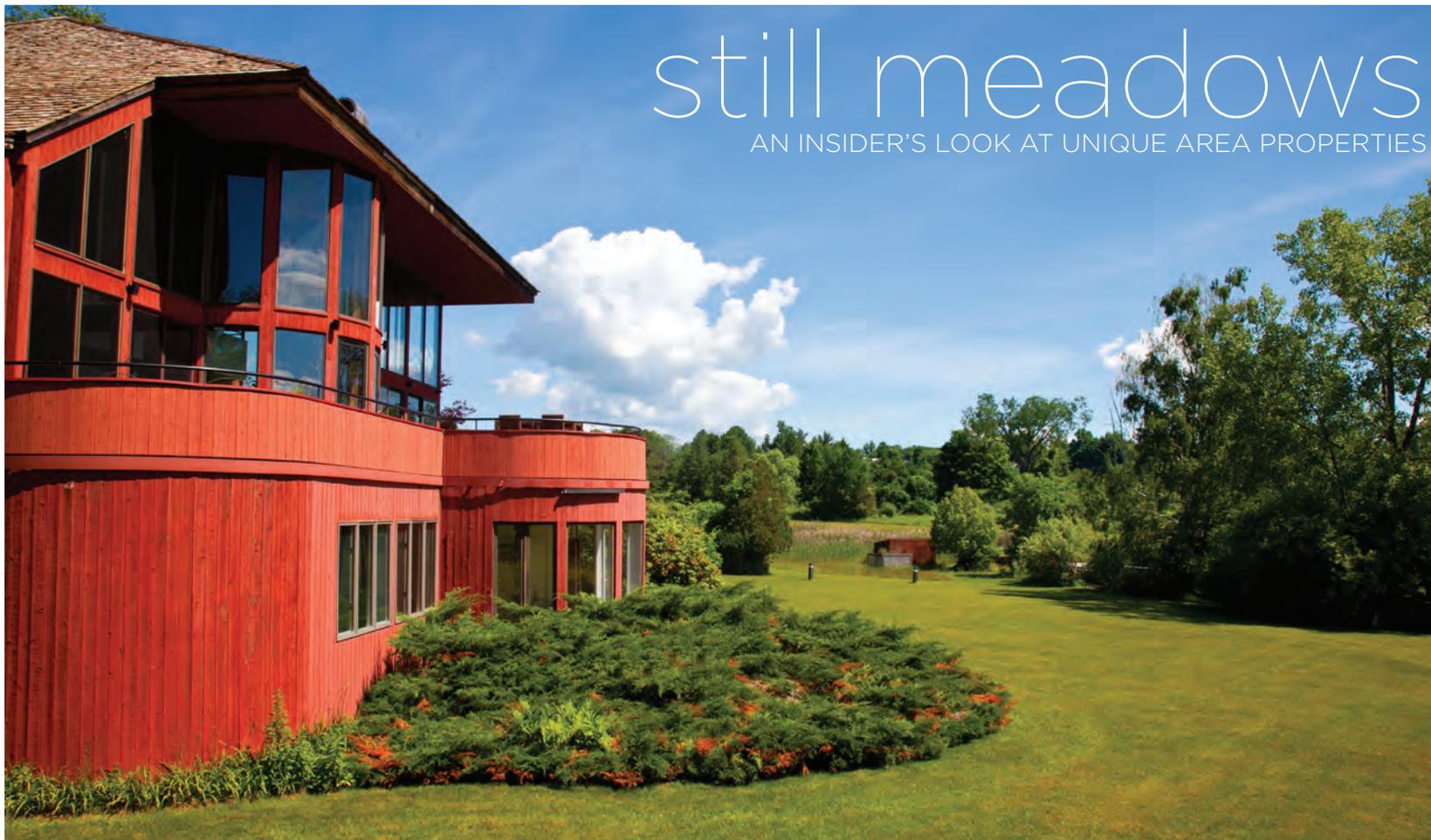
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# still meadows

AN INSIDER'S LOOK AT UNIQUE AREA PROPERTIES



By John Torsiello  
 info@mainstreetmag.com  
 Photos by Randy O'Rourke

It's a worn cliché, but when you talk real estate it's all about location, location, location. And that goes for the people who buy or build and live in houses. Just ask Anita Waxman, a highly acclaimed and Tony-winning producer, and lead producer, along with her husband, Tom Dokton, of the new musical *Doctor Zhivago*, which opens on Broadway next spring.

