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WINTER IS FINALLY OVER!

Oh thank goodness – we survived this year's rough winter! Phew, that was a challenge, to say the least! And so it is with wide open arms that we welcome the rising sun, the melted snow, the re-appearance of the ground, and dare we say green grass? At the time of this writing (in late March), we still have some of the white stuff on the ground and the temperatures are sticking to the freezing mark - winter just doesn't want to give up this year! But I am delighted to say that I spotted some future flowers that had poked up through a flower bed in front of Sharon Hospital. And honestly, seeing the little tops of those plants made my day! So dear reader, I hope that while you read this very issue, that you are surrounded by sunshine and warmer days!

In this April issue

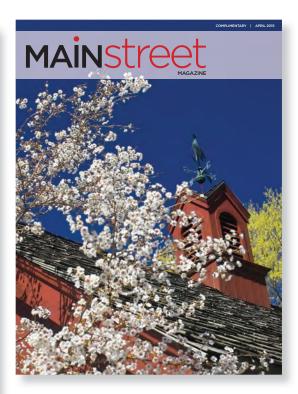
This very April issue has a number of diverse stories for your entertainment. And no, no, there's no theme this month, no wedding stories, no birthday party. But it is April, and what happens every April? Taxes are due! For that reason, for this month's real estate feature, Christine Bates examines the varying tax rates in our tri-state area. A bit of advice; give yourself some time to go through her in-depth chart! If you're in the market for a house, it'll be worth your time to take a close look at it.

Christine also features entrepreneurs Bonnie and Janice of Hylton Hundt Salon, and what better time for a makeover than Spring? Brandon Kralik, on the other hand, brings you the story of artist James Gurney who created a world called *Dinotopia*. It's really interesting and the art work is spectacular! Similarly amazing is the work of famed American artist Norman Rockwell, but Brandon brings us a second story about Rockwell and his museum in our neighboring town of Stockbridge, MA.

This month, Memoree Joelle brings us three stories, the first is that of the Archer family and their Elk Ravine Farm in Amenia; it is artichoke season and Memoree has some great advice on how to enjoy this gorgeous food; and lastly, she features local chef Serge Madikians of Serevan in Amenia.

John Torsiello features Webutuck senior Andrew Hoke, who loves running! As well as the unique architecture of Chestnut Ridge Farm in Millbrook. And I've run out of room, but we've got a number of other exciting and interesting stories which are sure to entertain you! As always, I thank you for reading and please enjoy.

- Thorunn Kristjansdottir



APRIL 2015

We may just appreciate this year's Spring flowers a little more, due to the tough winter that we had! Happy Spring everyone!

Cover photo by Lazlo Gyorsok

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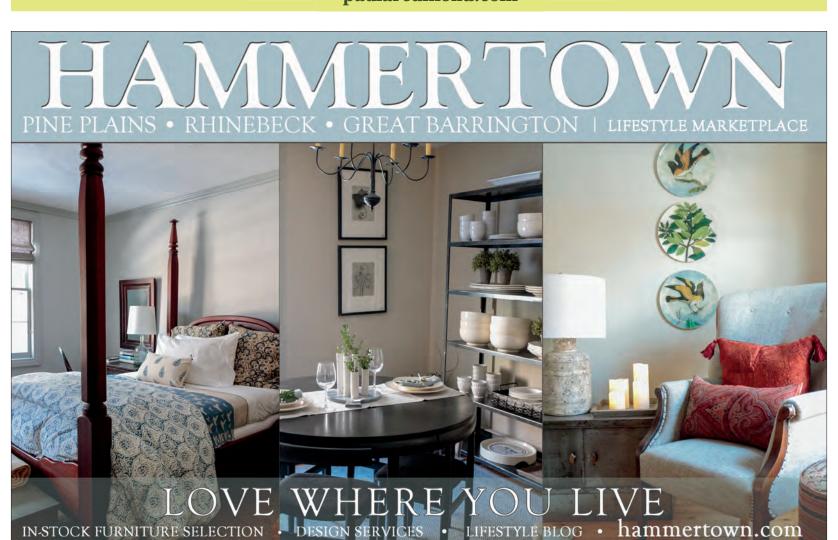
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By Brandon Kralik arts@mainstreetmag.com

James Gurney, who lives in the Hudson River Valley, is famous for his series of *Dinotopia* books. He wrote and illustrated the books, which reveal a world where dinosaurs and human beings coexist, bringing it all to life with his exceptional talent and skill. *Dinotopia* has been the subject of 25 one-man shows for Gurney, and his books have sold millions of copies world wide. He taught himself to paint by reading books about Norman Rockwell and Howard Pyle and followed in their footsteps in that great American illustrative tradition by creating book covers and backdrops for animated films. James Gurney goes well beyond what is visible and specializes in creating realistic scenes that cannot be photographed.

The Fantastical Art of James Gurney, a fascinating exhibition of his original imaginative realism painting is currently on view at the Stamford Museum and Nature Center, which has been organized by the Norman Rockwell Museum. I interviewed Mr. Gurney and asked him to share with us some information about himself, his thoughts about art, and his technique. Here is part of our conversation:

Where did you go to college?

I went to the University of California at Berkeley, but I didn't take any classes in the art department there. Instead I sought out the archaeology and paleontology professors and asked them if they needed an artist to render artifacts. I then went on to study drawing and painting at the Art Center College of Design in Pasadena, California. After I

finished at Art Center, I got a membership to the zoo and the natural history museum and went to each twice a week. I developed my own curriculum of self-teaching based on The Famous Artist's Course from the 1950's, Andrew Loomis's book Creative Illustration, and the teaching methods from the 19th century French academy, which involved fairly detailed anatomy and cast drawing. There was a vast body of painting knowledge and terminology that was largely forgotten and is now being enthusiastically rediscovered. When I was a student, I read everything I could find about artists like Alma Tadema, Bouguereau, and Gerome. All this academic work was combined with daily outdoor sketching, which became such a passion that I ended up co-authoring a book on the subject for Watson-Guptill called The Artist's Guide to Sketching in 1982.

How did you start working for *National Geographic*?

In 1983 they invited me to illustrate an article on the explorer Alexander von Humboldt. The assignment was followed by others, including pictures of the legendary voyages of Jason and Ulysses, and reconstructions of the kingdom of Kush in Nubia and the civilization of the Etruscans in Italy. I felt lucky to be sent on assignment and to work directly with experts. My job was to recreate a world that could never be photographed. I got to know a few of the Indiana-Jones-type archaeologists like Rick Bronson or Tim Kendall. Each of them shared the secret dream of discovering a lost city as important as Troy or Machu Picchu. It occurred to me that I could always paint such a city, whether it really existed or not. In my spare time, I painted Waterfall City and Dinosaur Parade, which were released as fine art prints.



When did you start envisioning Dinotopia?

After painting a few of my "lost empires," I started playing with the idea of a picture book that would serve as a kind of grand tour. Then I thought of putting all those places on a single island, and populating the island with dinosaurs and people. I tried to immerse myself in every aspect of worldbuilding, from maps to mechanics to metaphysics, making it as real and believable as possible. I tried not to think of myself as creating the world, but instead just transcribing some lost journal. This attitude really freed me up. It's easier to transcribe something that already exists rather than creating something from whole cloth. It took about two and a half years to write and illustrate Dinotopia, which came out in 1992. As an artist, what I enjoy about *Dinotopia* is that is provides a venue for painting all sorts of pictures, from landscapes to portraits to still lifes, and from quick sketches to elaborately finished large paintings.

Do you make a distinction between Illustration and Fine Art?

No, I don't, because both terms are impossible to define. For some people the term "fine art" suggests

a branch of art that's supposedly free from commercialism. By fine art, do you mean gallery art? Having been in the trenches in all sorts of artmaking, I can attest that gallery art can often be the most commercial form. Gallery artists are always reminded of what's selling, and what's not, and are pressured by the marketplace to repeat successes more than any other kind of art. The least commercial art form I've ever experienced is magazine illustration, where the individual work of art has little influence on the ultimate commercial success of the larger work, namely the magazine. So if any art is fine in that sense, it is illustration. If "fine art" means art that is created at the artist's own initiative, then that would include illustrated books that the artist/illustrator creates.

"Illustration" is a term that means different things to different people. It can mean work that's commissioned, work that tells a story, or work that is reproduced. Those are very different criteria, and there have been great works of art that fit one, two, or even all three of these measures. A more meaningful distinction for me is between observational work and studio work — or you might say outdoor work versus indoor work, the outer eye versus the inner eye. Both aspects of the artistic life are essential to me, and always have been.

You have said, and which Mort Künstler stated in his recent talk at the Norman Rockwell Museum, that in part the goal is to create something, a painting, that cannot be photographed. You have done this with your *Dinotopia* series and in your numerous illustrations for *National Geographic*. Is this a primary concern or thought behind your work? What is the greatest benefit that realist painting has to offer us? To show us what we cannot see any other way, or to copy nature, or both?

I agree with Mr. Künstler – painting the things that we can only imagine is one of my favorite challenges as an artist. I did a lot of work for *National Geographic* and each project was a stimulating chance to travel for research and to work directly with experts to recreate a world that could never be photographed.

I like to call this kind of painting "imaginative realism." Imaginative realism is different from what we usually think of as fantasy. It's a broader term, including any scene that can't be photographed or observed directly. Imaginative realism comes into play when reconstructing a scene from ancient Rome, a dinosaur in its habitat, a battle from the Civil War, or a portrayal of the Titanic on the sea floor. These are modern versions of what used to be called history painting. Most wildlife art falls into this category, too, because wildlife artists can't just snap a photo and interpret it in paint; they have to develop a scene first in their imagination and use their knowledge of nature to create a believable composition. What all these kinds of pictures have in common is that the artist begins with an



Opposite page, top: Desert Crossing. Bottom: James Gurney in his Rhinebeck studio. Above: Skybax Rider.

imaginary idea, and then works hard to make the resulting picture as realistic as possible.

But I have also always painted and sketched from life at every opportunity. I'm currently working on a series of instructional documentaries on painting on location. The first one is called *Watercolor in the Wild*, and the next two will cover gouache and casein.

Many painters are interested in what connects us, as human beings from different cultures, but also as societies and cultures existing in different times. Rockwell once said that he was not concerned about this. "Let future generations create their own artists," he said. Is timelessness something that you think about? Do you think about communicating with future generations through your work?

I remember reading that statement about Rockwell, which suggests that he didn't care about his legacy. Perhaps that was true early on. But once he realized that his paintings were taking on a life beyond their function as magazine covers, I believe he did care a lot about his legacy. Why would he bother to set up the Norman Rockwell Museum, and why would he write his autobiography and teach in the Famous Artists School? I think what he was saying with the quote about future generations was that artists should create their own art for their own times, and not copy him or anyone else. Rockwell was certainly concerned with connecting with his public. He painted the Four Freedoms completely on his own initiative, and it became a decisive factor in the war effort.

We live now in an age of transient technology and passing fads, but at least two things have the capacity of lasting: books and original paintings. Personally I've always preferred making art that has a physical form, such as a drawing or painting, as opposed to digital art. I have no way of knowing whether my paintings will survive fires or floods, or whether they'll speak to future generations.

You have given a number of talks at universities and high schools. How can we, as painters, best encourage and educate students interested in representational art and, against the apparent rules of the art world, convince them and patrons who might support them, that it is OK to work in a realist or illustrative fashion?

There's no need to convince art students of any of this. They've grown up with the Internet, where they follow their own eyes to stuff they like. There are no rules in the art world. Old-school taste makers and gatekeepers are getting swept away by new forms – and forums – of patronage and criticism. It's not like it was in the old days, where you had to hope for the approval of the Pope or John Ruskin or the Salon Jury or Clement Greenberg. Art is wide open now, and there's no single kind of art that's dominant. The important trend is that for the first time ever, artists can connect directly with their audience and paint whatever they want to paint, supported by the people who love what they do. •

Agreed! So, show your support and enjoy the worlds that James Gurney has brought to life through a lifetime of beautiful work. His books are available all over, certainly on Amazon and in addition he writes a wonderful blog, "Gurney Journey," that covers many interesting aspects of both contemporary and classical art. The current exhibition of his work, "The Fantastical Art of James Gurney," can be seen until May 25th in Stamford. jamesgurney.com/

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



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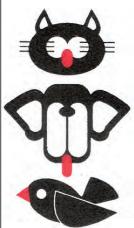


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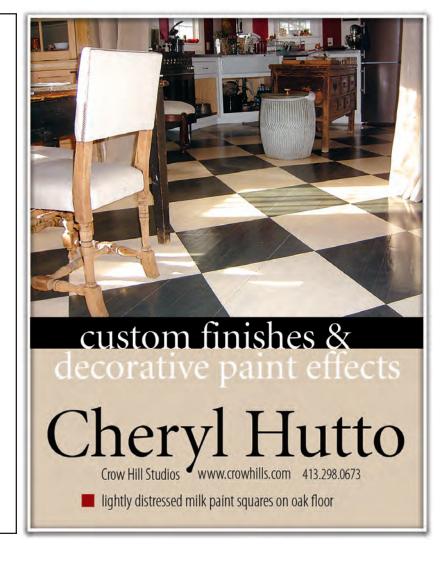
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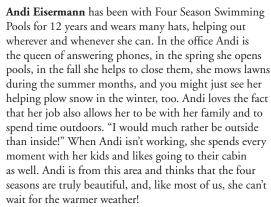
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You are most likely to find **John Lannen** in building 7 (the feed building) at C.A. Lindell. John is a certified Purina Mills dealer, primarily selling horse, cow, and chicken feed, but he teaches seminars, too. John has been with C.A. Lindell for about 17 years and loves his customers. "That's what it's all about!" John likes to relax on his days off, but more importantly, he likes spending time with his family. He has two sons, a daughter, and two granddaughters. A native of Pennsylvania, he came to this area 25 years ago because he found this to be a great place to raise children. "They always say how the northwest corner is a very giving community, and it really is. I have seen it first hand over the years, and I love being a part of it!"



Bianca Langner Griggs is a West Cornwall, CT resident and the proprietor of the The Wish House gift shop, also in West Cornwall. She is a native of Berlin, Germany, and arrived in Cornwall in 1993 to visit friends - but she really never left. She has owned the business since 1997 and enjoys being connected to her clients and likes exchanging thoughts and ideas. Bianca enjoys buying merchandise for the shop and admits that she's always been a shopper. She loves the natural beauty that her town has to offer and being surrounded by so many talented artists in the community. She likes yoga, sushi, art related events, dance, and animals. She resides with her husband, five cats, and a dog in their West Cornwall home. She also created the W. Cornwall Farm Market, so needless to say, she is one busy lady!



Frank Pellegrino and his wife Stephanie opened the doors to Petpourri pet store over 21 years ago, and it is safe to say that they are a staple in the Lakeville community. As much as Frank enjoys getting to know his new and loyal repeat customers, he likes to see the dogs' faces too when they visit the store with their owners. Frank particularly enjoys seeing how happy the dogs are when they get their treats! "We even have a cat, Nemo, that likes to come in the store to visit and check things out." When Frank isn't at the store tending to his four legged customers, he really likes to play pool with his buddies a couple times a week, but enjoys landscaping and gardening, too, as he used to do this years ago. Now back to business: should I break or will you?



Elizabeth Orenstein is the dynamic new Hospitality Maven at Race Brook Lodge and the Stagecoach Tavern at Race Brook Lodge. Elizabeth studied Art History and Religious Studies in Halifax, Nova Scotia, before moving back to the Berkshires. Her work at Race Brook and the Stagecoach combine many aspects of what she is most passionate about: community events, live music, old fashioned hospitality, local food, and of course dancing. Elizabeth's unique skills are helping to usher in the next chapter of Race Brook Lodge. Since the summer of 2014, she has been organizing Swing Dance Nights at the Race Brook Lodge Barn. They feature local bands and are open to anyone who wants to dance. Elizabeth encourages everyone to stop by the Tavern, grab a bite, and come out and dance!



Carl Marshall has been the owner of Sharon Optical in Sharon, CT, for 32 years and has been a Lakeville resident since 1997. He began his career in the optical business in 1970, having apprenticed in various optical shops in Connecticut. He enjoys all aspects of the business and interacting with his customers, many now third generation. He has been married for 43 years and has two children and five grandchildren. In his free time, he is an avid outdoors man and likes winter hiking, biking, and walking in the warmer months. Carl owns four cars, two for winter and two for warm weather. Carl is involved with the Salisbury Hand Drummers and likes it because it affords him the ability to cut loose. You go, Carl!



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the flu and the immune system MAINTAINING A HEALTHY LIFESTYLE

By Thorunn Kristjansdottir

April, the month of showers which brings the May flowers, is finally here! With our glee of thoughts such as "winter is finally over!" we may forget that spring brings in a new allergy season, and just because winter is over, it doesn't mean that you can't get sick anymore. Have you ever had the flu in the summer? Let me tell you from personal experience, it is the worst! It is almost worse than a winter flu.

The flu graced me with its undesired presence this past February. It hit me, courtesy of a couple of kindergartners, and I didn't have a fighting chance. This quite surprised me, because I thought that I had a healthy and strong immune system because I've been very healthy and I hadn't gotten sick in a couple of years. But boy, oh boy, did this February's flu hit me hard! I was in bed for going on four days with a fever and all of the flu's lovely side effects like joint pain. It then took me another month to get rid of the cough and regain my strength, only to be hit again by the flu's kid sister!

This time the cough was pretty bad and I immediately went to my doctor because I wasn't going to go through that experience again. But this six week flu experience got me thinking: How did I get the flu? Well, I know that a class full of coughing, sneezing, and sniffling kindergartners were definitely the culprits and the flu's vehicle to reach me by, but why wasn't my immune system able to stand up to a small amount of exposure? In my mind's eye, it definitely should have been! So I once again turned to my trusted *Foods That Harm, Foods That Heal* book – which was located in between my antibiotics, cough syrup, cough drops, cup of warm Harney & Sons tea, and box of tissues.

What is the immune system?

Before diving into how to improve one's immune system, let's start at step one and look at what our immune system is. To quote Wikipedia: "The immune system is a system of biological structures and processes within an organism that protects against disease. To function properly, an immune system must detect a wide variety of agents, known as pathogens, from viruses to parasitic worms, and distinguish them from the organism's own healthy tissue."

The immune system in humans, and the strength of it, depends on our age (the immune systems of the young and elderly aren't as strong as that of the average adult), and factors such as obesity, alcoholism, and drug use can also weaken it. Nutrition plays a major part in the immune system's strength and function. It basically boils down to if a person is malnourished that means that their immune system is weak and can't function properly



to detect foreign bacteria, viruses, or pathogens. Malnutrition also means that a person doesn't have the needed vitamins and proteins that the body needs to function properly, and to maintain a healthy immune system. They therefore become more susceptible to diseases. And from my personal perspective, the quality of nutrition also plays a major factor in your immune system's strength, because if you eat "crap," guess what: That's not making you healthier and it's certainly not helping your immune system to stay strong.

But then again we can also argue that in the midst of flu season, even the strongest and healthiest of immune systems may have an "off" day and get invaded by one lone bacteria or virus that gets past your immune system's army and that one bacteria brings on the onslaught of the flu. That's what happened to me. In those cases, there isn't much to do, except see your doctor right away to get proper medication, drink plenty of fluids, eat chicken noodle soup, take vitamins, and hope for the best!

What can we do to help?

While flipping through my Foods That Harm, Foods That Heal book, I was surprised to find that it doesn't directly address issues concerning a weakened immune system. The book addresses it as part of diseases and syndromes like HIV and Chronic Fatigue Syndrome, and it discusses different foods that help to boost the immune system. Additionally, the book addresses ailments such as stress, which work against your immune system and weaken it, making it easier for you to get sick. But for our purposes, I'd like to focus on the foods that help boost our systems, because we could all benefit from knowing which foods in particular may help maintain and or boost a healthy immune system.

The first immune boosting food is passion

fruit. I was happy to see this because I'm a fan of this delicious fruit. According to the book, it helps with vision, cell function, immunity, and collagen production (which in turn helps maintain healthy and strong bones, blood vessels, teeth and gums). The only downfall of this fruit is that it may cause bloating and flatulence – a small price to pay for those benefits! But the reason that this fruit helps to "pump up the immune system," as the book states, is that it is filled with vitamin C, has powerful antioxidants, it fights against infections, and "fortifies the immune system." Persimmons are another fruit that have almost all of the same benefits (and downfalls) as passion fruit.

Peppers also qualify as immune fighters, in addition to fighting cancer and heart disease. Much like passion fruit, peppers are full of vitamin C and as a result they help protect against infections from such things as bacteria and viruses. Another vegetable that helps to boost the immune system is seaweed. But unlike the vitamin C rich foods mentioned above, seaweed is full of vitamin A and helps to "boost the body's resistance to disease." More sushi seaweed wraps, please! Or perhaps just a seaweed salad will suffice.

The book also mentions a handful of other foods that help to keep us and our immune systems strong and healthy, and you can really approach it with common sense: Eat real food, eat healthy food, eat fruits and vegetables, eat fresh food, stay away from the "crap," eat in moderation, get plenty of rest, get fresh air and exercise. With that being said, this morning I'm going to take my daily dose of Shaklee vitamins, drink plenty of water, eat a fruit salad with my high-in-protein Greek yogurt for breakfast, and keep moving. Stay healthy readers, and happy Spring to you all! •



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HYLTON HUNDT HAIR SALON & SPA. MILLERTON, NY

By Christine Bates christine@mainstreetmag.com

"April is the cruelest month," according to T.S. Elliot. Maybe the month of showers and flowers is the time to get a new hairstyle or a facial. In Main Street's continuing series of entrepreneur profiles, we interviewed the partners of Hylton Hundt Salon, Bonnie Hundt and Janice Hylton, about the beauty salon they own in Millerton, NY. Between blowouts and haircuts, the partners shared the history of their business.

How did you decide on the name of Hylton **Hundt rather than Hundt Hylton?**

Bonnie: Hundt Hylton sounded liked a law firm, and it's hard to pronounce.

Janice: It's funny. When we first opened we received some phone calls for the Hilton Hotel in Huntington, Long Island.

When someone asks you what you do, what do you tell them?

Bonnie: I say I'm a hair stylist and a salon owner. Janice: I just say I'm a hairdresser and a salon owner.

Do you think of yourselves as entrepreneurs?

Bonnie: Absolutely, it's a big step to open your own salon.

How did you become hair stylists? What's required?

Bonnie: I was in my early twenties in California and not sure what I wanted to do. I had some friends who were going to beauty school, and I thought 'why not?' School takes about a year and then you have to take a written and practical state board test to become licensed. But you actually learn how to cut hair by training under people willing to teach you. It really takes several years to know what you're doing. I was lucky enough to train with some amazing people.

Janice: After graduating with a dance major from the University of Georgia, I came to New York to study dance with Mary Hinckson. I had an epiphany that dance wasn't going to support me. I knew that I liked to use my hands and brain so I went to school to become a hairdresser.

What's the hardest part of being a great hair stylist? And the best part?

Janice: Learning how to ask the right questions is important and difficult. The best part is that a client's hair is never the same. Each time it's different. It depends on the season, your client's changing needs, styles, and so forth. You can never be on





Above, left: Janice Hylton takes a minute between blowouts and haircuts to let us snap a picture Above, right: Bonnie Hundt is busy with a blowout

automatic – maybe it's the most difficult and most satisfying part of being a stylist.

Bonnie: It's physically demanding to stand on your feet all day, and it's also emotionally challenging. The psychology is the hardest part. Clients' unrealistic expectations can be a problem. The best parts are the artistic expression of each and every head of hair and the rewards of the long, wonderful relationships we form. Clients become friends. We get to share the highs and the lows of our lives with them. I have known some clients for 30 years.

When did you start this business? When did you come to Millerton?

Bonnie: I had been coming up to Columbia County in the summers with friends in the 80's and then met the owners of the David Gavin salon in Millerton. Initially Janice and I just worked three days a week up here, commuting into the city the rest of the work-week. In 1995, we announced our intention to leave in a year and start our own salon. That was 19 years ago. We moved into this building before it was actually completed - there was no paved driveway and no hot water, but our clients followed us anyway.

Why did you want to start your own salon?

Janice: Bonnie talked me into it. Previously I had my own salon in New York. I was young and eager and clueless. I had to close it.

Bonnie: I wanted to create an atmosphere where I could enjoy working. Our goal was to make it friendly, relaxed, and professional. A place where

clients felt at home, a place where they belonged. I didn't like loud music and the feeling you had to be on a volume oriented schedule.

What's unique about your salon?

Janice: Though we work hard to accommodate any client's stylist preference, no one stylist can lay claim to a client. Our goal is to accommodate the client, and if that means they choose to see a stylist they don't normally see for the convenience of their own schedule, we give them our blessing to do so. As stylists, we support one another. We consult each other for second opinions, we share what we have learned, and we do our best to make it easy for the client. This has not been true in any other salon we have worked in. We leave our egos at the door.

Bonnie: No one else in the area offers more experience and background - that sets us apart.

Did you have a business plan when you started?

Bonnie: Well, yes. At least, we understood how much money we needed to make to survive.

Do you look at your numbers? Have you ever made changes in the way you do business?

Janice: We both watch our finances and share the book keeping. At one time we realized we were spending too much money and had too much debt.

Continued on next page ...

We searched our souls, adjusted how we bought and spent, and cut back to get to where we wanted to be. It was tough, but we did it. It took three years.

Besides book keeping, how do you divvy up tasks?

Bonnie: I like to do the flowers and the decorating. I keep track of the numbers. I am the detail person. I am always thinking of new ways to look at growing and promoting the business.

Janice: Bonnie is the money watcher and I'm more the money spender. I also like fixing things and handling the technology of our business ... just not changing light bulbs.

What's the hardest part of running a salon? Janice: Managing people and finding the right people.

Bonnie: All salon owners have the same difficulty – combining working with clients with managing the business. They are such different skills.

How many people work here?

Janice: Apart from ourselves, we have two hairdressers, Maria and Leah, both with amazing talents. Two part-time assistants, Kim who handles the phones, product inventory, appointments and does waxing upstairs, and Lauren, our aesthetician, who does facials and nails.

The salon has expanded upstairs. How did you decide to do that?

Janice: From the very beginning we wanted to have spa services and opened upstairs two years after we moved in. It was very successful, but then key people left and we gave it up.

It is very hard in this area to find qualified staff. Then last year Kim earned a license to do waxing, and a friend wanted to do facials. It was a decision that happened organically and it's working out well.

Did the recession hurt your business?

Janice: We felt the recession to some degree. I can gauge the economy by looking at credit card pay-





Above: The salon carries a variety of hair care and beauty products. Below, left: Leah Brady and Maria Scutieri round out the hair dressing staff at Hylton Hundt.

ments. When more people use cards rather than paying by check or in cash I know that things are getting tougher. Our loyal clients kept on coming.

How do you get your customers? Who are they?

Janice: Almost everyone is a referral from a client. Joan Osofsky of Hammertown Barn has been very supportive of our business, and her e-mail promotions go out to thousands of people. About 20% of our clients are men, and many couples come together.

Bonnie: We draw from a really wide area. One client takes the train from New York. Another one drives down from Albany.

How do you decide what to charge? How much is a haircut?

Janice: We had a pretty good idea about what to charge after working at the David Gavin Salon. I would say that our prices today for a haircut are about the same as they were 20 years ago in New York. Clients pay \$50-\$60 for a haircut, wash and blow-dry.

How has the salon scene changed since you first started out in your careers?

Janice: The industry has taken itself more seriously and become more professional. The products we use are far less damaging. We carry a range of hair products that we test ourselves. We try to sell only products that are useful, eco-friendly, and cruelty free.

How is cruelty free different from not tested on animals?

Janice: Cruelty free means that none of the product ingredients have been tested on animals. It's a much higher standard than "not tested on animals."

What's the next step for you?

Janice: We'd like to expand our spa services, and we have room upstairs to add two more stylists.

Is this a good place to operate a salon?

Janice: It's the kind of place we want to be. There's a diverse group of people here. Millerton is the most vibrant town around.

Has the Internet impacted your business?

Janice: We have a website with basic information for clients. It's one of the best ways for people to find us. We're on Facebook. The biggest impact of the Internet is on training and technique. YouTube has all manners of educational videos.

What do you do in your spare time?

Bonnie: I'm politically active with the Democratic Party in Ancram where I now live. Previously I was the town supervisor in Amenia and now I'm the chair of the Ancram Zoning Board of Appeals. I love watching Downton Abbey, gardening, and cats.

Janice: I study French and teach transformational tools. I love gardening and critters and sitting in my hot tub in Boston Corners and looking out at the view. I'm a secret DJ and do a house music show on Robin Hood Radio on Friday nights called *Full Majority Music*.

What don't people know about your salon?

Janice: Everybody wants their hair to look like Bonnie's or Meg Ryan's hair.

Bonnie: It's a really smart, fun place to be. •

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GREAT GASTRONOMY

the stagecoach tavern











By Thorunn Kristjansdottir info@mainstreetmag.com

If you're looking for something that's a little off the beaten path, and for something that's certainly unique, you have to take a little road trip to Sheffield, MA, and to The Stagecoach Tavern. We drove north on Scenic Route 41 in Connecticut, just north of Salisbury, and found the Tavern just across the border in Massachusetts.

Upon arrival we parked in front of a barn complex, and walked towards the old brick house (which looks like one of the original houses of the area, I guessed that it must date back to the early to mid 1800s, daresay the late 1700s) which sits parallel to the road, and has a barn structure attached to it. We entered through a door which was connected to the "barn" section of the house. As soon as we entered the building, I was struck with the emotion of "this place has a very unusual and cool atmosphere." To our right was the brick house part of the structure, which consisted of cozy dining rooms, straight in front of us was a "hang out" area which was in front of a fireplace and behind it was this really approachable and cool bar, and to the left were two or three tiers of seating.

We were escorted to the top tier of seating, and got comfortable in our corner booth. There we looked over the restaurant, took in the decor, and went: "Wow, this is really something!" The decor is typical of, what I call, "old American" and my fiancé loved it. But the decor is extremely appropriate and welcoming, and what's more important is that it seems to suit the building, the vibe, and it really makes you feel comfortable.

Do you want to swing dance?

Our waitress came over shortly after we were seated and began telling us about the evening's specials, after taking our drink orders. She then promptly informed

us that if we were interested, we could partake in some honestly didn't expect to like them. Just be warned, swing dancing in the back barn after our meal. Swing dancing - really? Where else around here can you go swing dancing? Seriously, how cool is that!

After we finished discussing this exciting dancing option, we turned our attention to the somewhat straight-forward menu. I've been to a number of restaurants that have simple menus, but most of them usually only have one or two items that I really want to try, making my choice easy. But I was pleasantly surprised to see that the Tavern's "simple" menu had a lot of choices that piqued my interest, making my choice quite difficult.

The appetizer choices ranged from the Waldorf Salad to the Baby Iceberg Salad, the iceberg coming with tomatoes, bacon, blue cheese and shaved onion. They also had New England Clam Chowder, Chevre au Gratin, Chickpeas, Fried Pickles, and Fish Tacos, which had tempura-battered cod with kimchee and wasabi aioli.

For our appetizers, we opted to go with the Baby Iceberg Salad, the Fried Pickles (how can you not try that when you see it on a menu?), and the Fish Tacos. Firstly, the presentation was really impressive on all of the appetizers, especially on the salad. It looked really delicious, and proved to be more delicious than it looked – always a good sign. I had opted to try something new and went with the Fish Tacos. They were pretty cool looking and whereas I come from a country that once took on Great Britain in an actual war where they fought over cod, let's just say that I'm a fan of great cod. The tacos were quite an interesting combination of flavors and texture, and I quite enjoyed the spice. I've certainly never had cod like this! There could have been a little more fish, for my taste, but I found the tacos to be a fun change-up and experience. And speaking of new experiences: Fried pickles! We just couldn't not try them. Surprisingly, they were delicious! And I say surprisingly, because I

the pickle juice is really hot and so have your water ready to cool the scalding pickle juice that squirts inside of your mouth when you bite into it.

Sky, earth, or sea?

When it came to the entree choices, they had one or two representative choices from the sky, earth, and sea. They boasted a Scotch-poached Salmon, Butternut Squash Risotto, Braised Beef, Smoked Salmon Risotto, Chef's Special Reuben, and Fish & Chips. We opted to try the Grilled Sirloin steak which came with house-cut fries, and a shallot madeira demi-glace; the Herb-Roasted Chicken, which came with pan jus, garlic mashed potatoes, and the haricot verts; and the Grass-Fed Burger & Fries. The presentation was, again, beautiful. The portions were really quite generous. And the fries were my favorite kind!