Their Lakeville, Connecticut home has been both a sanctuary and an ideal place to enjoy the bountiful social, recreational, and artistic fruits the area has to offer. Waxman is also co-founder and chief of global business development for the Self Health Network.

"We are so close to Millerton, which we both adore," she said recently. "The Moviehouse there is wonderful. We also spend a lot of time in Great Barrington (M.A.) and have many friends, especially from the theater world that we love being with. It is very different to spend a weekend in this beautiful country with our theater colleagues than in New York City. We really relax here."

## Nadler and the barn-inspired house

The couple's property, known as Still Meadows and located on Indian Mountain Road, has five bedrooms, five and a half baths, three fireplaces, and 5,240-square-feet of living space. It is a chic, "barn-inspired" dwelling designed by award-winning residential and commercial architect Kenneth Nadler, whose company is based in Mount Kisco, N.Y.

Nadler was cited by *This Old House*, which named his firm to its Best Architects and Designers list in 2005. Nadler and his associate architects strive to produce buildings and homes that

harmonize with their surroundings, as well as being well proportioned and carefully detailed. The firm works in a number of architectural styles, from historical to contemporary.

Nadler, who was hired by the couple to renovate the circa-1980 home and property, said his intent in designing the present Waxman-Dokton home was to create "a total environment," or to work with the topography in such a way that the main focus is to the pond where a low area was created.

"Then we shaped the house to blend into the hillside, so that a lower level was created."

He also wanted the spaces open and designed to flow into one, although still present a contrast. This was done by using traditional and contemporary materials.

"The intent was not to try and replicate a historic house, but rather to re-interpret traditional forms in a contemporary and spirited manner."

The guest home was designed and created, on the other hand, Nadler said, to "almost look like a barn that was always there." It was originally intended to be a painting studio.

The architect said there were some challenges in the design and building of the home and studio. "The challenges were to get permission for the pond and swimming pool. There are always changes in a project of this scope. As people see it rising, they can visualize and then alter course. The goal is to always keep the original concept in mind."

Nadler said he was pleased with the final result.

Continued on next page ...

“It is a light and airy house that is filled with sunshine, and hopefully, happy memories.”

**Open spaces that welcome nature**

The Waxman-Dokton property, 38-plus acres that includes gardens, a pond, rolling meadows, and a guest home in addition to the main house, is a marriage of nature, art, and architecture. The homeowners are avid art collectors and have graced their abode with myriad paintings and sculptures, many of them with a Broadway or theater theme.

“We wanted a ‘modern barn,’” said Waxman, “which is exactly what the home is. We wanted very high ceilings, lots of windows, and beautiful views. We love art and wanted a place to display some of our special pieces.”

The couple also felt it vital to have a space that felt open and one that allowed the beauty of the grounds and nature to become a part of their interior space. “We both wanted to feel as though we lived with the trees, the pond, and the beautiful surroundings.”

Indeed, the couple’s home seems open to the countryside just outside because of large windows placed so as to face the gently sloping land below the house and the hills beyond. The large great room, the ceiling of which is some 40 feet above the floor, has floor to ceiling windows, a spacious dining area with doors that open to a deck facing the pastures beyond, as well as an impressive two-story fireplace to warm chilly evenings.

**Symmetry and motion**

The home, which has a barn red-colored cedar exterior and a porte cochere that arches over the driveway near the front door, is a visually interest-



Above top: The great room in the Waxman-Dokton home connects one with the outside world. Above left: The Poggenpohl kitchen. Above right: The exterior of the home has tall, floor-to-ceiling windows to let in natural light. Below left: The sculptural staircase leads up to the master suite.

ing. Pleasant, somewhat eclectic blend of angles and curves, all of which conspire to give the appearance of symmetry and motion. The roof is softly sloped, so as to give the appearance of a barn, albeit a very upscale one made for human habitation rather than animal. And, of course, everywhere in the dwelling there are large windows that let the outside in and provide ambient light, enough so the inhabitants need not use artificial lighting most of the day.