My chicken was very tender and tasty, my garlic mashed potatoes were absolutely fantastic (have I mentioned that I love mashed potatoes?), and my haricot verts were crisp and delicious. My two dinner dates uttered much the same sentiments about their meals. The burger was huge and very juicy. The steak was cooked perfectly, very tender, and had a beautiful texture. And did I mention that the fries were spectacular?

After our meal, when asked whether we were interested in a little dessert, we looked around the table and contemplated whether it'd be a wise choice to indulge, considering we already had our left-overs sitting in a doggy bag on the table. On this occasion, we opted to pass on the dessert, but instead were going to go check out the swing dancing. •

For more information about The Stagecoach Tavern, please visit them online at www.stagecoachtavern.net.

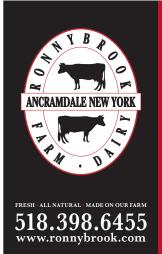


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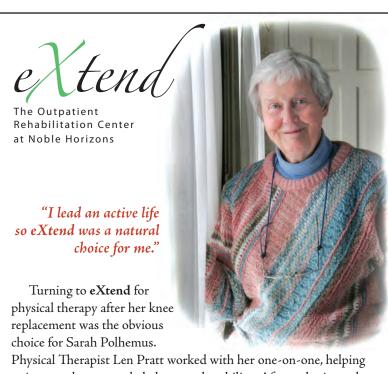


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By Memoree Joelle info@mainstreetmag.com Photos courtesy of Elk Ravine Farm Tucked away on rural Route 83 in Amenia, Jim Archer and his wife, Janis, raise a modest amount of pigs and steers on a little over twenty acres. Their farm, Elk Ravine, is not one of the farms you'll find at the farmer's market, and their meat is not on any market shelves. In fact, you'll have to seek them out if you want to buy their organic and pastured pork and beef.

For those of us who care about what we put in our bodies, how we treat animals, and how it all affects our environment, seeking out progressive farmers like the Archers is essential.

Farming, but with their children in mind

A tall, thoughtful man with sincere eyes, Jim shared his approach to farming with me as well as his thoughts on our local environment. He and Janis have two daughters; Lily, age eight, and Phoebe, who is five. It is with their health in mind that the couple raise meat that is not only organic and free range, but free of the stress in their bodies that ultimately winds up in our own when consumed.

And while there are plenty of local farmers raising animals humanely and organically, only a few process animals on sight, bypassing the slaughterhouse altogether. Why does this matter? Adrenaline always flows throughout the bodies of animals that are stressed by being transported, and put in a strange environment. By having them processed on the farm, they remain calm and are unaware of the oncoming slaughter, which makes the entire ordeal kinder to the animal, and kinder to our bodies.

Raising livestock, the Elk Ravine way

Prior to slaughter, the animals at Elk Ravine graze on pasture, and are supplemented with organic

grain from Lightning Tree Farm. It is a small operation - never more than a dozen beef steers, and around the same amount of pigs, though Jim has plans to build upon that in the future.

All animals are sold whole or in halves, and by custom order in Spring. Customers order in May, pay an initial deposit, and pick up their meat from the farm once it has been processed, butchered, and vacuum-sealed and ready for the freezer.

With more and more people wanting to consume healthier meat, and wanting to rest assured that what they're feeding their children isn't going to upset the very fragile childhood endocrine system, Elk Ravine provides a highly sought-after service. It also happens to be very convenient to have a freezer full of meat for the fall and winter months.

A reputation built on trust

As we spoke in his living room with a view of the hillside where the pigs forage, Jim explained that it was not only for his own family that he farms this way and has his animals processed on-site. "I take very seriously that people who come to me for meat are trusting me to provide food for them and their families."

That trust keeps building over the years, and Jim and Janis have a list of customers who understand that what they eat does matter. This is a good sign, since there are still those out there who will say they won't drink water if they knew it had been near chemicals, yet somehow believe it must mysteriously disappear when consumed by

Continued on next page ...

animals. A more indirect way of ingesting poison is still ingesting poison, after all. So when Jim spends more money for organic feed, it is well worth the higher price, and having them graze on land that hasn't been poisoned with chemicals is obviously just as essential. Considering this brought us to the question of environmental health and how it relates to grazing.

Country Views, Inc.

Jim and Janis own Country Views, Inc., which is a multi-faceted outdoor contracting services business. Two of the primary services they offer are custom livestock grazing, and livestock management. Rather than have their land bombarded with chemicals, many land owners choose to have Jim's herd of Scottish Highland Cattle (a completely separate herd from the steers used for beef) placed on their land to graze throughout the season. This not only keeps the grass grazed down, but it provides the serene beauty of cows in the fields that would otherwise appear barren.

In certain areas, grazing is valuable for controlling invasive species like canary grass, and Jim also works on government-funded projects where his herds are used to help convert land back into wetland meadows.

The importance of land preservation

Land preservation is something near and dear to Jim's heart, as he has a love for the area that he hopes will be preserved for his children to grow up in, and also for their children and future genera-









Above top: The Archer's foraging pigs. Above, left: Scottish Highland Cattle doing their job of keeping the grass grazed. Above, right: Beef steers on the farm.

tions. There are numerous government-funded programs out there that exist to help protect these environments, which Jim is happy to share with any interested party.

In addition to livestock grazing, land conversion, and other environmental services, Country Views, Inc. offers water lines, bulldozing, fence building, field mowing, saw milling, property planning, and land clearing, raised garden beds, and land clearing and excavation. The Archers approach all of their projects with mindfulness toward the earth and environment that is not only their home, but our collective shared home. The interconnection between the soil, grasses, water, animals, and the people are ever-present on Jim's mind as a farmer and a father, and as a conservationist.

Jim quotes, to summarize his philosophy of raising animals and tending the land: "There is a lot of beauty here, and there are ways to farm that are not only humane for the animals, but that don't put extra stress on our own bodies as well. My own approach is always quality first, the welfare and comfort of the animals, and how they are processed in the end."

That's what I call progressive farming. •

For custom ordering, and more information about Elk Ravine Farm contact Jim Archer at (914) 262-4737, or via email: elkravine@yahoo.com. For all contracting services, visit www.countryviewsinc.com



Above: Phoebe Arcer and a bovine friend. Below, left: Lily Archer with a family chicken. All photos courtesy of the Archer family.

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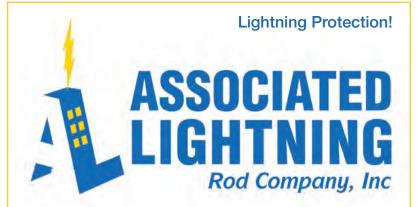
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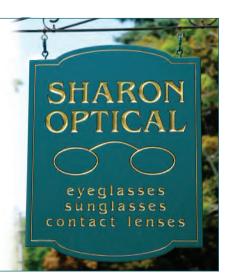
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A VERY BIG property tax picture

A COMPARISON OF TRI-STATE REGION PROPERTY TAX RATES

By Christine Bates christine@mainstreetmag.com

This month's real estate column seeks to compare prop- Do you know how much you actually pay erty tax rates across Main Street's distribution area. We in taxes? were very surprised by what we found, especially low property tax rates in "Taxachusetts" and high rates in some Connecticut towns. Hopefully this article will be a starting point for discussions about the property taxes we pay, and whether tax bills should be an important consideration when buying a home.

You will pay lower taxes on a \$1,000,000 house in Egremont, MA than a \$300,000 house in Wassaic, NY if you're in the Dover **School District!**

Taxes, taxes, there are so many of them. Income tax paid to the U.S. Government and to most states on April 15 varies, depending on how much income you report. No income, no income taxes due -43% of Americans pay no Federal income taxes. A lower salary means a lower or zero income tax rate.

Sales taxes are paid every day on what you spend and you never have to fill out a form. Fuel excise taxes are paid when you fill up your car or truck. But county, town, and village property and school taxes are based on the assessed value of property you own. It's the real flat tax. The tax rate paid is the same for everyone whether you own a \$20 million estate or a modest \$150,000 ranch. Property tax bills are calculated by multiplying the local tax rate per thousand times the specific assessed value of a property. That rate is the "mil" rate. For example, the Town of Washington's mil rate of 5.4 would equate to \$5,400 in county and town taxes on a million dollar property (.0054 x 1,000,000).

Realtors believe that buyers don't pay much attention to the size of the potential tax bill when considering a property, but should they? According to John Harney of William Pitt Sotheby's International, "Massachusetts and Connecticut have similar tax rates. But the big difference is between New York and Connecticut. While this is a component in the discernment process, it is hardly the main consideration. Looking for the perfect property is a lot like falling in love. Things fall away when you find the right property and are happy. Property taxes are part of the cost of being happy in your new home, and while they are an issue, they are not the determining issue."

We live on the borders of three states and four counties with 25 towns and villages that have very different property tax rates (see chart on next page). We decided to collect, analyze, and provide our readers with the specific tax rate information so they can compare property tax bills on an apples to apples basis.

There are so many tax bills payable at different times that it's not easy to know how much you are actually paying. Referring to our tax rate comparison chart, first identify your town in Dutchess, Litchfield, Columbia, or Berkshire County and, if necessary, your fire district. At first glance taxes in Connecticut and Massachusetts seem higher than New York, but CT and MA rates are consolidated and include school taxes. To determine the total due for property and school taxes, New Yorkers must add the school tax (on the next chart) to get the complete picture. For example, if you live in the Wassaic fire district of Amenia and the Dover school district, your adjusted mil rate is 7.43 for county, town, and fire district taxes, plus 22.93 mils for Dover school tax, for a total tax rate on the market value of your home of 30.36 mils per thousand.

The surprise is not that New York has high tax rates, but that rates within each state vary enormously. Canaan, CT (Falls Village) has the highest overall adjusted rate of 19.43 in Connecticut, while the town of Salisbury has an adjusted mil rate of only 7.35, the lowest tax rate in our survey.

New York City is not to blame

What is the reason for New York State's high property taxes? Taken as a whole, New York State communities have higher rates because of the additional layer of county taxation and expensive schools. There are no county taxes in either Connecticut or Massachusetts and school taxes are lower. In New York State, school tax rates by themselves exceed total property taxes rates in both Salisbury and Sharon, CT, and Egremont, MA.

Upstate rural legend claims that Upstate supports NYC welfare queens. Not true. New York City's state income taxes actually subsidize Upstate which paid 28% of New York's taxes, but benefited from 42% of the spending according to research conducted independently by the University of Albany, the Rockefeller Institute, and Baruch College of Public Affairs. And all the property taxes you pay are spent locally on running the county and town governments, paving roads, paying teachers, etc.

What do your taxes buy?

In addition to road maintenance, courts, assessors and tax collectors, each community offers additional services to their taxpayers that should be considered when looking at the cost of owning a home. In the Village of Millerton, NY the highway crew picks up leaves in the fall and yard brush at no charge. In Egremont, MA an \$80 car sticker allows





Above top: Salisbury house photo courtesy of Brenda McClean, Kinderhook Realty. Above: Town of North East house photo from of Dutchess Parcel Access

you take as much trash as you want to the transfer station, saving money on outside private sanitation companies that charge more than \$400 a year to pick up in front of your house. Water bills may exceed \$400 a year, or be included in your taxes depending on local practices.

Tax bills can make a big difference

If you purchase a \$300,000 house in Salisbury that is assessed at \$210,000 (by state law Connecticut assessment values are based on 70% of estimated market value) you will pay around \$2,200 a year in consolidated property and school taxes. A similar home across the border in the Town of North East in New York would be assessed at a market value of \$300,000 with a county/town tax rate of 7.66 mils plus the Webutuck school district tax of 12.15 mils. The taxes would be \$5,900. Every year there would be a difference of \$3,700. Lower state and local sales taxes and income taxes make some towns in Connecticut even more attractive.

Brenda McClean of Kinderhook Realty in Salisbury pointed out another consideration: "The tax rate can make a difference for a first time home buyer in the \$300,000 range as to whether they qualify for a mortgage or not. The lower property taxes are definitely an incentive and the lower tax rate does not lessen the number of amenities, services or caliber of education in our public or private schools."

A two-ranch comparison

No two homes are the same, but to illustrate the dollar difference that tax rates make we have compared two similar ranches that are on the market now - one in Connecticut and one in New York.

The ranch built in 1950 in Connecticut (above, top) is in a desirable location in Salisbury with five acres and 1,765 square feet. It's on the market for \$269,000 and paid property taxes of \$2,567 in 2014. The photo below it is a similarly priced ranch built in 1960 in the Town of North East in New York. It's on the market for \$259,000 with 1,711 square feet on two acres. The assessed value of this NY property is \$250,600 and total property taxes due this year will equal around \$5,000. That's a difference of \$2,500 every year between Salisbury, CT, and North East in NY. Year after year the difference really adds up. •

Chart on next page ...

TRI STATE REGIONAL PROPERTY TAX RATE COMPARISON IN MILS (.001 = 1 MIL)

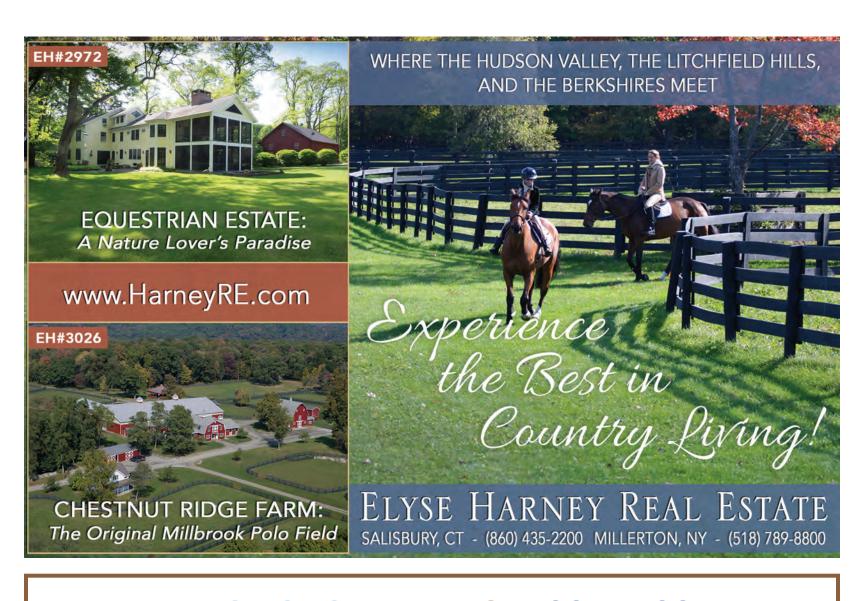
COUNTY Town Village Fire District	COUNTY	TOWN RATE	VILLAGE	TOTAL TOWN, VILLAGE & COUNTY	FIRE DISTRICT RATE	TOTAL RATE ON ASSESSED VALUE BEFORE SCHOOL TAX ²	VALUATION RATE % MARKET	RATE ADJUSTED FOR 100% MARKET VALUE ³	POPULATION ⁴
COLUMBIA, NY ⁵	5.59	2.50		0.17	.73	0.00	111 000/	0.00	1,573
Ancram Claverack	5.59 6.01	2.58 1.14		8.17 7.16	./3	8.90	111.86% 100%	9.96 7.16	6,021
Village of Philmont	5.86	.95	7.38	14.19			100%	14.19	1,379
Claverack/Ghent	6.01	1.14	7.30	7.15	.60	7.75	100%	7.75	1,379
Mellenville	6.01	1.14		7.15 7.15	1.49	8.64		8.64	
Churchtown	6.01	1.14		7.15 7.15	1.14	8.29		8.29	
Craryville	6.01	1.14		7.15 7.15	.51	7.66		7.66	
Claverack	6.01	1.14		7.15 7.15	1.48	8.63		8.63	
Copake	7.64	2.51		10.15	1.40	0.03	81.75%	0.03	3,615
Hillsdale/Copake	7.64	2.51		10.15	.81	10.96	01.7370	8.96	3,013
Copake	7.64 7.64	2.51		10.15	1.55	11.70		9.56	
Craryville	7.64	2.51		10.15	.63	10.78		8.81	
Gallatin	6.02	2.51 1.11		7.13	.03 . 93	8.06	100%	8.06	1,668
Hillsdale	6.07	2.29		8.36	.93	8.00	100%	8.06	1,927
Hills-Copake Fire	6.07	2.29		8.36	.66	9.02	100%	9.02	1,927
Craryville Fire	6.07	2.29		8.36	.51	8.87		8.87	
Philmont Fire	6.07	2.29		8.36	.84	9.20		9.20	
Green River Fire	6.07	2.29		8.36	.45	8.81		8.81	
Taghkanic	5.38	2.29 2.45		7.83	.45	0.01	111.50%	0.01	1,310
Fire #1	5.38	2.45		7.83	.92	8.75	111.50%	9.76	1,310
Fire #1	5.38	2.45		7.83	.83	8.66		9.76	
Craryville	5.38	2.45		7.83 7.83	.63 .46	8.29		9.24	
DUTCHESS, NY ⁶	3.36	2.45		7.03	.40	0.29		9.24	
Amenia	3.51	2.42		5.93			105.00%		4,436
Amenia	3.51	2.42		5.93	.58	6.51	105.00%	6.84	7,730
Wassaic	3.51	2.42		5.93	1.15	7.08	105.00%	7.43	
Dover	6.37	5.40		11.77	2.0	13.77	57.75%	7. 95	8,699
North East	3.68	3.40		7.08	.58	7.66	100%	7.66	3,031
Village of Millerton	3.68	1.56	4.51	9.75	.58	10.33	100%	10.33	958
Pine Plains	3.68	3.33	4.51	7.01	.39	7.40	100%	7.40	2,473
Stanford	5.80	2.93		8.73	.82	9.55	63.48%	6.06	3,823
Washington	3.68	1.50		5.18	.36	5.54	100%	5.54	4,741
Village of Millbrook	3.68	.50	4.20	8.38	.50	8.38	100%	8. <i>3</i> 8	1.452
LITCHFIELD, CT	3.00	.50	4.20	0.00		Includes School 1		0.50	1,402
Canaan, Falls Village				27.75		27.75	70%	19.43	1,234
Cornwall				14.9		14.9	70%	10.43	1,420
Kent				17.03		17.03	70%	11.92	2,970
North Canaan				27.5		27.5	70%	19.25	3,315
Salisbury				10.5		10.5	70%	7.35	3,741
Sharon				13.25		13.25	70%	9.28	2,782
BERKSHIRE, MA				.5.20			7 5 70	J. 2 0	_,. •=
Sheffield				14.49		14.49	100%	14.49	3,257
Egremont				8.88		8.88	100%	8.88	1,009

^{1.} Some municipalities have more than one Fire District. To estimate total tax rate select correct fire district. 2. Total rate does not include separately billed services like lights, water, sewer, library. 3. This column shows the estimated tax rate on the full market value of a home adjusting for 100% market value. Connecticut state law sets property assessments at 70% of estimated market value. 4. The population of the town includes the population of the village. Village population figures are for village only. 5. Columbia County rates are 2015 for town and county and 2014/15 school taxes. Valuation % as of June 2014. Provided by Columbia County Real Property 6. Dutchess County 2015 tax rates as compiled by Office of the State Comptroller.

NEW YORK SCHOOL TAX RATES BY DISTRICT AND TOWNS IN MILS¹, CONNECTICUT AND MASSACHUSETTS SCHOOL TAX INCLUDED IN CONSOLIDATED TAX RATE

NEW YORK	TACONIC HILLS	HUDSON	WEBUTUCK	PINE PLAINS	MILLBROOK	DOVER	GERMAN- TOWN	RHINEBECK	PAWLING
Amenia (105%) ²			12.03			21.84			
Amenia (100%)			(12.63)			(22.93)			
Ancram (111.86%) ²	10.84		11.42	11.9			13.67		
	(12.13)		(12.77)	(13.31)			(15.29)		
Claverack	12.0	17.02							
Copake (81.75%) ²	14.63								
	(11.96)								
Hillsdale	12.0								
Dover (57.75%) ²			21.87			39.7			46.55
			(12.63)			(22.93)			(26.89)
Gallatin	12.0			13.18			14.36		
North East	12.0		12.63	13.18					
Pine Plains				13.18					
Stanford (63.48%) ²			19.99	20.76	22.28			24.58	
			(12.63)	(13.18)	(14.14)			(15.60)	
Taghkanic (111.50%)	10.76	15.27					12.88		
	(12.00)	(17.03)					(14.36)		
Washington			12.63		14.46	22.93			

^{1.} Many municipalities include several school districts. To determine your total tax add the total county, town, village, fire district tax to the school district associated with the property location. 2. Valuation rates affect school taxes as well. The school tax rate for each district in each town with an assessment over or under the estimated market rate has an adjusted market valuation tax rate in (). For example if you live in Dover but are in the Webutuck School District your school tax rate of 21.87 is calculated on an assessed value that is only 57.75% of your homes estimated market value. If calculated as a rate on market value your tax rate would be 12.63 - the same as everyone else living in this school district.



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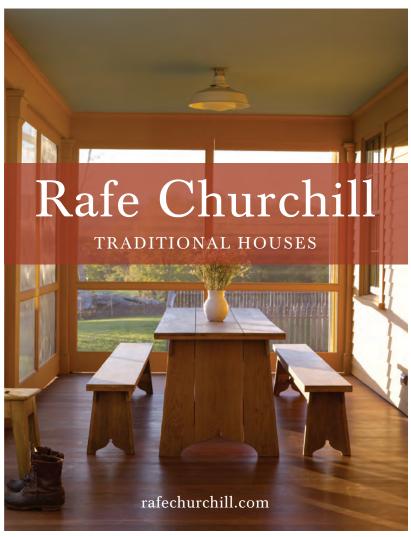
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james knight:

RUSTIC YET CONTEMPORARY

By Paige Darrah info@mainstreetmag.com

From Alabama, to the helm of Gucci's worldwide windows, to Litchfield County – James Knight (pictured far right) has been around. What started out as a website vending the handmade home furnishings of some of his favorite local artisans, evolved into a shop in Lakeville in 2013. Since then, as Somethin's Gotta Give has gained momentum and solidified its identity as a vendor of rustic yet contemporary housewares, an increasing number of local crafts people have asked James to be the intermediary between their goods and the consumer. These are artisans who, like James himself, are meticulous about the quality and integrity of design.

Design world inspirations and Drew Barrymore's cigarettes

Over a plate of tiny, glorious scones, and cups of thick Matcha tea at Harney & Son's in Millerton, James told me about his tenure as Gucci's Visual Merchandising Director for North America and Japan. "Other people design the stuff – the clothes and the bags and whatnot – and then I'd figure out where they should go in the store."

James Knight continued: "I had to worry about how the interiors looked, how the windows looked." He admits to being a perfectionist who's often over analytical, seeing everything that could possibly be wrong with something. "You have to train your eye to walk into a space and see what's wrong instead of what's right. I still have that habit."

I asked James if he had any glamorous Gucci stories, to which he responded: "Oh, I don't know ... well ... I'd probably have to tell 'em over cocktails. It was a great time to be there; I got to watch the Tom Ford era unfold. I was at a lot of the store openings and special dinners in places like Beverly Hills, New York, and San Francisco."

I then asked if he'd rubbed elbows with a lot of celebrities, and James responded by saying, "I've lit a lot of cigarettes for famous people: James Franco, Jake Gyllenhal... Drew Barrymore and Jimmy Fallon have bummed cigarettes from me. Drew Barrymore kept coming over and bumming cigarettes."

James' accent has subtle traces of his Alabama childhood. Especially when he says the word 'store.' The omission of the 'g' in 'Something' is indeed a



nod to his Alabama roots.

When asked who he admires most from the design world, he promptly responded: "Frank Lloyd Wright. I've always admired mid-century modern design, primarily for its simplicity."



James is still arranging merchandise – only now, he's the one curating the goods (not Tom Ford). These days James spends his time running Somethin's Gotta Give. James, like so many of us, is fascinated by what he continues to discover in the space between the Berkshires and the Hudson River.

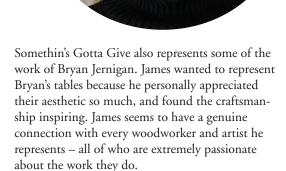
When asked how he ended up in Connecticut, James simply explained by saying: "Friends." He then elaborated by continuing, "I started visiting friends who had a house out here (to get out of the city). Then I rented a house for a couple years. Then I bought a house in Falls Village [situated in the town of Canaan, CT] about 12 years ago. I knew I wanted to move out here full-time at some point, and then I did."

James doesn't miss the city. He goes back to see his dentist though. "I don't miss working at Gucci, but I do miss the people there and the kinds of people I'd meet while traveling and on the road."

The artists represented at Somethin's Gotta Give

As mentioned, James' store has a wide array of rustic yet contemporary houseware products, many made by local artists. James has organized a reception for furniture designer Martin Zelonky (who has never showed his furniture before doing so at James' shop), and James will show four or five of Martin's pieces at the White Gallery (next door to the shop) on April 25th from 5 to 7pm. Martin carved a striking 9-foot bench from spalted maple that's currently for sale at Somethin's Gotta Give (pictured above top).

The shop also features angular, almost postmodern wooden stools handcrafted by Michael Robbins (pictured in small picture, above center).



Another such artisan is Frank Grusauskas. "I have a deep respect for wood. I've been working with wood since my childhood," Frank explains in a promotional video that features the local craftsmen represented at Somethin's Gotta Give. James had these professional videos done to highlight and communicate each artisan's talent, capturing them in their respective workshops where they create and feel most comfortable (links can be found on the shop's website). Frank carves cutlery and eclectic decor, which can be purchased at the store.

When Walter Irving (another artist that James represents) sees a geometric design he likes, he photographs it and paints the design on a wood mirror frame. One such pattern was inspired by Frederic Church's Moorish castle, Olana, on the Hudson River. "I sort of get lost in the painting. Once I start painting, I don't stop until it's finished," Walter said. Some of the mirrors he paints are commissions, but more often than not, Walter just paints what he's inspired to paint in hopes that James will be keen to show the mirrors at Somethin's Gotta Give (which is often the case). •

To learn more about James and his store, visit him at 340 Main Street in Lakeville, or go to his website www.somethinsgottagive.com,

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By Claire Copley info@mainstreetmag.com

Companion planting is a historical concept passed between generations, and from gardener to gardener. The idea is that the presence of one plant species improves the growth of another. There is no doubt that many recommendations are based on folklore and tradition. There are, however, valid documented mechanisms of plant associations that can benefit the growth and health of our vegetable gardens. These mechanisms include physical, chemical, and biological processes that can improve the establishment and survival of desired plant species.

While science is documenting more plant associations all the time, we are still told that "There is no scientific basis... for any of the several lists that exist describing 'traditional companion plants'."*

Nevertheless, if we look at the various ways that we know plants interact in the garden, the underlying concepts of companion planting are undeniably helpful to the home vegetable gardener. What our ancestral home gardeners have been telling us all along is now being given scientific credibility. It's not that science cannot tolerate the "soft" nature of gardening knowledge. Many scientists eschew the title "companion planting" for terms like "intercropping" believing that "companion planting" suggests a culture of "bromance" in the garden.

Native Americans, the early scientists

Eons ago, Native Americans knew that their staple crops of corn, beans, and squash grew better when planted together. They created myths, rituals, and legends to explain their observations and pass the knowledge along. Modern science has agreed that this method of planting these crops makes sound environmental sense. Corn can provide a support

structure for the beans and the beans add strength to the corn stalks in windy conditions. The squash provides ground cover to maintain soil moisture and repress weeds. Bean plants take nitrogen from the air and transfer it to the soil during the growing season, providing nutrients not only for their own growth but also for the corn and squash.

The power of plants

Modern horticulture supports the concepts of plant interactions in the garden, but not the specifics. The exact pairings vary widely according to environmental factors that enhance or inhibit the nature of the interaction. Increased research on below-ground plant relationships has revealed that many plants share root system connections, primarily through mycorrhizal relationships. Mycorrhizae can transfer nutrients such as nitrogen between plant species, facilitating the growth of the receiver plant. Often, these receiver plants are completely dependent on these associations during some stage of their life and cannot survive without the donor.

We tend to think of plants as passive organisms. However we know that there is all sorts of activity within the plant community that is not obvious to the casual observer. Plants alter the chemistry of the soil, influence the microorganisms that grow there, and communicate with their neighbors. They wage chemical warfare with insects, compete with some plants, and provide beneficial protection to others. We have always known that plants adapt to their environment. We now know that they can actually alter their environment to survive. Each plant

Continued on next page ...

modifies their environment in unique ways. Plants can impact nutrient and sunlight availability, temperature, soil moisture content, and soil pH. When plants are grown together they can be organized to maximize the benefits of these alterations.

Some plants actually excrete chemicals from their roots that can poison their competition. Walnut trees use a chemical, or alleopathic, mechanism to kill off surrounding trees and shrubs, which might compete for nutrients and resources. Similar processes occur in the garden and work to repel pests and protect neighboring plants. African Marigolds, for example, release a nematode repellent that benefits a wide variety of garden plants.

There are physical spatial interactions between plants in a given area. Much the way forests develop a canopy layer of faster growing, sun seeking tall plants and understories of progressively smaller layers, plants perform spatial functions for each other in a garden as well. Prickly vines can protect taller stalks from rampaging animal pests. Tall plants can protect vulnerable species by shading them and providing windbreaks. Cover crops can suppress weeds and crowd out aggressive unwanted seedlings. This knowledge can and should be used by the savvy gardener to design a vegetable garden that maximizes natural enhancements.

Plans + insects = symbiotic relationship

Science agrees that pest control in the garden may be achieved by planting certain plants to attract certain insects. Plants all seem to have symbiotic relationships with insects. In the garden we can use plants to attract pests, thereby distracting them from eating others that we might want to protect. This is called Trap Cropping; a kind of sacrificial method of pest control. Another strategy involves inter-planting plants that attract insects that prey on destructive garden pests and keep their populations in check. By using plants that draw and sustain beneficial insects the gardener reduces both pest damage and the need for pesticides.

The practice of inter-planting the vegetable garden with certain flowering plants to control pests is a tried and true method. Last summer I found several tomato caterpillars (hornworms) on my tomato plants covered with white egg-like dots (see image above). I watched as the caterpillars shriveled and died. Turns out these were the pupa of braconid (non-stinging) wasps. These tiny wasps lay their eggs on the tomato hornworms and the larva literally eats the caterpillar from the inside out. If you find a tomato hornworm in your garden that has these little white sacks, leave it in the garden. The wasps will mature and the hornworm will die. The mature wasps will create more wasps and kill more hornworms.

Nature is filled with "good bugs," crawling and



Above: A tomato caterpillar (hornworm) is covered with white egg-like dots, which are the pupa of braconid (non-stinging) wasps. These tiny wasps lay their eggs on the tomato hornworms and the larva literally eats the caterpillar from the inside out

flying creatures whose diet consists mainly of the pests that ravage garden plants. The trick is getting them to live in our vegetable gardens. The larva of green lacewings feed on all manner of garden pests. To attract lacewings (sometimes called aphid lions for their habit of dining on aphids), braconid wasps and other "good" garden insects, try planting dill, coriander, cosmos (v. white sensation), fennel, or tansy in the garden. Sweet alyssum, chamomile, feverfew, catnip, and buckwheat will also attract

Garden diversity and rotation

Diversity in the garden is the best hedge against a wide variety of garden disasters. A more general mixing up of plants rather than long rows of a single variety is now deemed to be beneficial to all, reducing pest infestations and providing a wide variety of benefits. If you have a 50' row of broccoli and incur an aphid infestation, you can lose every plant. But if you have inter-planted that same broccoli with Green Lacewing-attracting plants, your chances of harvesting your broccoli at the end of the season are greatly enhanced. Also, if you intersperse your broccoli plants throughout your garden, if aphids destroy one or two plants they do not get to move on to the entire planting.

Scientist and gardeners alike tell us that annual rotation is essential. We know that food crops need to be rotated according to their nutritional needs, and simply moving plants around from year to year is one of the best organic techniques to minimize disease and bug problems and to maximize soil fertility. Believe it or not, it confuses the insects and they just might find somewhere else to live. If the cabbage looper lays eggs in the cabbage debris in October, and the eggs hatch the following spring to more cabbage, that's instant sustenance. But if

you've moved the cabbage, the looper pupa may die trying to find its food.