“My favorite area of the house is the living room,” said Waxman. “I love the 40-foot ceilings and the tall windows. There is never a bad time to look out and around the property. My husband’s favorite room in the house is the library. He finds the quiet space with all the books a very peaceful setting.”

The library/lounge of the home, which has been called “edgy and elegant,” is located near a sculptural staircase that leads to a private master suite, featuring a bedroom with a private terrace. There’s also an office, a his and hers bath/dressing area, a windowed sauna, space shower, and a tub what has a sweet view of the outside.

A Poggenpohl kitchen connects to the deck through a large screened dining porch. There’s also an outdoor kitchen that makes entertaining during the warm weather months something special and relaxed.

Other levels of the home feature three additional

en suite bedrooms, plus a staff bedroom, and bath. Other amenities include a temperature controlled wine cellar, that aforementioned two-acre pond, a tennis court, and a fully-equipped two-bedroom guest-house/studio that lies in a secluded area about 200 yards from the main house. There is also garaging for five cars on the property.

Waxman said the couple chose the spot for their home because of “the beauty of the rolling hills, the pond and because it was very close to the two important prep schools in Salisbury.” She added, “We have very much enjoyed our time here. We travel a lot, the house is easy to maintain and when we come home we are away from the noise of the city. From our bedroom we can see the hills, trees, stars...nature. And our children and grandchildren have loved their time here. We all play tennis and hike, so it has been a joy.”

Waxman said the terrace has also been a favorite of the family. “I love the quiet beauty in the early morning sunrise. Most of the year I go out on the terrace, have my morning coffee and sit among my vegetable garden that I have grown on the large terrace this season. I love this time of day.” ●

*For further information about the Waxman-Dokton home contact Judy Perkins or John Borden at William Pitt Sotheby’s International Realty at (860) 927-7726 where it is listed.*

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# a copake renaissance

## THE NEW COPAKE FRONT PORCH MARKET

By Sarah Ellen Rindsberg  
info@mainstreetmag.com

There's a new kid in town and everybody's talking about it. A new business has opened its doors in Copake, NY, infusing the town with a tantalizing aroma of freshly brewed coffee and renewed vibrancy. Tables and chairs grace the veranda and a plethora of goods line the shelves inside the Copake Front Porch Market.

### A door closes, allowing another to open

Here's how it all began. Last fall, on the Monday following Thanksgiving, the most recent incarnation of a general store was shuttered, closing yet another chapter on a business at this location in the center of town.

"People were so dismayed to see another place close," Roberta Roll, Chairperson of the Copake Revitalization Task Force recalls.

Next, Jeanne Mettler, Deputy Supervisor and liaison to the Task Force, struck up a conversation with local farmer Ejay Eisen. They began discussing the closure of the most recent general store, iterations of which have continued in the same building since its opening in 1890. Over the years, a barber shop and the post office have shared the Federalist style structure.

Meetings with about a dozen Copake citizens began around Mettler's kitchen table to consider the possibility of opening a store. After three sessions, "We had a viable vision," Roll says. Attendance was high at public meetings held on December 28th and January 4th, despite a snowstorm on the latter date. "We saw that the public embraced the idea of starting a new store," Roll adds. Pledges were gathered to convert the concept into reality. A campaign was also established on the fund-raising site, Indiegogo.

A total of 72 local investors became members of Copake Enterprises LLC. Five of these investors are managing members: Kim Eisen, Jeanne Mettler, Glenn Pupa, Roberta Roll, and Jon Strom.

In order to procure the site, negotiations were held with the landlord. After a few months, a lease was signed and a flurry of activity commenced. Volunteers turned out in droves to clean the interior. Contractors who "were very generous with their rates," added a countertop, re-did the floor and painted. One volunteer made a community table.

During the makeover process, a theme pervaded the conversation – the desire to renew and retain. A new identity is embodied in the name: Copake Front Porch Market. The previous sign, Copake General Store, hangs over the coffee bar inside.

"We want to acknowledge the history of the store," Roll observes.



Above (L-R): Alan Chartock, Roberta Roll, Assemblywoman Didi Barrett, Jeanne Mettler, Susan Winchell-Sweeney, Supervisor Jeffrey Nayer, Kim Eisen, Glenn Pupa. Photo by Terry Sullivan.