Every year we start again with our vegetable gardens, and have a new opportunity to apply our accumulated experience and knowledge, scientific and anecdotal. If we work with the premise that plants are actively involved in their communities and have a degree of control over their own growth and that of their neighbors, we are, in effect, employing the concepts of companion planting. We can use our own experience and that of our fellow gardeners to enhance our plants innate abilities and preferences. One thing we gardeners can learn from the scientists is that close observation and documentation is crucial to our work.

I often think about how our ancestors learned about plants. To be sure, many of our forbearers must have died while trying to determine if one should eat the leaves or the stalks of Rhubarb, or whether those lovely white berries of the Actaea pachypoda were tasty. Yet they managed to learn about medicines, poisons, tinctures, pest repellents, and what plants grow best with others in the garden. This is a kind of knowledge that scientists may eschew, but we gardeners know how very valuable, and likely hard-won, this knowledge really is. Even though there might be no scientific proof that tomatoes will suffer when planted with cabbages, the experience of thousands of gardeners is good enough for me. •

* Chalker-Scott, Linda, The Myth of Companion Plantings, Puyallup Research and Extension Center, Washington State University.

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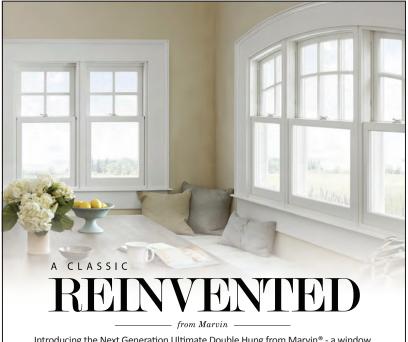
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Above: An aerial view of Chestnut Ridge Farm.

By John Torsiello info@mainstreetmag.com Photos courtesy of Harney Real Estate Sprawling Chestnut Ridge Farm in Millbrook is a property that blends history with a modern, state-of-the art equestrian center, a place where nature is preserved and horses are trained, groomed, and revered.

It is also where Judy Torres, a renowned international Grand Prix jumper and rider and trainer of horses, maintains her thriving business during the summer months. Her parents, Steve and Lori Garofalo, own the property upon which their daughter's equestrian operation functions. The Garofalos live in a restored, circa 1797 farm house that serves as the property's most notable link to its agricultural past. Both the Garofalos and Torres families are moving from Chestnut Ridge Farm (the equestrian operation is known as Higher Ground Farm) to become part of the Silo Ridge development, of which they are prominent partners and investors.

"It has been like a dream to live and train at Chestnut Ridge Farm for the past 10 years," said Judy Torres. "While training top level horses nothing can compare to the beautiful countryside in order to keep the horses fit. With over 100-plus acres of trails there has been no need to ride in a ring, keeping the horses fresh for competition."

Torres says that her equestrian friends have often come for a working visit before the Hampton Classic and Spruce Meadows in order to prepare on the farm's jumping field, which has a Devils Dyke, a South Hampton water jump, and other famous jumps.

"After jumping around at Chestnut Ridge, horses are ready for any competition. I am very sad to be leaving Chestnut Ridge, but am proud to pass it along to another family whose focus is top level competition rooted in the best care for the animal."

Horses and preservation

Horses, preservation of the land, and a former way of life have gone hand-in-hand at Chestnut Ridge Farm for a number of years. Let's rewind a bit. Former owner Eric Rosenfeld, a New York City attorney, decided he would take his love of polo to the property in the mid-1980's. He groomed around 14 acres for playing the game and invested considerable funds in drainage and preparation of the field that still exists today. He gathered some of his friends together to play at his field, notably Oakleigh Thorne, Sr. and his son, also named Oakleigh, the latter two men considered instrumental in forming the Millbrook Polo Club, which has moved to Pine Plains and is now the bustling Mashomack Polo Club. But for several years, the polo game was played at Chestnut Ridge Farm.

The conservation and preservation part of the story of the 250-acre property, which offers wondrous views of the surrounding countryside, especially the Catskills to the west, was driven by its next owner, Dan Lufkin, yes, that Dan Lufkin, Connecticut's first commissioner of the Department of Environmental Protection. He renovated the farm house and gardens of the property, as well as moved a former one-room schoolhouse to the property. Lufkin also preserved the polo field and placed a large amount of acreage into conversation.

The next owners, the Garofalos and Torres, then took the farm to its present status as one of the country's premier equestrian training and boarding facilities. When Judy Torres isn't at Chestnut Ridge Farm she is often in Wellington, FL, a hotbed of

Continued on next page ..

equestrian sports during the winter months. As a rider, she has successfully competed on the Grand Prix circuit for a number of years after turning professional in 2003. She competed in her first Grand Prix at the age of 21, qualifying for the World Cup Finals in 2004 and representing the United States on the International Samsung Super League Tour. One of her more notable efforts was finishing second at the \$250,000 FTI Grand Prix and World Cup Qualifier at the 2009 Hampton Classic in Southampton, NY.

At Chestnut Ridge Farm, Judy Torres has worked with students ranging from seniors to young children and taken a number to top level events, such as the 2014 USHJA Regional Championship last September, where Higher Ground Farm student Dagny McTaggert helped her Zone 2 team win a silver medal.

The Higher Ground Farm

The Higher Ground Farm component at Chestnut Ridge Farm is a tasteful blend of old world architecture and modern amenities, and the owners skillfully preserved the look of the original farm buildings when they turned them into equestrian boarding and training quarters.

There are 23 matted stalls, a 50-acre Grand Prix field, and two Grand Prix jumping fields with stadium jumps and the aforementioned replicas of famous obstacles, six grooming and washing stalls, a heated rider's lounge, two heated tack rooms, a 170-by-80-foot indoor arena with state-of-the-art footing, an automatic watering system, ventilation fans, and mirrored walls. There is also a covered, automated horse walker, a one-third mile training track, 2.8 miles of fenced pasture for the horses to relax and graze, and well over 100 acres of wooded, maintained riding trails. There is also a barn apartment that has four bedrooms, two bathrooms, and a kitchen. Around 28 horses are kept on the farm during high season. But of course, Chestnut Ridge Farm goes beyond its equestrian element. The property is a virtual sanctuary for its owners.

The Chestnut Ridge sanctuary

The main residence, which is located away from the equestrian barns and facilities, has nine rooms, three bedrooms and four baths, and its historic appearance belies the modern creature comforts the home was imbued with during its renovation period. The interior of the home is graced with wideboard pine floors and crown molding topping the







Above top: The second floor master bedroom in the 1797 restored farmhouse. Above, left: The secluded pool area. Above right, the luxurious horse stalls and stable.

walls. The living room has a fireplace with a marble surround and a detailed wood mantle, while the library has a fireplace with a brick surround and a raised panel mantle, built-in bookshelves, and cabinets. The first floor also features a modern kitchen with a fireplace, and a sunroom with French doors opening to a side yard and stone patio. An outdoor dining patio has a vaulted bead board ceiling, a stone floor, and overlooks a garden.

The second floor's master bedroom has wood floors, a fireplace with brick surround with a wooden mantle and a vaulted ceiling with original wood beams. There are two other bedrooms on the second floor, as well as the master bath and two other bathrooms.

The 1700's schoolhouse that was referenced earlier now serves as the property's pool house, and has wood floors, built-in shelves and cabinets, a vaulted ceiling with original wood beams, and a wood stove. A path leads to a bluestone surrounded gunite heated saline pool and a gunite saline hot tub. Both have stone walls embracing them with hydrangea and ferns growing high in the summer to offer privacy.

There is also a "party barn" that contains a movie theater, a music studio and a game area, and a very cool, professionally-built tree house in a secluded area of the property that even has a wood burning stove for chilly evenings. There's a four-car

garage that also houses a gym.

A five-acre pond offers a venue for kayaking, canoeing and swimming and is stocked with trout for fishing. Upland bird hunting is also an activity that is practiced at Chestnut Ridge Farm, with the owners renewing a preserve license each year.

"Entertaining has always been an integral component of life at Chestnut Ridge," said Elyse Harney Morris of Elyse Harney Real Estate. "The equestrian lifestyle lends itself to fabulous social gatherings, but Chestnut Ridge has also been continually involved in the entire Millbrook-Hunt community. Through the transfer of ownership from Rosenfeld to Lufkins and now the Garofalo family, this farm has a legacy of owners who continue to passionately invest in the preservation of its land, facilities, and high standards equestrian excellence. Chestnut Ridge epitomizes the culmination of family unity, community involvement and equestrian passion; therefore, it would seem natural that this unique property is passed on to someone who shares these values." •



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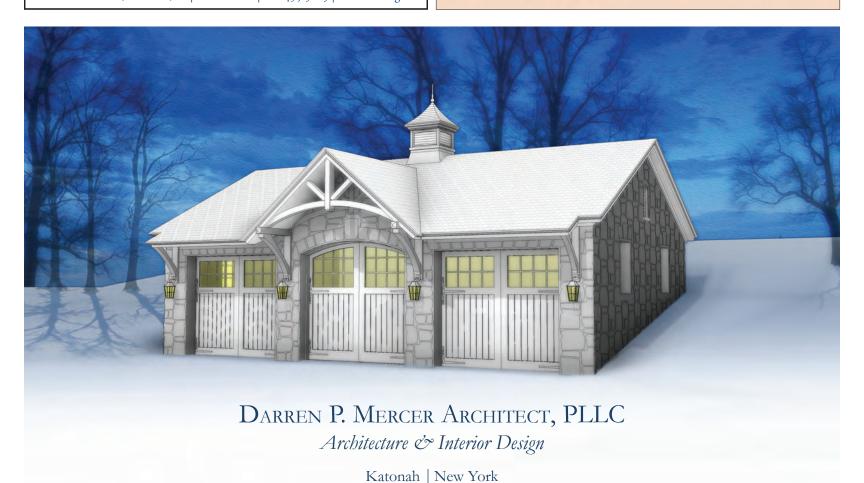
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the lure of the artichoke

THE EDIBLE HEART OF CYNARA

By Memoree Joelle info@mainstreetmag.com

There is something so satisfying about eating beautiful, but simple food. Every year when spring arrives, I start wanting to spend less and less time in the kitchen and more time outside. It's the time of year to begin seeking out delicious things to eat that don't require complicated recipes, or a long list of ingredients to procure. And while I usually buy and eat local, there are a few foods that I like to splurge on that just simply grow better on the west coast. Strawberries are one of those treats, and the other is even rarer in our region - the artichoke.

Actually a member of the thistle family, the artichoke's scientific name is Cynara scolymus. Dating back to ancient Greece, artichokes are the oldest known cultivated vegetable, though it is disputed where exactly in the Mediterranean they originated. Legend has it that the Greek god Zeus fell in love with a beautiful mortal named Cynara. She soon grew tired of him, however, and in scorned vengeance, he turned her into what we now call the artichoke.

A perennial plant, the actual edible parts are the buds within the flowerbeds before they go to bloom. It is those immature buds that we eat, before the flower blossoms and renders the buds coarse, bitter, and essentially inedible. The edible buds take six months to come to bloom, and are at their best in spring and early summer. They aren't just delicious, but are beautiful to eat. Plucking off the delicate leaves of a perfectly steamed artichoke, one by one, reminds me that I am eating a flower, after all. A flower with savory "meat" at the base of each petal, and then, when all gone, you get the best part - the heart. The heart of the beautiful Cynara. Not just for eating, the lovely artichoke left whole and uncooked, makes a lovely centerpiece for the table, or even a whimsical bouquet for the right bride.

The artichoke center of the world

Artichokes are not native to the Hudson Valley, and few farmers grow them here at home. In fact, one hundred per cent of America's commercial artichoke production is in California - more specifically, in the town of Castroville, also known as the artichoke center of the world. Now in peak season, I can't resist taking advantage of indulging in these beauties while they last, and I'm happy that I don't have to endure a five hour flight to enjoy them. There are dozens of varieties, but the ones you'll most frequently see in stores are the big round green ones, called Globe Artichokes. These, and sometimes baby artichokes, can be eaten whole.

In recent years, California farmers have begun growing domestic cultivars based on the many



varieties found in France and Italy, where dozens of types of artichokes in varying shapes, sizes, and colors are abundant. Let's hope they send some of those tasty beauties this way. For now, here is a guide on how to prepare and cook the readily available variety.

How to prepare and eat a Globe Artichoke

Laying the artichoke on its side, cut off and discard the stem, keeping the base intact. Then, cut off the tips of the leaves with scissors, which are quite prickly. You don't have to cut off all of the tips, but you want to at least remove the longest ones. Now the top of the artichoke is flatter, and ready for

Place the artichoke upside down into a large pot. Ideally, use a weighted steam insert, but if you don't have one, simply fill the pot with water just so that the artichoke is submerged 1/4 of the way. Fit with a lid and turn the water to high. If you don't have a steaming lid, you can use a regular lid, but leave it partially uncovered. How long it will take to steam depends on the size of the artichoke. It is done when a knife can pass easily through the base, like a cake. Lift it carefully out of the pot with tongs or two large forks, drain, and plate.

Love Hurts: An edible flower with a prickly heart

Either while hot or at room temperature, begin eating the leaves by plucking one, (optional, first dip it in your sauce) then placing it between your teeth with the widest end facing you, and scrape off the "meat" with your teeth. Then discard the tough

leaf. The leaves will have more and more meat and become softer as you near the center. When you draw near the heart, the leaves get tiny and some may be bitter, so you can eat them or remove them.

Then, you will come to those ghastly little hairs, whose sole purpose is to choke you, or at the very least, make things messy. Do you know how some people are very protective of their hearts, for fear of getting hurt? Well so is the artichoke! Just as in love, be careful when handling the prickly parts. But don't be afraid of the difficult parts either, and don't give up ... there is something wonderful under those mean little hairs - the sought-after heart, or every artichoke lover's dream. To get to it, shave away the hairs with a sharp knife, preserving as much of the meat lying under them as possible. When the hairs are gone, place the heart on a clean plate, and enjoy by dipping in the mayonnaise with a fork, or alone, or with salt and pepper, or however you wish.

Dipping Sauces:

There are a few basic sauces that you can tweak until you find the one that makes your taste buds sing. I prefer a basic mayonnaise that I make myself, or you can opt for the store-bought version. Some people prefer a garlic aioli, garlic butter, or more commonly, warm, melted butter with a squeeze of fresh lemon. Whichever sauce you choose for your artichokes, paired with good crusty bread and wine, they can do no wrong. Cynara's heart will sing. •



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a nations story in paintings

ABOUT THE LIFE AND ART OF NORMAN ROCKWELL

By Brandon Kralik arts@mainstreetmag.com

Norman Rockwell chronicled life in the United States during the first half of the 20th Century as no one else did. He told the story of America in a way that transcends age, art, and culture. Not only was he able to connect with Americans with his detailed visual iconography, he did it with a mastery that few illustrators or fine artists have been able to do since. He spoke to us in a language that we intuitively understand, even all these years later, Norman Rockwell provides us with an opportunity to see things, to see ourselves, in a more humane way.

The Norman Rockwell museum in Stockbridge Massachusetts is one of the most popular attractions in the Berkshires, and one of the finest small museums in the country. The Museum houses the world's largest and most significant collection of works by Norman Rockwell, including more than 700 paintings as well as studies, photographs, letters, and film. Rockwell's original Stockbridge studio was moved to the museum grounds and stands today much as it did in his lifetime.

The life of the artist

Rockwell was born in New York City in 1894 and was always an artist. He left school at the age of 16 to study at the National Academy of Design and the Art Students League where he studied with Thomas Fogarty and George Bridgeman, learning technical skills, which he relied on throughout his long career. Rockwell was commissioned to paint Christmas cards before his sixteenth birthday and while still in his teens he was hired as the art director of Boy's Life, the official publication of the Boy Scouts of America. His family relocated to New Rochelle, NY, a community whose residents included J.C. and Frank Leyendecker, and by the age of 21 Rockwell had a successful freelance career illustrating a variety of young people's publications. At the age of 22 he painted his first cover for The Saturday Evening Post, which, for Rockwell, was the greatest show window in America. Over the next 47 years, Rockwell paintings would appear on the cover of the Post 321 times. His last cover for the magazine was a portrait of John F. Kennedy, which appeared a week after the President's death.

Portraying idyllic illusions?

During my visit to the Museum, and I think it was mentioned in the film of his life that is shown in the basement along with every cover he did for the *Saturday Evening Post*, that the way Rockwell and the *Post* chose to portray events, such as the Great Depression and the World Wars, was much different than what we see today. I have heard it said that Rockwell portrayed an idyllic illusion of America, that he avoided the brutal reality of life during wartime. I don't see it that way and especially after comparing how his portrayal of America differs from what we see today in the media, I have come to a new understanding of his work.

The paintings that Rockwell did for the *Post* did not avoid the subject of war, but addressed it in a way that gave us hope. Seeing all of the covers lined up, row after row, one can see that he addressed it very subtly and cleverly as opposed to making it the paramount focus of our attention. It reminded me of how my father, who was a small boy at the time, describes World War II. For him, as for most Americans, the war was far away and even as he knew people in the community who served, and heard talk of it, the war did not affect his life that much. Certainly not to downplay the war, but my father's experience, like Rockwell's paintings, involved going to school, getting haircuts, thinking about young love, and toys at Christmas time.

As I looked at the work it occurred to me that Rockwell was painting not only a real America that existed in small towns across the country, he portrayed a country that we desired, that we wanted to be as much or even more than that which was. Rockwell had a way of reminding us what we were fighting for. During my visit to the museum I saw on display an illustrated *Newsweek* cover from 1977 by Mort Künstler, which showed hijackers taking over an airline jet with the stark headline *The War on Terrorism!* A stark contrast to Rockwell's message of hope, showing a drift toward the kind of fear based media we are all too used to seeing today.

Connecting with the audience

I have always been a fan of Rockwell's work and to see it in person is a real treat. His skill is apparent and the great lengths he put into composing a painting is legendary. His paintings were not simply knocked off to fulfill an assignment, but it is clear that he put his soul into them – and I believe this is a necessary ingredient for connecting with the public, and that is something that Rockwell did



Above: "Boy and Girl Gazing at Moon" (Puppy Love), was one of Rockwell's most famous *Post* covers. It was recently donated to the museum by the Mills family, who had owned the piece for 40 years. Photo courtesy of the museum's press images.

better than most any other American painter. He transcends the illusory hierarchy of culture that illustration is a lower form of art precisely because of this connection to the people, which was at the core of what he aimed to achieve. Thomas Kincade once said that, "High Culture is paranoid about sentiment. But, human beings are intensely sentimental." It is this sentiment, this human connection, that makes the work so popular and with such high profile collectors such as Steven Spielberg and George Lucas, Rockwell's work is enjoying a well deserved resurgence in popularity. In fact, widespread reappraisal of Rockwell's legacy by serious scholars and the mainstream media, from art historian Robert Rosenblum to author John Updike, are praising Rockwell's work and refocusing attention on his skill as an artist and on his vision of American society.

In 2014 *Saying Grace* (1951) sold at Sotheby's New York for \$46 million, over double the estimated value, and set a record high price for the art-

Continued on next page ...

ist, proving that the demand for and appreciation for his work is on the rise and that he does indeed have a solid place in the new cultural environment. Many of today's top representational painters and illustrators cite Rockwell as a prominent influence.

In light of this it is especially touching that another of Rockwell's most famous Post covers, a painting, "Boy and Girl Gazing at Moon" (Puppy Love), was recently donated to the museum by the Mills family who had owned the painting for 40 years. By donating the painting to the museum thousands of people will be able to enjoy it and it deepens the holdings of the museum and helps their aim of telling America's story through pictures. A truly generous gift.

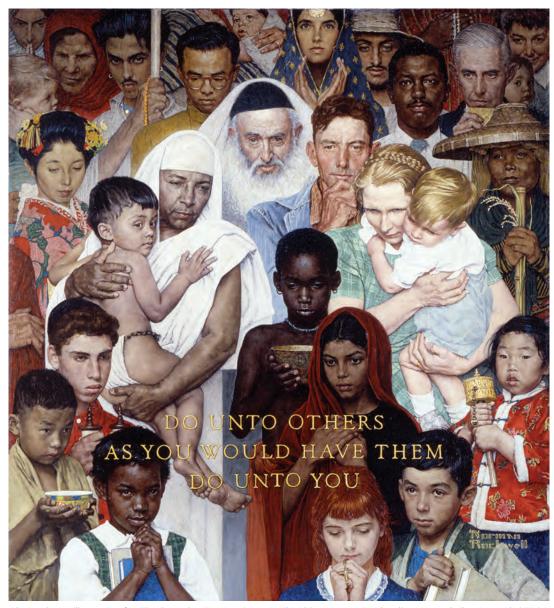
The museum's mission

"Visual communication is the language and currency of contemporary culture - Norman Rockwell was among the most powerful and beloved communicators of the 20th century," says Museum Director Laurie Norton Moffatt. "His paintings continue to touch people in a way that transcends age and culture."

The Norman Rockwell Museum's mission is to promote art appreciation, education, and engagement in visual communication through the Art of not only Norman Rockwell, but other outstanding illustrators. Over the years the Museum has hosted exhibitions such as Edward Hopper as Illustrator, Everett Raymond Kinstler: Pulp to Portraits, Dinotopia: The Fantastical Art of James Gurney, and recently they hosted an exhibition of work by famed illustrator and Civil War historical painter Mort Künstler, titled, The Art of Adventure. An upcoming exhibition of work by J.C. Leyendecker, who did 322 covers for The Saturday Evening Post, one more than Rockwell, looks to be especially promising.

The power of art and the Four Freedoms

My recent visit to the museum revealed to me the story of how Rockwell was inspired by Franklin D. Roosevelt's 1943 address to Congress, which resulted in the Four Freedom paintings. Rockwell was determined to use his talents to help the war effort, but after seven months of work on the paintings, he found the U.S. Government unreceptive. They rejected his offer to give them the paintings. He turned to the people and to The Saturday Evening Post, which published images in four consecutive issues of the magazine. The enormous popularity of the images finally caught the attention of the U.S. Treasury Department and through the sale of war bonds, the paintings raised more than \$130 million



Above: Cover illustration for The Saturday Evening Post, April 1, 1961. Norman Rockwell Museum Collections. (C)SEPS: Curtis Licensing, Indianapolis, IN. Norman Rockwell (1894-1978), Golden Rule, 1961. Photo courtesy of the museum's press images.

for the war effort! Art truly does have the power to effect change. All four of the famous paintings now hang together in a special room at the museum.

A Norman Rockwell show in collaboration with the U.N.'s anniversary

Through the efforts of Museum Director/CEO Laurie Norton Moffat, the Norman Rockwell Museum works with museums and organizations around the world to promote Rockwell's message and his work. "Norman Rockwell was a keen observer of people," Moffat explains, "And he believed that every person mattered. As he matured as an artist, his subject matter frequently addressed issues of social change and our common humanity."

In commemoration of the 70th anniversary of the founding of the United Nations, the Museum is collaborating with the U.N. Foundation to mount a special exhibition of Rockwell's work for public display at the U.N. Headquarters in New York City, which will open on June 15th.

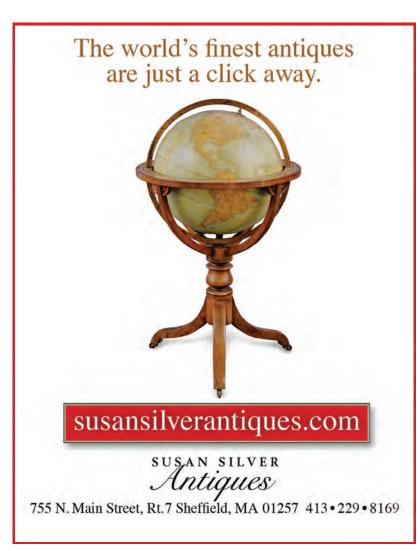
"Deputy Secretary-General Jan Eliasson believes that Norman Rockwell's artwork captures the humanitarian aims of the United Nations and embodies ideals for all people. Indeed Rockwell's interest in portraying international figures, America's civil

rights movement, the early work of the Peace Corp, United Nations, and the Four Freedoms informed and helped shape civil society in America."

The Museum has put together the acclaimed traveling exhibition from their permanent collection, which debuted at the Fondiazone Roma Museo in Rome, Italy, and which has toured 17 cities in three countries so far, drawing record breaking crowds wherever it opens. The exhibition, American Chronicles, will come home to the Museum in Stockbridge this summer and fall before two final destinations in Utah and Virginia.

The museum offers such a comprehensive collection of paintings and variety of rotating exhibitions, events, and talks that it is easy to return to this jewel of a museum repeatedly and never come away disappointed. Even as a lifelong fan of Rockwell's work, I have to say that this museum of his work exceeded my high expectations. •

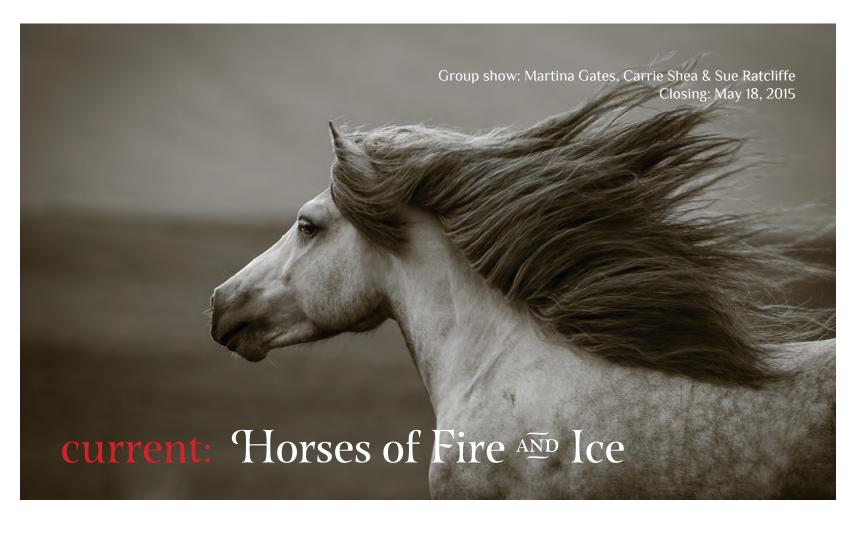
To learn more, visit the museum's official webpage at: www.nrm.org/



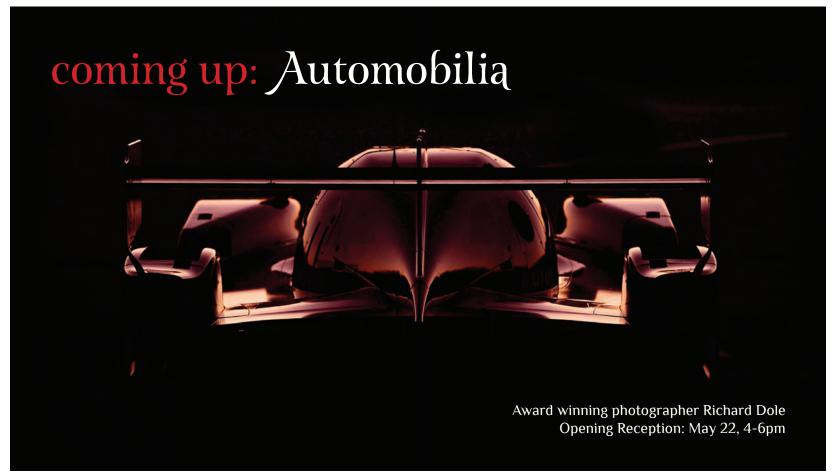


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SERGE MADIKIANS OF SEREVAN RESTAURANT

By Memoree Joelle info@mainstreetmag.com

It is late afternoon in Amenia, N.Y., and Serge Madikians, chef and owner of Serevan, is already energetically preparing for the evening dinner service. He takes a few minutes to sit with me at a table in one of the restaurant's two intimate dining rooms, and one of the first things he mentions is his excitement about our area's farms. "What motivates me is my desire to be a better cook, and it is my relationships with farmers that has allowed me to develop a deeper understanding of the ingredients that I'm working with."

Those relationships are key ingredients for Serge, and are a driving force behind his commitment to his home and community in the Hudson Valley. Serge rattled off a lengthy list of local producers before we even began talking about cooking. Migliorelli Farm, Bard College Farm, Montgomery Place Orchards, Meili Farm, Stonewood Farm, among others, and all are farmers he interacts with and learns from on a daily basis. "I crave their relationship to the food they are growing, their connection to it, and their know-how."

While he considers the farmers he works with to be essential collaborators, Serge dismisses the catch phrase 'farm-to-table,' which he considers a marketing term that has no bearing on what he set out do with Serevan, which he opened in 2005. Preferring to describe his establishment as quite simply "a restaurant in rural upstate New York," Serge acknowledges that while he does work mainly with local farms, it is not to follow a trend in the locavore movement. "The label farm-to-table doesn't interest me. What I'm interested in is my community, both socially and economically, and so why wouldn't I maintain a dialectical relationship with the farmers and businesses in my community? I most enjoy seeing the farmers come eat here, and am humbled by their satisfaction and excitement for the food, and that strengthens my sense of commitment to my discipline."

Tehran to the French Culinary Institute

Serge did not always know he wanted to be a professional cook, but he has always enjoyed eating well, and good food has been a part of his life since childhood. Originally from Tehran, Serge left Iran with his family as a teenager, due to the revolution. Years later, when the opportunity came along to attend the French Culinary Institute, he knew after two weeks in that being a chef was what he wanted to do. It was an intense time, and one Serge recalls as essential to making him the chef he is today. During his time at the FCI, he was not only in graduate school studying public policy, but also working a full time job, as well as four nights a







Above, clockwise: Provicetown Steamers with Merquez and Preserved Lemons. Serge Madikians. Migliorelli Farm Cauliflower and Brocolli with Pink Pearl Apple. Photos courtesy of Serevan

week in the kitchen of renowned chef Jean Georges-Vongerichten. "I don't regret a second of it," he says of his experience.

Moving forward, he worked with legendary chef David Bouley, and it was from him that he learned the discipline of cooking. "I consider myself fortunate to have learned through the rigors of working in a four star restaurant with one of the greatest chefs in the world, that passion is an important ingredient, but passion is not what keeps you in the kitchen. The most essential ingredient is discipline. David Bouley taught me that, and it was an important lesson."

The flying chef

As a cook who likes to be in the thick of things, the lush landscape of the Hudson Valley beckoned, and the hustle of city life lost its appeal. This is, after all, fertile farmland, and where the ingredients he loves to work with (and eat) actually grow. Getting back to nature while still having easy access to the city made Amenia an ideal location for Serevan, and Serge is now a full-time resident. He recalls a day not long ago when a farmer invited him to pick fresh asparagus from the field, which he later served to guests at Serevan. "It was the quintessential Hudson Valley experience."

When he isn't in the kitchen, Serge is often up in the sky. Flying is another one of his passions, and a very fitting one - perfect for procuring ingredients from all over the Hudson Valley. This more adventurous mode of travel also allows him to appreciate the beauty of this landscape with a bird's-eye view. On any given day he may be

visiting a mushroom farm, or even flying in fresh oysters from the coast. But it's what he does with these ingredients that fill the dining rooms in the charming blue farmhouse on Autumn Lane. Dining at Serevan is to taste the breadth and wealth of flavors Serge has culled from his original Armenian roots that have since been planted in Hudson Valley earth. Naturally, the menu changes with the seasons, but it also changes by the week. The flavor spectrum found in all of the dishes are best described by the chef himself, as "Hudson Valley cuisine through the palette prism of an Armenian chef from Iran."

And there's no missing that whimsical Serevan logo on Route 22. It was inspired by old Armenian calligraphy, and the name itself was a result of Serge's dyslexia, having confused the letters "S" and "Y" in Sevan Lake and the capital of Armenia, Yerevan. Open for dinner five nights a week (reservations are needed on weekends), and there are two seatings on Friday and Saturday nights. Whenever you choose to go, you'll likely see the chef himself back and forth between the kitchen and the dining room, always in his element, greeting his guests with exuberance in his voice.

"I get to share my personal dialectic of my environment, of my culture, and my heritage with everyone who comes here, and that is incredibly rewarding." •

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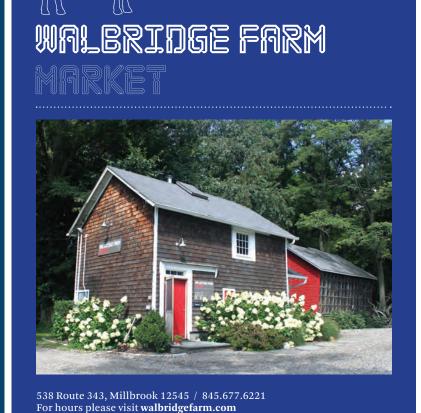
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BACKYARD TRAVEL IN THE

hudson valley...with kids

By Paige Darrah info@mainstreetmag.com

In the third installment of this series, our contributing writer Paige Darrah seeks out kid-friendly locales for the height of winter (many of which would be fun to visit in the summer as well).