### A plethora of local products

The product mix in the market is designed to fulfill a wide range of needs. This is a place where a cart may be filled with standard grocery store items including cleaning supplies and canned goods as well as cold cuts, salads and dinner entrees (current selections appear in the form of enticing photos on the Copake Front Porch Market's Facebook page; a recent image showed Melissa's Masala). Angela's pies and Terry's cookies have gained a loyal following. Ingredients for making s'mores are on hand for campers heading to Copake Falls and Rudd Pond Taconic State Parks.

Products from local purveyors are a key ingredient in the Copake Front Porch Market. Suppliers include Trusted Roots Farm, Yonderview Farmhouse, Camphill Village Bakery, Chaseholm Farm, Hawthorne Valley Farm, Pigasso Farm, Fox Hill Farms, R'Eisen Shine Farm, Hill Over Healthy and Fresh, and Hudson Valley Fresh. Milk, cheese, bread, granola, biscotti, vegetables, meat, poultry, eggs, and sauerkraut provide exquisite examples of farm-to-table.

Roll highlights the "grassroots" nature of the endeavor: "People who live here started it. It's a community-owned, community-stocked store."

### The soft and grand openings

The soft opening on Memorial Day weekend was followed by a grand opening on July 20th. Local dignitaries, Assemblywoman Didi Barrett and Town Supervisor Jeffrey Nayer, welcomed the crowd. WAMC's Alan Chartock stopped by as well. The sizable crowd enjoyed music and tastings. Children submitted guesses for the number of jelly beans in a jar. The Columbia County dairy ambassadors handed out samples of local milk.

Plenty of ideas are on the table for the future: acceptance of SNAP and WIC coupons, local beer and wine, expansion of prepared foods, catering and the addition of locally-crafted gift items. Special events, cooking classes, and talks on food and agriculture are in the realm of possibilities.

Copake residents as well as those from surrounding towns are reaping the benefits of the vision conceived at Mettler's kitchen table. On a typical day, people are meeting for lunch, having a cup of coffee, using wifi. "It's become the hub of the town," Roll says. •

For further information about the Copake Front Porch Market you can call (518) 329-FOOD (3663), find them on Facebook, or visit them at 171 County Route 7A in Copake, NY.

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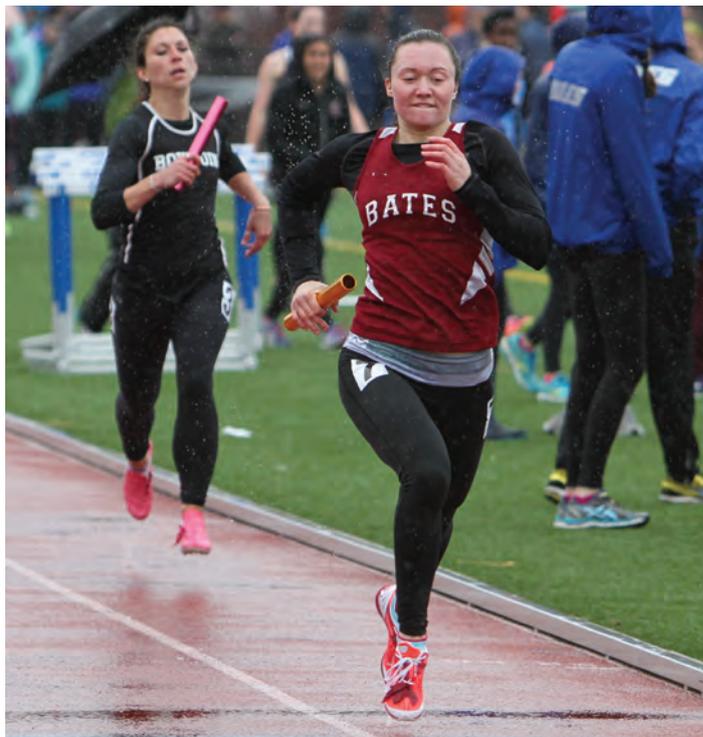
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A YOUNG WOMAN IN CONSTANT MOTION



By John Torsiello  
info@mainstreetmag.com

To say Millerton's Claire Markonic is one busy young lady would be a decided understatement.