Fodor's named the Hudson Valley a "Must Go" place for 2015. Here's the thing though: I doubt they were referring to wintertime with a wiggly child. Rarely am I sure what I'm supposed to be doing with my daughter Poppy, even less so when it's nine degrees outside and there's this looming task of getting three layers of clothing on a threeyear-old. So we often default to Disney Junior and an assortment of French cartoons on the weekends, effectively drugging her into a passive state so she won't mess up the house. Finding delightful summer and fall jaunts is easy. Hell, just take 'em to the park – any park will do. Figuring out what to do with a toddler and a non-skiing husband during an arctic weekend upstate? You'll need to call in an expert (and perhaps a cheerleader).

Enter Joanne Michaels, author of guides like Let's Take the Kids!: Great Places To Go in New York's Hudson Valley, and The Joy of Divorce. Joanne helped me round up the top nine things to do with your child in the Hudson Valley during the winter (i.e. ideas for overcoming inertia and gettin' outta the house).

Outdoorsy

"So Joanne, what Hudson Valley activities would you recommend for families with small children during the winter months? We've already been to that Chuck E. Cheese's in Albany, and I must say it was mighty crowded and unsavory."

"I can only imagine! Indoor play spaces are a necessity sometimes though. Skiing is a great family my non-skiing husband in the ski lodge's dimly lit, activity. Catamount (which is in Hillsdale, NY at the Massachusetts border) is one of the few familyowned and run ski areas left in our region - it's





Above top: The cover of Joanne's book Let's Take the Kids!... Above: Paige's husband, Matt, and Poppy at the bottom of the tubing hill. Below left: Poppy wanted to dismantle the bamboo leaves at the Trevor Zoo.

one of the oldest ski areas in the state [it opened in 1939]. I skied there back in the 1960s as well as in recent years, and the atmosphere is always informal and welcoming."

Catamount has 32 slopes and an approachable, inviting aura – you feel like you could really get to know this mountain and become friends with it. You can park your Subaru forty feet from Catamount Chair lift. Plus, when you ski there you can see three states (New York, Massachusetts, and Connecticut) from the top of the runs.

Our journey to Catamount involved stashing '70s-style bar with an LBJ biography, and taking Poppy to see Ms. Debbie. Ms. Debbie taught math at a local high school for 30 years, now she mans the Catamount daycare. She was a little cranky, but I can understand why. I'm pretty sure she knew I was bluffing about Poppy being potty trained.

"She's potty trained, right?" asked Ms. Debbie.

"Yes," I said, handing her a flowery pink Cath Kidston backpack. "There are some extra undies and tights in here. You know ... just in case." Translation: There are some extra undies and tights in here. You know ... because my child is not actually potty trained. But maybe you could help her acquire that skill?

Children between the ages of two to six can hang out at the on-site daycare for \$10 an hour from 8:30am to 4:00pm. For more info, you can look at Catamount's website, which also includes information about their Adventure Park that will be opening soon, when the ski season ends.

Windham Mountain

Say hello to the Catskills! Windham is a legit ski resort, which includes a valet. There were German and French-speaking families corralling children into and out of Range Rovers both times we were there. Très chic!

Windham boasts a fairly elaborate Adventure Park with an ice skating rink, a zip line, a fleet of adorable mini snowmobiles, and a six-lane snow tubing hill. Here's the thing about tubing: It requires a fraction of the effort skiing does and you still get to go down a hill really fast. Granted, you still have to get yourself and your child into heaps of clothing, but you get to skip the anxiety indigenous to other downhill sports (e.g. that ski jumps thing they do in Salisbury, CT every February ... ahhh!). Plus there's a beautiful view of the childless/ more athletic people on the ski slopes behind the tubing hill.

From mommy and daddy's perspective, the exhilaration of sliding from point A to point B down a single, 650-foot slope starts to wane after

Continued on next page ...

45 minutes. But a toddler's authentic belly laugh and giant smile will sustain your motivation for an additional 15 minutes. Bonus: the tube acts as a makeshift snow stroller between the bottom of the hill and the tow lift. If your child tries to crawl out of the tube, just give the rope a gentle but firm yank to lodge them back in there.

Alternatively, you can sign your child up for all-day group ski lessons at age four, but the child can do private lessons as early as age three! Or you can just drop your child off at Windham's "indoor supervised activity program" (read: daycare for ages two to seven) and glide over to Windham's recently opened Alpine Spa (perfect name huh?). You can even ski-in to the spa!

Snow tubing is from 11am-4pm on Saturday and Sunday; \$20 per person for two hours, or \$25 per person for four hours (spoiler alert: you won't want to tube for more than two hours).

Trevor Zoo

The zoo is on Millbrook School's campus, and they've got something like 180 exotic and indigenous animals (seven of which are endangered) for your child to see. You can bring the stroller, but I let Poppy run around freely during the winter months when the zoo wasn't crowded. Strolling along the zoo's rustic pathways is a lovely little nature walk in and of itself, but add the emus with giant, scaly talons; red-necked wallabies; and a super cute red fox (like the one that graced the cover of this magazine's January cover), and boom! It's educational, too. The zoo even goes so far as to live stream 24-hour video of their three red pandas (which, by the way, is an endangered species). When I showed the video to Poppy she recognized the animals and said 'bear show.'

The zoo outing is very affordable at \$5 for adults, \$3 for the kiddos, and you can go to www. trevorzoo.org for more information.

Poughkeepsie's McCann Ice Arena

If you're keen to go down to Poughkeepsie, "Mc-











Above, clockwise: There are a number of family-friendly farms in the Hudson Valley, like Sprout Creek Farm. Photo courtesy of Dutchess Tourism. Your child can indulge at Chatham Bowling (don't forget to bring quarters). Your child can also indulge in a couple rounds of pool at Chatham Bowl. The Mid-Hudson Children's Museum, photo courtesy thereof. Below left: There he is! Curious George at the Mid-Hudson Children's Museum.

Cann Ice Arena has public session ice skating on an indoor rink. I skate there regularly and there are very young skaters on the ice on weekends!" Joanne said. Saturday and Sunday from 2-4pm, as well as Friday evenings from 7-9pm. Skate rentals are available.

Sprout Creek Farm

Bring the kids here to taste cheese and to meet baby goats and sheep. Sprout Creek offers lots of farmy summer camps and Saturday programs, plus they have all you can eat pizza night on Fridays from 5:30 to 7:30. The pizza is made from scratch with ingredients from the farm; head chef Mark Fredette is a CIA alum. Visit www.sproutcreekfarm.org.

Mid-Hudson Children's Museum

There's a new director doing wonderful things like hosting children's book author readings and inviting Curious George to come play with the children on the weekends. In March David Soman, author and illustrator of the *Lady Bug Girl* books, read his book to the children and then he showed them how to draw Lady Bug Girl. This museum has lots of hands-on activities for children ages zero to six, including a Fire Station exhibit complete with a fire truck for your child to climb on.

Open late every third Saturday of the month, until 8:00pm. Admission from 5:00 to 8:00pm is free! Check out their website for further details.

Indoorsy and last resorts of sorts

I also consulted Kristina Proper, a Taconic Hills High School teacher and mother of two. "The TV drug is very useful indeed. I have two kids, so they can keep each other busy to some extent," she said. Kristina admitted that indoor play spaces like Jump! in Hudson (bounce houses) and ClubLife in Valatie can be lifesavers when you'd rather not brave the outdoors. "It makes me a little crazy being there though, the combined energy of all the kids can be too much."

ClubLife in Valatie is an indoor trampoline gymnasium complete with basketball hoops (my husband got a kick out of his temporary ability to do a slam dunk).

Finally, and as an apparent last resort, Joanne said, "Of course, there is always bowling!" So we went bowling. A trip to Chatham Bowl is like a journey back to 1960s America that was renovated in the 1980s. It looks like the bowling alley in that Goldie Hawn movie *Overboard* (which is an amazing, classic film by the way), complete with medium-loud country music. Needless to say, Poppy and I loved this place in all its tacky vintage glory. The residual cigarette smoke smell seemed to be an honest, natural part of the building's history. My husband had a PBR in a can and I got to sip on a surprisingly decent Pinot Grigio as I chased Poppy around the alley's antique arcade. Bonus: the neighboring town of Ghent has a Dairy Queen.

The truth is, weekends with toddlers aren't easy, regardless of geography or season. The mother of a childhood friend of mine used to say everything was an "adventure." She'd be getting ready to take us to the grocery store and ask "Wanna go on an adventure?" We'd get excited to try some cheese samples and listen to N'Sync in the car. The "Wanna go on an adventure?" card is beginning to intrigue my toddler as well. That one word can make everything feel thrilling. •

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the salisbury forum a WEALTH OF KNOWLEDGE

By Sarah Ellen Rindsberg info@mainstreetmag.com

The desire to learn, the innate curiosity in human beings – these are the qualities that lead us to seek out authoritative sources. The internet is saturated with TED talks, webcam videos, and all manner of media. And yet, when the chance to listen live, in real time avails itself in our corner of the woods, the room is often filled to capacity. Inquiring minds are always looking for ways to expand and the Salisbury Forum fills the niche by bringing renowned experts to the community.

Timely and thought-provoking programs. These are the hallmarks of The Salisbury Forum, a venue for public discourse not unlike its eponymous predecessor in ancient Rome. Every year, a wide cross section of the immediate and surrounding communities gather to listen and discuss the topics presented by the Forum, each a source of sheer enlightenment.

Confirmation that the perfect source for a look at the Forum had been identified came when the phrase, "It was my idea," was uttered. Claudia Cayne, Director of the Scoville Memorial Library and the author of said phrase, is one of the founding members of the Forum and a current board member.

How it got started

At the Library, Cayne began inviting speakers, those with particular talents and accomplishments to share their expertise. The community's appetite for intellectual discourse was evident: "I noticed people really enjoying engaging around the speaker," she says.

Knowing that many accomplished people live nearby, she searched for additional ways to foster the exchange of ideas. An exploratory chat was held with Franck de Chambeau, a friend of a Library board member. The group expanded around 2004 to include a greater number of residents as well as town officials, and brainstorming began. A modest series of programs was envisioned. "It grew into something which is way beyond my wildest dreams," Cayne says proudly.

When the topic of nomenclature arose, the group did not have to search far. There had actually been a Salisbury Forum in prior years and no improvement was needed.

Making it official and filling the roster

To insure a dynamic roster of topics and presenters, a board of directors was formed. Since 2005, this

valuable team of individuals has played a key role in securing the participation of outstanding speakers from within and around the Tri-state region.

In June 2006 at the close of the inaugural season, Dan Rather addressed a crowd of several hundred. "The News – What Shouldn't Change," was his topic of choice. A book signing followed as is often the case when the guest is a published author.

The next presentation was prescient, resounding with tremendous clarity today to anyone attempting to chart the waters of the Affordable Health Care Act. "Healthcare for all Americans," expounded upon by Dr. Deborah Richter, a family practitioner and health care reform activist from Vermont was one of the chosen topics in 2006. Richter was instrumental in obtaining passage for a universal healthcare bill in the Vermont legislature.

The phenomena of prescience is a key characteristic of the Forum's offerings, making many a potential attendee rue a busy schedule or the decision to forgo attendance. "The Future of Islam in the West" was on the table in 2008, presented by Dr. Muqtedar Khan, founding Director of the Islamic Studies Program at the University of Delaware. "Immigration What's in Store?" was discussed by Doris Meissner, former Commissioner of the U.S. Immigration and Naturalization Service (INS) during the 2009-2010 season.

Expansion

The board has sought to expand the range of subject matter in recent years, beyond the usual academic fare. In "Race France to France," Rich Wilson described with vivid clarity the grueling conditions he faced as a competitor in the 2008-2009 Vendée Globe, the solo, non-stop, round the world sailing race.

In the fall of 2013, the country's fifth inaugural poet graced the stage. Richard Blanco recounted his journey in vivo from Cuba to Madrid, where he was born. A mere 45 days later, his family emigrated to the United States.

Audiences at a typical event, often mirror the demographic of the region and skew toward the adult age range. This, however, does not reflect the entire scope of the Forum. All of the talks are held at one of the area's schools, Housatonic Valley Regional, Hotchkiss and Salisbury, and student participation is encouraged. "We always try to have a piece that involves the students, sometimes a dinner," Cayne adds.





Above top: Florence Tan, NASA's lead electrical engineer for the instrument package on the Curiosity Rover. Above: Mark Bittman, food writer extraordinaire speaking at the Forum in November of 2012.

Another key component is the Forum's involvement with the Civic Life Project. In this endeavor, facilitators from the Project, "work with student filmmakers to produce films related to civic life," Cayne says. Having their work shown at the Millerton Moviehouse, is a huge source of pride for the students.

"Has life existed on Mars?" Be in attendance at Florence Tan's talk on May first at Housatonic Valley Regional, to learn how information gathered by the Curiosity Rover – currently trolling the red planet – may provide evidence. Tan is NASA's lead electrical engineer for SAM (Sample Analysis on Mars), the instrument package on the Rover that she helped design. •

Further information visit www.salisburyforum.org

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ENJOYS THE MENTAL SIDE OF RUNNING

By John Torsiello info@mainstreetmag.com

While most would consider running to be physically demanding to say the least, Webutuck High School senior Andrew Hoke is more fascinated and driven by the mental aspect of the sport.

"The thing I like most about cross-country and track is the mentality of running," says the 17-yearold Millerton resident. "Running is not only a very demanding sport physically, there is a huge mental part of it. It takes a great deal of mental discipline to make yourself run for long periods of time and to actually enjoy it. Also it is a very personal sport, you don't have to worry about a teammate who doesn't work hard enough or who is not very good at the sport."

Running, he adds, "is all you," saying, "If you work hard you can do well and succeed. However, if you don't work hard and don't do so well, the only person to blame is yourself."

Hoke is an accomplished athlete. He's been a member of the school's varsity cross-country and track and field teams for four years. In track and field, he has run the 1,600-meters and 3,200-meters. This year, he will swap the 3,200-meters for the 800-meter run and continue competing in the 1,600-meters. His personal best at cross-country's five-kilometer distance is an 18:03, his best for the 1,600 a 5:04 (a mark he hopes to smash this spring), and an 11:44 for the 3,200-meters. Last fall, he placed third at the Sectional meet, earning him a spot at the State championship meet, and has been chosen the MVP of his cross-country team the past two years. He was also chosen as one of two MHAL scholar athletes for Webutuck this year. Hoke is an exceptional student and highly respected by his peers. He is the president of school's Student Council, the National Honor Society, and his senior class. He is involved with the high school band and jazz band, as well as the pit orchestra for the school musical. He maintains a 94.5 GPA, and is currently second in his class. His favorite classes are physics and global history. When he is "chillin" he likes to read and play video games.

Life's balancing challenges

With so much going on in his life, is it difficult for Hoke to maintain balance? "At times yes, balancing time can be difficult. But, for the most part, I am able to balance running, school, and social activities fairly well."

The 5'9, 160-pounder began running with the Marathon Project in the sixth grade. "I enjoy running because it offers a nice way to relieve stress and most of my friends have been made while running. You can really bond with someone when you're stuck on a run with them for an hour or so."



Webutuck senior Andrew Hoke enjoys the challenges and joys that come with

Hoke's in- and off-season training does not vary much. "The biggest difference is when I am training for cross country I put in a great deal of mileage to build up my endurance. But when I am training for track I put in a great deal of speed workouts to increase my speed for the shorter races on the track. When I am out of season I continue to run and workout just like when I am in-season."

He competes in road races and has a number of top three finishes for his age group and has two first place finishes at local events. He plans to run his first marathon by the end of this school year. Hoke believes his greatest attributes as an athlete are that he is motivated and has a great mental tolerance for pain. "Even when my body is telling me to stop and slow down in a workout or race, I can push through the pain with a strong will."