The sophomore at Bates College and a 2013 graduate of Webutuck High School in Amenia, where she starred in several sports, is on the field or track pretty much every day of the year. She competes for the Bates College women's track and field team, both outdoor and indoor, and also is a member of the school's field hockey team.

"Because field hockey is in the fall and track and field is in both the winter and spring, I train for field hockey all summer long and then I go straight into two seasons of track. Being in two sports definitely helps with maintaining my physical fitness for both."

### Bobcat of the Week and All-American honors

Indeed. Markonic enjoyed a stellar freshman season. She finished third in the 400-meter dash with a personal-best time at the New England Division III Outdoor Championships during the spring, gaining Bobcat of the Week accolades for the week of April 28 to May 4. She took the bronze in the event behind a time of 57.63 seconds, finishing 0.01 seconds ahead of fourth-place finisher Emily Doyle of Colby. With the performance, Markonic moved from third to second into Bates' all-time list. Her effort helped the Bobcats to a fifth place finish out of 33 schools at the meet.

Markonic and her distance medley relay teammates received All-American honors at the NCAA Division III Indoor Track and Field Champion-

ships in Lincoln, Nebraska in March. The Bates quartet of sophomore Isabelle Unger, Markonic, junior Sarah Fusco, and senior Kallie Nixon, who were seeded second in the women's distance medley relay race, finished in 11:44.72 – a Bates record and 0.11 seconds faster than the team-record time they set earlier in the season. Bates finished in fifth place, less than five seconds behind champion Wisconsin-Oshkosh, which finished in 11:39.94, with MIT the runner-up in 11:42.28, and Wisconsin-La Crosse third in 11:42.50.

And last fall, she played in 13 games for the Bates field hockey team, scoring one goal as a forward.

### A true student-athlete

Markonic also received New England Small College Athletic Conference All-Academic distinction for the spring 2014 season. To receive NESCAC All-Academic honors, a student-athlete must have reached sophomore academic standing and be a varsity letter winner with a cumulative grade point average of at least 3.35.

"We had a really gratifying spring season that saw so many competitive successes complemented with equally impressive achievements by our student-athletes," said Kevin McHugh, director of athletics at Bates. "The NESCAC spring All-Academic awards highlight those successes."

Continued on next page ...

Said Markonic of her frosh campaign, “I couldn’t have asked for a better first year at Bates. I had some minor problems with shin splints, but the head coach of women’s track and field, Jennifer Hartshorn, just switched up some of my practice routines to work around them. The coaches are truly incredible at Bates, both track and field and field hockey. They really know what they are doing and I know that if I do what they tell me to the best of my ability I will continue to improve. It was awesome really. Seeing that all of the time and energy you put into something has paid off is one of the greatest feelings in the world.”

**The Webutuck days**

At Webutuck she received MVP in both her senior and junior years for track, and as a junior qualified to compete at the New York State Championship meet. She was a highly-touted field hockey player as well coming out of high school.

“Being involved in sports is one of the fondest memories of my high school career,” she said.

“Most of my friends were on the field hockey team with me, ran track, or both, so practices were always a ton of fun. I would look forward to them every day. A couple of my teammates are competing at the collegiate level, so we keep in touch and it’s always nice to hear how they are doing.”

She began running in the seventh grade at the “modified” level.

“The varsity coach wanted me to test up but I was too much of a wimp to try. I found the varsity runners to be really intimidating because they were so much bigger than me and I was a really scrawny kid. Looking back now I regret not accepting the challenge and showing them what my tiny legs were capable of.”

She recalls always enjoying running, racing with her friends around on the playground and playing town soccer and softball before entering middle school.



Previous page: Claire Markonic competing in a relay event for Bates College women’s track team. This page, above: Claire racing to the finish line in a recent meet. Below right: Claire making the turn in a relay event. Track photos by Tom Leonard. Below left: Claire showcasing her field hockey skills. Photo by Mike Bradley.

“It’s not like I was super competitive, I just wanted to see how fast I could run or how well I could do something. I know there will always be something that I could improve on, so I just try to work out the bad habits and focus on my technique.”

**The decision to attend Bates**

She talked about her decision to attend Bates, a school of around 2,000 students that is located in Lewiston, Maine, and internationally recognized as a leading college of the liberal arts.

“I took a couple tours of a handful of other schools but after talking to both the field hockey and track coaches at Bates I knew that it was the right school for me. Everyone was so welcoming and friendly that I fell in love with the school almost immediately. I applied for early decision and Bates was the only school I wound up applying to.”

She plans to declare geology as her major this year, and ended her freshman year with a GPA of 3.4. She is not sure on her career path yet.

As for her goals for the coming track and field seasons, she said, “I just hope to keep beating my personal best times. Ultimately I’m shooting for the Bates school record in the 400-meters, which currently stands at 56.4 seconds. It would be really cool if my 400-meter relay team qualified for nationals this year, so I know my teammates and I will be working really hard to try to make that happen.”

We’re certain Claire Markonic won’t be out-worked by anybody as she continues to grow into an outstanding collegiate athlete. •



# Profitable growth through design, marketing and branding:

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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. 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.

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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.

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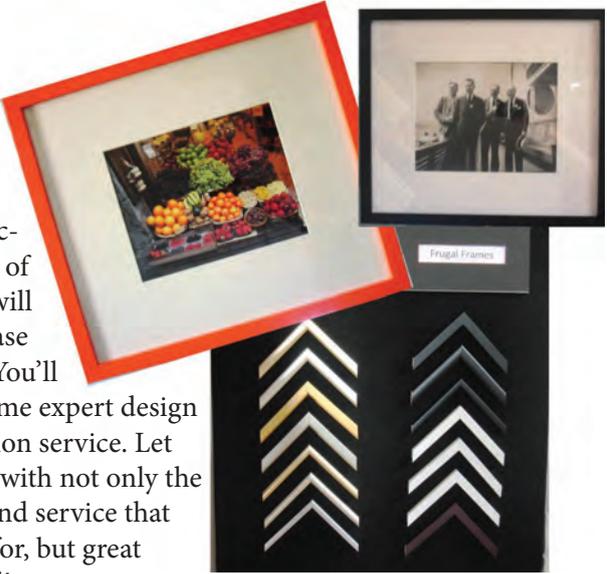

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Looking for a new way to explore Mother Nature and with the tranquility of water? Clarke Outdoors is the perfect business for you to visit! They offer canoeing, kayaking, and rafting trips on the beautiful Housatonic River in West Cornwall, CT. They offer a shuttle service for a six or ten mile trip of moving flatwater and easy Class I and II whitewater. The famous Covered Bridge in West Cornwall marks the halfway point of the ten mile trip. Trips run from mid-April through mid-October. Clarke Outdoors also rents canoes, kayaks, and SUP's (stand up paddle boards) at some of Connecticut's most beautiful state parks from Memorial Day through Labor Day. They also have a large retail store with a wide assortment of kayaks for both recreational and whitewater use and carry canoes and SUP's as well. A large selection of paddling accessories such as paddles, dry tops, wetsuits, life vests, car racks and such, round out their selection. Mark Clarke, multiple time Open Canoe National Champion, heads the whitewater school and offers lessons in both canoeing and kayaking along with their other qualified instructors. They are conveniently located on Route 7, just one mile south of the Covered Bridge in West Cornwall. Before you go, call or visit their website for a friendly reminder of things to bring with you. On your mark, get set...go have fun!



## The Wish House - Gifts and Crafts

Eclectic Shop. 413 Sharon Goshen Turnpike, West Cornwall, CT.  
(860) 672-2969. New website coming soon.

The Wish House gift shop is located in the bucolic village of West Cornwall, CT, a stones throw from the iconic covered bridge. The proprietor, Bianca Langner Griggs, says that she started the eclectic shop in 1991 a few doors down from the present location. She features the crafts of local artisans as well as featuring items from across the country and around the world. Bianca likes to ensure that there is something for everyone with a mixed stock of unique items, priced for everyone's budget. She enjoys connecting with returning clientele who come to purchase gifts for special occasions or for themselves. She also gets satisfaction from seeing people happy in finding the perfect gift that they have not previously seen anywhere else. When the nearby Trinity Conference Center closed, she experienced a downturn in business as did others in the village. But she is finding that many of those clients are returning when they come back to visit her at her quaint location. She says the friendship of those people have become part of her life's fabric. Featured and popular items include whimsical kitchen items by Koziol, pottery crafted by Patty Eigen Arts, and textiles from all over the world. She says, "Come and explore the shop and all its possibilities!" And laughingly adds, "I don't bite. I promise."