Somewhat ironically, he says what he needs to improve most upon are his "listening skills." He adds, "This applies to both sports because I have the same coach, Shawn Hosier, for both. I have gotten better ... but I need to accept that my coach actually knows what he is talking about when it comes to running. He will tell me one thing and I usually try to do something my own way. But when I finally try it his way it seems to always work a whole lot better. After many years of being an athlete of his, you think I would finally learn to accept that he knows his stuff."

Thrills and inspirations

Hoke's biggest thrill in sports thus far was running and competing in the State cross-country meet

last fall. "It was really cool to be on the starting line with kids from all across the state. It was a fun course and the spectators were lined all over and everyone was cheering for you, so it provided good motivation."

Hoke's role model is his godfather, Richard Read. "He is someone who has seen and done such a wide variety of things. He has done many things in his life and he is living an extremely accomplished life. He is knowledgeable, he loves astronomy as do I, and he always knows the right piece of advice to give when I need it most."

His admires the late Steve Prefontaine. "At one time he held the American record for seven different long distance events at once. He was so motivated to do all that he could do to improve. He is a great example of how hard work pays off."

Outside of sports, Hoke would love to meet Neil Armstrong, the first man on the moon. "I would enjoy talking to him about what it was like to be able to walk on the moon and to be the first man to do so. It must have been an amazing experi-

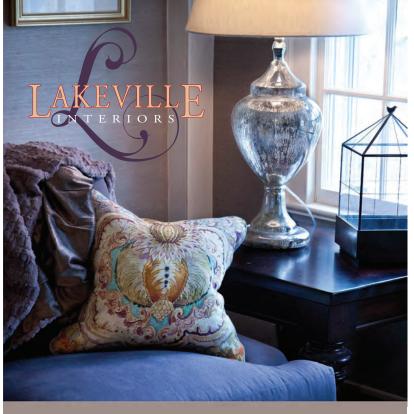
Hoke hopes to run in college, but whether he makes the teams or not he will still be running. Yep, running and continuing to work on that mental side of the sport. •











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Lori Cassia-Decker, proprietor of Pulse Fitness, has been in the fitness industry for 36 years. Pulse Fitness opened its doors in Millbrook in 2011. On staff they have an exercise physiologist and all trainers have accredited certifications. Beginning May 1st Lori will be merging with Amy and George Corso, whom have 14 years of combined industry experience. They'll be taking over the 6,000 sq.ft. building conveniently located in the center of Millbrook, at the light on Franklin Ave. and Church St., which has its own parking lot. The merge will include 1,800 sq.ft. of personal training, a weight and cardio center, two group fitness rooms, a cycle studio, lockers, showers and an organic/natural juice bar, and retail space. They will offer detox programs, personal training, TRX suspension training, boot camp, zumba, yoga, pilates, cycle, karate, athletic training, 1360, kettle bell training, rowing, group fitness classes, kids fitness, birthday parties, and more. Active Release Therapy (ART) and message therapy will also be offered by Dr. Josh Rinaldi. Lori and her staff enjoy helping people change the quality of their life - not only physically, but spiritually, emotionally, and in a positive, mindful way. Lori and Pulse are also involved in community service: they collect clothing for the homeless and food for local food pantries all year long.



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Cheryl Hutto, Crowhill Studios

Interior decorative painter. Glendale, MA. (413) 298-0673 www.crowhills.com

Cheryl Hutto and Crowhill Studios, located in Glendale (a village of Stockbridge) MA., has been a highly regarded decorative painter of custom interior finishes for the past 20 years. The techniques she employs include graining, marbling, antique patinas, ornamental plasters, trompe loeil, as well as restoration of existing paint applications, color matching, and consultation on all manner of painting challenges including restoration of painted furniture. Cheryl's work begins from her studio where she makes custom samples for her clients. All of the mediums she uses are hand mixed and tinted. This allows for finely tuned color matching and distinctive paint treatments. Cheryl primarily works throughout the tri-state area, but has traveled to New York, California, and Rhode Island. Nothing makes her happier than a client who is elated with the transformation of their home. Examples of her work include a compass rose on a front hall floor, or early itinerant treatment, a whimsical motif in a child's bedroom, faux walnut panels in a library, a match up of water damaged wall paper or something as seemingly simple as landing on that perfect paint color for a room. Full spectrums of examples from classic to edgy are available to view on her website and she welcomes your calls.



Thee Ellsworth Manor

Weddings and events. 3 Joray Rd., Sharon, CT (860) 364-0391. www.theeellsworthmanor.com

Gary Olsen and his wife Ruth run Thee Ellsworth Manor, a 300 acre estate in Sharon, CT that hosts weddings and other large events and also serves as a vacation rental. Thee Manor is the most recent endeavor for Olsen. 45 years ago and fresh out of high school, he was deployed as an Airborne Ranger in Vietnam. Having grown up in Sharon, Mr. Olsen appreciates what has changed in the area but also what has remained the same. Coming home he spent 20 years training race horses, taking a few months off at one point to return to South-East Asia to help search for POWs. Then settling back in Sharon, he ran a stone business but continued with race horses on the side. Excavating stone cleared vast sections of Thee Manor. Olsen was enamored with the breathtaking views the property held hidden for centuries: Tri-state views unmatched anywhere in New England. Thee Manor became his newest dream: To build out the property and promote it to clients from NYC up into Massachusetts. "We envision concerts, retreats, weddings, and we thrive seeing others enjoy the beauty of this setting and having the privilege of stewarding the land." Come see for yourself and call Gary anytime for a tour.

INSURING YOUR WORLD

It's April already folks, and did you know that March was Life Insurance awareness month? When was the last time you reviewed your policy? If you have children, have you obtained a policy for them? Or perhaps you are thinking of leaving a legacy to your favorite charity and don't want to tie up current cash reserves, take a life policy out and name that charity as the beneficiary – you'll be guaranteeing that charity a substantial sum with discounted premium dollars! Let's face it, death is a fact of life, it's just we don't know when our time is near hence all the more reason to obtain a policy to take care of college costs, spousal income, estate taxes, or perhaps funding for a child or family member that has a disability should you not be there to take care of them. The best time to buy is obviously when you are young and healthy, a child's policy can be very inexpensive, yet if purchased early can afford life insurance protection as well as cash accumulation, not to mention a guaranteed policy should that child develop a life threatening chronic illness. The general rule of thumb for those looking to replace spousal income and college costs is 7-10 times current income. So, don't delay any longer, pick up your phone and call your agent to lock in a term or permanent plan while you are still in good health and young!

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



It's vaccination season!

Vaccines protect horses from disease by increasing circulating levels of certain antibodies in the blood. Most vaccines require two doses, 2-4 weeks apart, when given for the first time. Thereafter, boosters are required to maintain immunity each year. We recommend that all horses receive EWT, Rabies and West Nile Virus vaccines, as bare minimum protection. These core vaccines are efficacious and safe, providing a high level of patient benefit with little risk of side effects.

Eastern Equine Encephalitis/Western Equine Encephalitis/Tetanus (EWT)

All horses should receive this 3 in 1 combination vaccine annually. EEE and WEE are fatal viral diseases transmitted by mosquitoes. EEE was seen in New York horses in 2014. Signs include neurologic disease and death. Tetanus is usually associated with wounds, especially punctures. Treatment for encephalitis or tetanus is rarely successful.

All pet animals and livestock must be vaccinated. If a vaccinated animal is bitten by or comes in contact with a rabid animal, they must receive a booster Rabies vaccine within 5 days. If an unvaccinated animal is exposed to a rabid animal, NY State recommends euthanasia. The vaccine is very safe and effective, and we strongly recommend that your animals be vaccinated annually.

West Nile Virus (WNV)

West Nile virus is transmitted by mosquitoes and can cause fever, muscle trembling, neurologic signs and death. Humans may also be affected but the disease is not contagious. Vaccination twice a year provides very good protection against this disease. Additional vaccinations, such as Potomac Horse Fever, Flu/Rhino, and Strangles vaccines, are given based on your horse's risk of contracting these diseases. Your veterinarian will help you to determine a vaccination protocol appropriate for your horse.

Nina Deibel DVM 845-876-7085 www.rhinebeckequine.com 26 Losee Lane, Rhinebeck, NY 12572



Winter water & ice damage?

This has been a tough winter, especially when it comes to our roofs. As a result of the cold weather, snow, and heat loss from a house, ice can and will build up on the roof. What happens is this: Heat rises - it rises inside of the house, up towards the ceiling, and to the roof. That combined with lack of insulation, at times, allows the heat from within the house to protrude through and up into the roof cavity. Then as the temperature drops, the melt turns into ice. The ice then expands and can build up at the bottom of the roof. This process repeats itself every day, and what's left is a big hunk of ice at the edge of the roof – and here comes your problem. The ice expands and then inevitably works backwards; it starts moving up and under the shingles. What happens then is it can break the seal between the shingles, it then works its way behind the shingle and if the right product isn't underneath the shingle, the roof will leak. When this water comes in it will go through the insulation and through the sheetrock, initially leaving a brown watermark, and it could cause mold (which is a huge health hazard).

To help avoid having a leaky roof, first make sure that your house is properly insulated – even overly insulated is great! Proper ventilation of the roof cavity is also key. And lastly, if you're at the worst case scenario where a new roof is needed, make sure that you hire a qualified individual and that he uses quality materials – and that the materials are applied correctly.

Fridrik Kristjansson

518.929.7482 fridrik006@hotmail.com www.naileditbuilding.com



Health and Beauty

WHAT ABOUT YOUR NAILS?

Whether you paint them, ignore them, or lavish attention on them, your nails are worthy of loving care. Here are a few things you may not know:

- 1-Nails grow just over a tenth of an inch per month
- 2-Nails are made out of the same stuff as hair protein and keratin
- 3-Men's nails grow faster than women's nails. Don't you just hate it?
- 4-Nails are a window to the entire body-health
- 5-Nails grow faster in the summer than in the winter
- 6-The hardness of your nails is mostly genetic. And last but not least...
- 7-You actually should let your nails "breathe" between manicures. That goes for fingers and toes!

SO HERE ARE SOME TIPS ON NAIL HEALTH CARE:

Get to the spa for professional analysis of your nails. Give them TLC by getting regular, straightforward manicures and pedicures. If you have gel polish or acrylic add-ons, make sure you remove them periodically to let them breathe. Try going polish-free for one month per quarter, perhaps using a nail strengthener as a polish coat. Moisturize the cuticles of hands, as well as feet. (And nothing is more civilizing than a pedicure!) Long or short, keep them clean and healthy, and they will do you proud.



Janice Hylton & Bonnie Hundt **Route 44 East, Millerton, NY** 518.789.9390. hyltonhundtsalon.com

ISTINGS:

ANIMAL CARE, ETC.

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Boundaries for Pets 800 732 3181

boundariesforpets.invisiblefence.com

Millerton Veterinary Practice 518 789 3440 millertonvet.com

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Wild Birds Country Store 413 644 9007 wild-birdstore.com

ANTIQUES

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Tristate Antique Restoration 518 329 0411

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APPLIANCES

Gordon R. Keeler Appliances 518 789 4961

ART & DESIGN

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Clark & Green Inc. clarkandgreen.com

Darlene S. Riemer, Architect 845 373 8353

Darren Mercer Architect

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lagoniaconstruction.com

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naileditbuilding.com Over Mountain Builders 518 789 6173

overmountainbuilders.com Rafe Churchill rafechurchill.com

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palevsmarket.com Quattro's Poultry Farm & Market 845 635 2018

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Walbridge Farm Market 845 677 6221 walbridgefarm.com

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Kelly & Co. Hair Salon 845 373 8490 kellycompanyhair.com

Mindfulness 518 789 9635

mindfulnessmeditationnyc.com

Robert Dweck, MD Counseling for the Body & Mind 845 206 9466 robertdweckmd.com

robertdweckmd@gmail.com Sharon Hospital sharonhospital.com

Sharon Optical 860 364 0878 sharonopticalct.com

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roaringoaksflorist.com Scott D. Conklin Funeral Home 518 789 4888

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There's someone in your life who aggravates you

to no end. But, before judging, took in the mirror before you go off on other people.

NHAT'S YOL

TAURUS (April 20-May 20) Prepare yourself fully to solve problems in an upcoming project. Try to work behind the scenes without attracting attention.

GEMINI (May 21-June 20)

Today is the day you tackle the problems you've been ignoring. Cut your hair, give away the old clothes, buy a new outfit.

CANCER (June 21-July 22)

Talk to your family, especially your siblings. You will discover something unexpected.

LEO (July 23-Aug. 22)

Be careful with your things and pay careful attention that your business remains your business.

VIRGO (Aug. 23-Sept. 22)

You can't take much more right now, so be careful to get your affairs in order before you overload.

SIGN?

Go out and flirt, have fun, and try to raise your spirits by surrounding yourself with great people.

SCORPIO (Oct. 23-Nov. 21)

Even though you need to have a serious conversation with someone close to you, try to avoid the cliches. Movement is your new mantra.

SAGITTARIUS (Nov. 22-Dec. 21)

You're finally going to find yourself in certain situations. Your friends may even pleasantly surprise you. Be careful not to take on pointless tasks.

CAPRICORN (Dec. 22-Jan. 19)

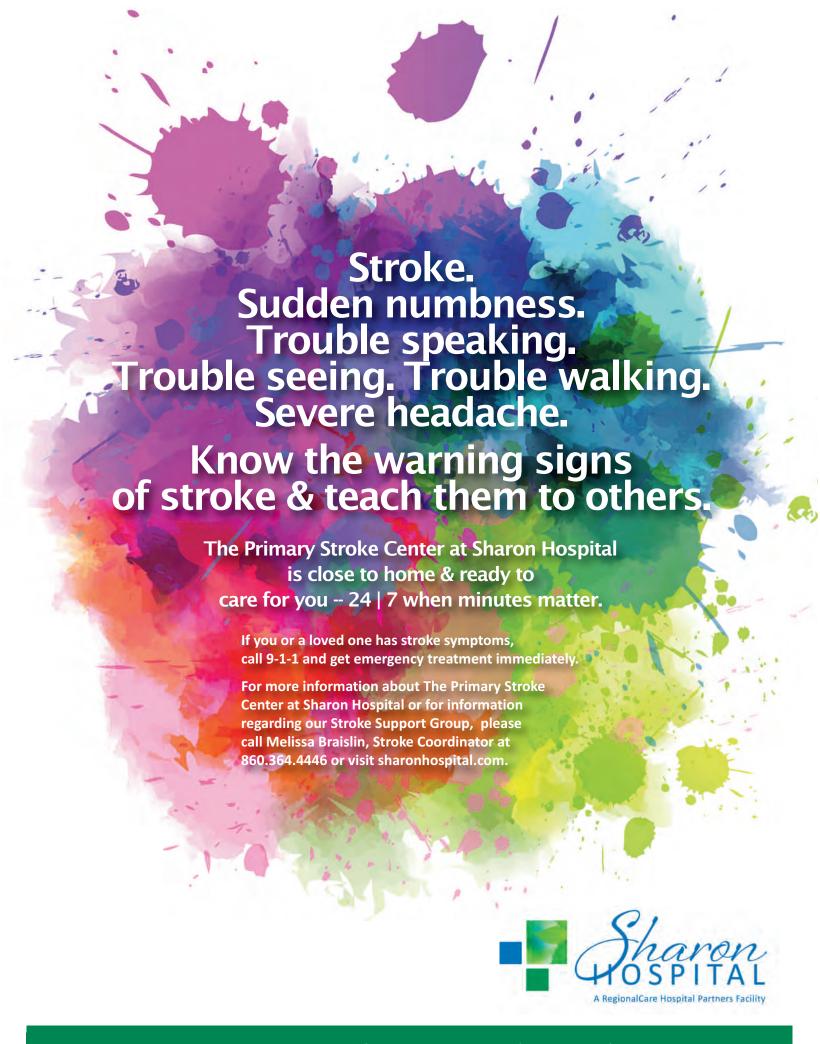
You will be extraordinary, as long as you make sure you have good traits. It's funny, as soon as you want to express your feelings, your feelings change.

AQUARIUS (Jan. 20-Feb. 18)

It's a relief to find that money and help are available to you and you can also mend broken fences at work. Everything has its time and place.

PISCES (Feb. 19-March 20)

You won't get people to work with you if you yell at them. Don't try to take the short cut. Buckle down and actually finish what you start.



The Primary Stroke Center at Sharon Hospital | 50 Hospital Hill Road | Sharon, CT | sharonhospital.com