Cedar and walnut chest by Josh Finn.

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Founded in 2008, HVFM showcases designer/makers of custom furniture who live and work in the Mid-Hudson Valley. Members include: Erik Curtis, Josh Finn, Rob Hare, Andrew Hunter, Jeff Johnson, Michael Leggett, David Morton, Clark Peaslee, Michael Puryear, and Noah Reitman. As makers of one-of-a-kind, and limited edition furniture, these ten furniture designers work in a variety of styles. Materials include exotic and domestic woods, and even hand-forged steel. Members of HVFM build high quality, handcrafted furniture that last for generations. Each fall their annual Exhibition and Sale offers the public an opportunity to meet the members of HVFM and see the beautiful work they build. It is through colors, textures, forms, functions, images, and ideas that great furniture enriches daily life. Well-designed furniture made from quality materials, contributes so much to an interior. It offers both ease and order in function, and contributes energy and depth to the overall experience of a space. Evolving from traditions, cultivated through centuries of craftsmanship, these local furniture makers offer clients something special. Uninterested in mass-production, their furniture is made one piece at a time in pursuit of excellence and innovation of design.



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## INSURING YOUR WORLD

Fall is approaching quickly and with the cooling weather remember to have your woodstoves checked as well as your furnace serviced! Smoke puff-backs by furnaces or woodstoves can create quite large claims and remember not to try and wipe down walls that have been "sooted," the soot and water will impregnate into the wall resulting in permanent damage. Call an expert that can handle the clean-up with dry sponges, these are special wiping devices that clean without damaging the walls. Check your homeowners policy to make sure you have all risk or HO-3 coverage forms otherwise these type of claims may not be covered. Another endorsement that is worthy of discussing with the fall rains approaching is backup of sewers and drains and/or sump pump failure coverage. Water coming up through a floor drain due to a sewer backup or sump pump failure is specifically excluded unless you have endorsed these separate coverages specifically to your policy, in most cases the cost is less than \$100 and the piece of mind – priceless! This coverage is also very important should a municipal drain backup, in many cases, these endorsements will respond to these losses caused in finished basements which can be quite costly!!! Remember the old saying, people don't plan to fail, they fail to plan...

Kirk Kneller  
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**Brad Peck, Inc.**

## What is the most common disease of older horses?

Pituitary Pars Intermedia Dysfunction (PPID), more commonly known as Cushings Disease, is the most common health problem of older horses, and can be very serious. Cushings Disease is a disorder of the pars intermedia of the pituitary gland, a small structure nestled in the base of the brain. The pituitary is the producer of message hormones that effect the actions of endocrine organs like the thyroid, pancreas, adrenals, and gonads. In normal horses, the brain chemical dopamine binds to pituitary receptors and inhibits their activity, controlling the release of various peptides such as ACTH. This inhibition is lost in Cushings. Inappropriate and excessive message hormone signals cause the endocrine organs to malfunction; thyroid malfunction contributes to a long curly haircoat, inappropriate shedding, unusual sweating, and poor immune function. Pancreatic dysfunction causes too much insulin to be produced, frequently with a loss of sensitivity to the effects of this hormone. Insulin dysfunction causes a high circulating blood glucose, which in turn can cause increased urination, increased drinking, poor wound healing, weight loss, and other signs similar to diabetes in humans. The adrenal gland produces too much corticosteroid. This causes lowered immune function, chronic infections such as foot abscesses or sinus infections, poor wound healing, chronic laminitis, muscle atrophy, and abnormal fat deposition. Development of Cushings Disease is very common in certain breeds such as Morgan, Arabs, and Warm-bloods. Obesity in any breed is a risk factor. After diagnosis by your veterinarian, treatment with pergolide is typically initiated, and can effect a miraculous change. If you are concerned about your older horse, call today!

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## the ever+changing world of marketing

We live in an ever-changing world: life, technology, politics, products ... it seems to continually be changing. And it's no surprise that one of the things that is always changing and being refined is marketing.

Now-a-days it seems that social media is the new "hype" word, and it certainly applies to the world of marketing. But in a world where everyone is increasingly "connected" through devices such as smart phones and tablets, more and more social media outlets have become and are becoming available. Facebook is certainly one that most of us are familiar with, and in some respects has been the leader. Twitter, Pinterest, and Instagram are others that have become increasingly popular and important in the social media world.

But what does Tweeting or pinning on Pinterest have to do with your business and your business' marketing needs? To be honest, for some businesses it can mean the difference between making it or breaking it, while for other businesses, social media may not make any difference at all. That's the truth. Social media helps you to get the word out about what you do, how you do it, and you can post photos and videos showcasing how/what/why you do things – if you want to. You can share as much or as little as you want. Social media is essentially free, except for the time, effort, and know-how that it requires for someone to continually stay connected with your followers – social media revolves around having followers you see. And like all other marketing tools, being effective and getting results in the world of social media requires the use of the science behind social media marketing.

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## Preparing for Cold Season

The common cold is an acute viral infection of the respiratory tract, usually without fever. It is normally self-limiting and not serious. From an herbal perspective the goals are to warm the body, assist in expulsion of mucus, support immune response, and improve tissue integrity.

Hot tea is the best remedy for colds. The dose of tea is 2-3 quarts of tea per day. You will generally feel better when you continually sip tea. Syrups are also great during colds; they soothe the throat and are tasty. Not a substitute for tea, though!

So what herbs to use? Lemon balm, peppermint, yarrow and hyssop make great diaphoretic teas. Echinacea – increases macrophage activity, stops cold and flu viruses from replicating when they gain access to tissue (licorice will also do this). Elderberry also prevents viruses from gaining access to cells.

Meadowsweet is great for aches and pains. Garlic, sage, thyme & elecampane are all expectorant and antimicrobial. Anticatarrhals – horseradish, plantain, eyebright, elderflower, catnip, goldenrod. Antimicrobial lymphatics are good here – Echinacea, calendula. Demulcents to soothe the tissue include plantain, marshmallow and slippery elm.

Rest is very important for healing. If you spend a day or two in bed you will recover more quickly than pushing through. Sinus steams with essential oil rich herbs or essential oils – eucalyptus, peppermint, thyme, lavender, tea tree, pine, and rosemary.

Preventive remedies for people who catch colds often include astragalus, eleuthero, schisandra.



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# WHAT'S YOUR SIGN?

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Don't talk out of school, but get your point across in a diplomatic way. Your emotions have a tendency to run away with you.

## TAURUS (April 20-May 20)

You're likely to have a confrontation with a family member. Get away from the drama and stick to the facts.

## GEMINI (May 21-June 20)

Your fan club and people who would make a nice addition to your group of friends seem to come in pairs. Don't leave everyone else to do the work, put your foot forward too.

## CANCER (June 21-July 22)

Now is a good time to think about the direction that your life is taking. You shouldn't have to do all of the work yourself.

## LEO (July 23-Aug. 22)

Friendships that are solely on the surface will come and go. But remember to show your true friends who you truly are.

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

Spend time with your family, but remember to maintain the peace. Put confrontation and drama on the back burner until another time.

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

You have to stand by your decisions. And remember that sometimes you just have to take time for yourself and rest.

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

You've worked hard and focused on your career. Beware the people who want to control conversations and circumstances. Go slow, the opportunities won't escape you.

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

Your entire "soul-life" is comprised of luck. Experience tells you one thing, but your inner Pollyanna tells you another. Listen to her.

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

You've tried to get your coworkers attention for quite a while. Finalize matters so that there's no hesitation in work nor play.

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

Don't hesitate to take a leap of faith. You're a lucky person, you know that, right?

## PISCES (Feb. 19-March 20)

Friends and family wish you the best of luck when starting something new in your life. But don't over-do yourself. People in the sign of Leo will help you with the big decisions.

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October 3rd | 8a-5p

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October 21st | 8a-7p



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